

# PsyPocket's Quick Guide

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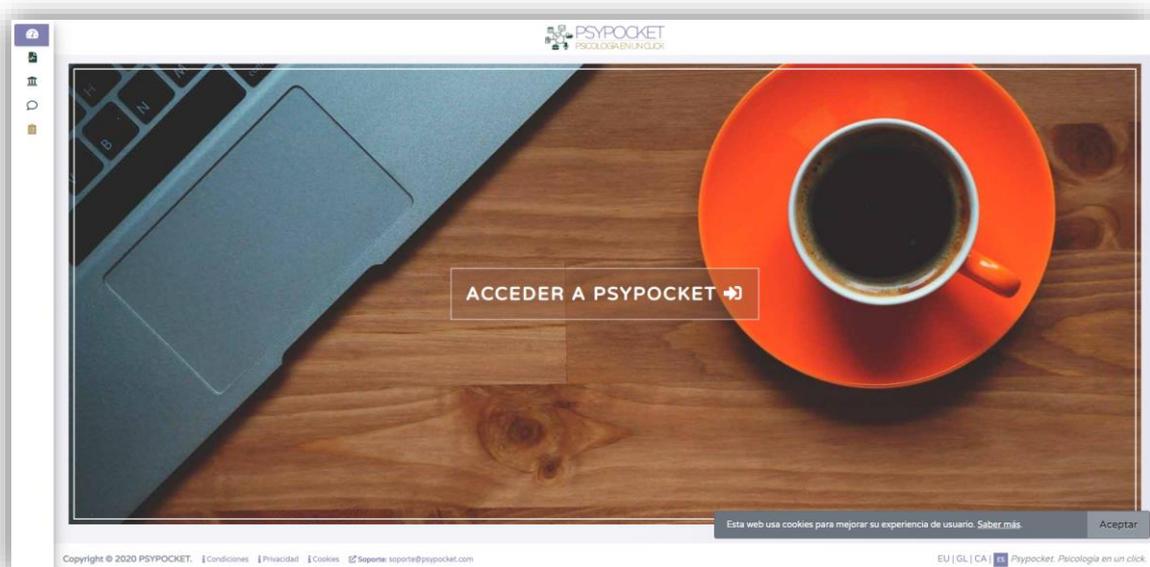
Welcome to this quick guide to using the PsyPocket, GDPR compliant video calling platform that has the endorsement of the General Council of Psychology in Spain. I would like to go over its main features with you, so you know what to expect, considering it is only available in Spanish.

1. First, you will receive an email with your access data to the platform, such as the one below:



The information provided by this email is your username (**Usuario**) and password (**Contraseña**), as well as the link to access the platform.

2. Once you click on the link you will see the following screen:



On this screen you need to click on "**Aceptar**", which appears in the lower left corner, to accept the cookies that allow the platform to function.

Then you need to click on "**ACEDER A PSYPOCKET**" in the center of the screen.

You should be able to access it from any web browser or even your mobile phone, if necessary.

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3. The following screen will appear then:

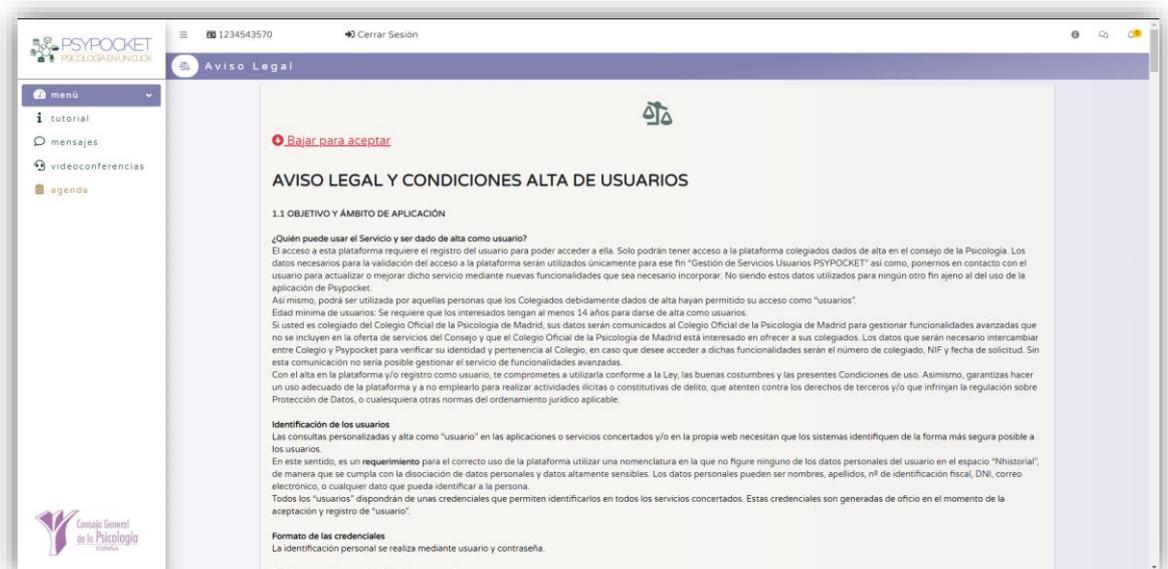


On this screen you have to enter your username in the first blank field and your password in the second.

