

The One Stop Psychotherapy Shop

Profile picture requirements

Min. dimensions: 500x500 pixels
Max. file size: 2MB
Colour format: RGB
DPI: 72 dpi
File types: PNG, JPG, GIF
Ratio: 1:1 (Square to avoid distortion)

How to prepare your picture

We recommend using a free online service such as www.picsize.com

To create a perfectly square crop, hold the shift key when making your selection with the rectangular marque tool and 'crop selection'.

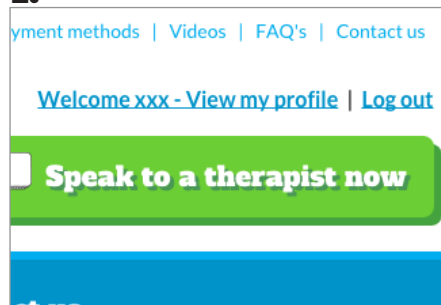
Follow the online steps to create your picture.

How to upload a profile picture

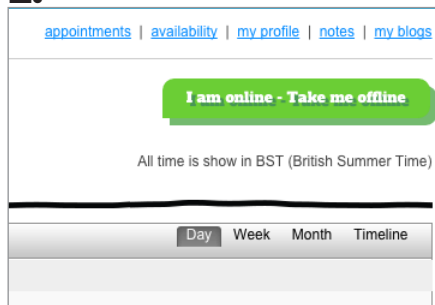
1. Click on 'view my profile'.
2. Click on 'profile'.
3. Choose the 'select' button.
4. Select the picture of your choice.
5. Click the save button.
6. Your picture should now be saved.

To **change a picture** repeat the steps above and the new image will automatically replace the old one.

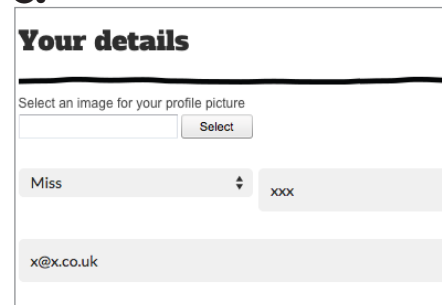
1.



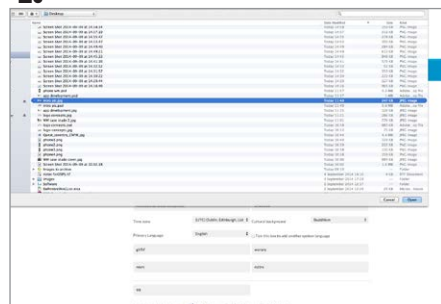
2.



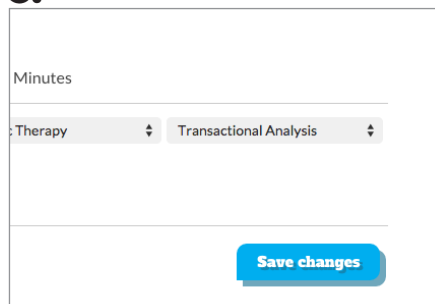
3.



4.



5.



6.

