



www.Dr. Nadia Delshad.com
REMOTE PSYCHOLOGIST, SPEAKER, CONSULTANT

Be the Change!

Instructions for Consultation Services

Telephone Consultation

1. Establish appointment time through the Contact Form
<http://www.drnadiadelshad.com/contact.html>
2. You will receive a confirmation email with a confirmed appointment time and instructions
3. Dr. Delshad will call you at her expense
4. Any changes or questions - Call Dr. Delshad toll-free on 1-888-376-2342 or email

Audio/Visual Consultation

1. Establish appointment time through the Contact Form
<http://www.drnadiadelshad.com/contact.html>
2. You will receive a confirmation email with a confirmed appointment time and instructions
3. Dr. Delshad will call you at her expense
4. You need to have an AIM/Skype* Account or equivalent
5. iChat (Mac) is also available
6. You need to have a camera attached to your computer (webcam)

*Skype is a little piece of software that lets you talk and/or be seen face-to-face over the internet anywhere in the world for free. All you need is a webcam. Download the Skype software at: <http://www.skype.com/help/guides/howtoskype>

AIM Is a similar service to Skype available for Windows, Mac, iPhone and iPod
Download AIM software at: <http://www.aim.com/download.adp>

Set up with Skype or AIM. Share your screen name with Dr. Delshad and she will add you to her contact list!