Below these fields, there is also a link to request a new password in case you need it. To do this, you just have to click on the word "**aquí**" that appears in a different color.

Once you have entered your access data, you can click "**Acceder**".

4. Next, you will see the Legal Notice informing you of the terms of use, including the privacy policy. You can copy and paste this text into any translator if you need to understand it in detail and I can help you if you still have questions.

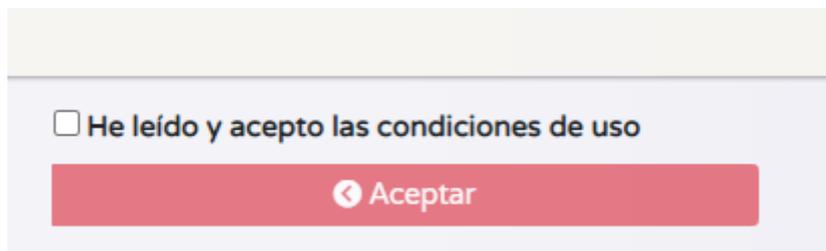


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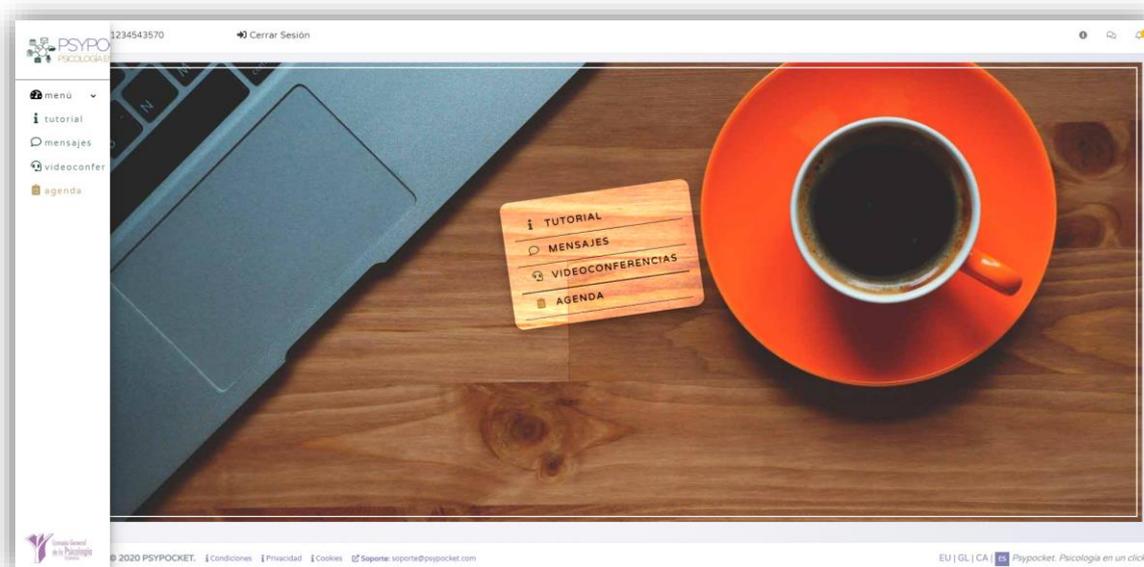
At the top you can see in red the sentence: **Bajar para aceptar**, which means you need to scroll all the way down to find the section where you can accept these terms.

Once you have reached the end of the page you will see this:



By checking this box, you agree to the terms of use.

5. Once you have accepted the terms of service, you will see the main screen of the platform, including a menu on the left side.



In this menu, you can check if you have a session scheduled with me in the agenda, which is also indicated in the form of a notification in the upper right corner of the screen.

Please, if you don't see your session on the agenda, let me know to make sure I include it as soon as possible.

6. At the agreed time for the session, you will need to access the platform and wait for a window to appear inviting you to "Entrar en la sala " (enter the room). Make sure to grant the permissions for audio and video and we should be good to go.

I hope this guide has been helpful to you.