Bilateral Base

How View An Online Therapy Session Recording

How to view a recording

Session recordings are saved in the .webm format. This video file type provides excellent quality in a small file size.

It is now supported by most media players. We recommend using the Google Chrome web browser as an easy way to view recordings.

How to view your video file in Google Chrome:

Method 1 – Open Chrome → press CTRL + O (CMD⌘ + O on Mac)
→ locate video and click 'open'

Method 2 – Locate the video file in 'File Explorer' → Right click → choose 'open with' --> choose 'Chrome'