

How to Register, Sign in, and Use the Boards

1. Across from the name of the Public Board on the right hand side, you will see a **sign in/register link**. Click on it.
2. If you have not registered to this site, before do so now. A small form will pop up for you to fill in where you will be able to decide what to call yourself and what to reveal on the Public Board.
3. After you have filled this out, hit the submit button. The site will take you **back** to the page. (should it take you to the site **home** page just go back to the page you were on. This problem may have been resolved now)
4. Next, just **sign in**. When you do, You will see **your** registration e-mail address appear at the very **bottom** of the web page in the centre between the site name (CounterPsych.com) and the website host name (Talkspot.com) Or, if you have not filled in a name in at the registry, it will say "Name not specified." (After your first registration you can go directly to the page of your choice and just sign in by using your registered e-mail address.) If you now click on your registered name, your personal details will come up which you can now edit to suit yourself. However, you cannot edit your e-mail address and if you decide to change it to another e-mail address, you will have to remove your current registration and start over with another address.

(Beside your user name is the **log off icon** to use when you are **done** reading or contributing.)

Don't forget to set your method of delivery with the icon "Receive E-mail Updates" etc. You can choose how and when to have all group posts sent to your e-mail address or never. You should also check your spam folders when you get started as the filters tend to identify bulk mail as 'Spam' if you do not indicate you want it. So check for it when you get it and be sure to mark it as "Not spam" or make a filter for it to prevent that.

5. You may now click on all the titles to read them and choose to respond if you wish. As a registered user you cannot start a New Forum but you CAN start a new **thread** in an existing forum.

6. Once registered and 'inside' you have a choice of just reading, (as anyone can registered or not) posting a response to a topic already there, or just saying hello. If you then choose the **Post a Response icon**, an e-mail like processor will come up for your personal use. Your Personal Processor works like an e-mail and will also allow you to correct your own mistakes, change your mind by cancelling, edit previous posts or remove your own posts altogether. This is all in your control.
7. If you wish to start a new thread, you click on a sub title like, "**What Have You Read or Seen here....**" This will bring up an icon that says, "**Start A New Thread**" where you can change to a new sub topic. To show the difference in topics, please fill in the **Thread Title** as I have done in my example on the Board. You will see that line right above your e-mail board used for composing your contribution. Don't be afraid to try it out while you are getting the hang of it. Remember you can remove your **own** posts immediately if you make a mistake.
8. Once you are satisfied with your contribution, hit the submit icon and you will see your own message appear on the Board as a new thread. This will be there as a sub category of the original topic. If you want to edit it afterwards, click on it and you will see the posted from and below that the word processor containing the original. If you edit the processing form the posted form will change to match it when you re-submit.

Only I as the Website Owner can start a whole **new topic** so if you have an idea you believe would fit in with my site, you can pass it along to me by sending me a message to my e-mail address, Patricia@SPAMAWAYCounterPsych.com

(remember to remove the SPAMAWAY part and close the space)

However there should be lots of leeway to change to new threads using the broad all purpose Topic I have used to start. The various Forums.

Please Note that you can also opt to say 'yes' to the newsletter (which is out about 3 times per **year**) or **not**, as your own choice.

Please remember to use this board **in the first person** singular as we want to create an atmosphere of **equality** of individuals here, **all** having the right to **self** expression with some simple limits.

Welcome

Patricia