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Topic: The Biggest Cybersecurity Risks for Businesses Using VoIP
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VoIP and Cybersecurity Risks

There are advantages to switching your phone systems to VoIP, but the disadvantage is the cybersecurity risk. If you factor in the cost to your business to address these issues, how much are you saving? These VoIP networks are more connected to the internet (the "I" in VoIP) than your previous phone service. That means that your service is more open to attack, requiring you to spend staff time, training and money to address malicious hackers and software?

Viruses and Malware

Viruses and malware affect everything and anything in your business, and your VoIP network is exposed to it all. This may be the main gate to your overall cybersecurity. This because VoIP uses "softphones." This is software that mimics telephone capabilities over the internet. Along with your computer software, this becomes a common target of cybercriminals. Viruses and malware invade your computer system, accessing and corrupting your valuable information, accessing and stealing protected data, and taking over your system.

Guarding against viruses and malware is the main focus of cybersecurity for small businesses. Many companies invest in training employees so that they will learn how not to be tricked or fooled by clever plots. They also invest in anti-virus software.

Mobile malware has become an issue as well. Many are making VoIP calls with their smartphones. Many times, your staff's smartphones are also connected to your network of data and proprietary information.

Vishing, the Voice Version of Phishing

Just as phishing has become the term for email fraud, vishing has become the term for a similar activity for voice-based fraud, and the schemes are just as tricky and deceptive as their email counterparts.

Not only are they targeting your employees, but also various vendors, suppliers, and your clients. Typically, the motivation is in stealing money, so mostly financial details and personal information are targeted. But if unwitting employees are tricked into sharing information used to access your password-protected networks, cybercriminals could access much more than your financial accounts. Targeting users instead of software and hardware makes this much more difficult to guard against.

VoIP Fraud Techniques

There are two main VoIP call fraud techniques phreaking and eavesdropping.

Phreaking: This is when a hacker accesses your business VoIP network for illicit usage. The focus is on stealing from the service provider by accessing VoIP service provider information and then capturing and manipulating access codes, account numbers and anything else they can identify, like other data from your business. They may add a phone extension, making them harder to notice. Or they may even change your plan to allow for more of their expensive calls. The result is an expensive tally of network calling and a breach of valuable data.

Eavesdropping: Listening in on your private calls is another VoIP-based cybersecurity threat and one that is also difficult to defend against. VoIP calls are encrypted packets that can be unencrypted with easily acquired software and listened to, and they can do this from anywhere. This is another way to gain passwords and other proprietary information. Once the hacker has personal information, the rest is easy.

Lower Your Risk with Dyrand

As your cybersecurity company, we can help you make informed decisions for your business. The stakes are too high to try to navigate through without the proper information. What you don't know is waiting for you. Contact us first.

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Guaranteed SEO client: Gaia Counselling (<https://gaiacounselling.com/services/>)

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Family Dynamics Family Systems Therapy

This approach is based upon the idea that behavior is greatly influenced by a family as a system that influences the emotions and behaviour of the individuals in that family system. The behaviour of an individual is inseparable from the functional aspects of the family of origin.

Based on the work of Murray Bowen and his *family systems theory*, individuals are inseparable from their relationships, and so is beneficial to understand the structure and relationship system to understand the behaviour and character of an individual.

Family Therapy Focuses

The basic focuses of family systems therapy fall into the categories of structural, strategic, or intergenerational.

- **Structural Family Therapy:** This focuses on the structure of the family and its subsystems. In a session, activities are administered such as role-playing, which examines the relationships or subsystems within the family group. This approach was designed by Salvador Minuchin for evaluating family structure.
- **Strategic Family Therapy:** By reframing or redefining a problem scenario, family patterns and behaviour are examined outside of the session to challenge. A family is directed to take action in an atypical manner to their usual approach, thus breaking reoccurring patterns and creating change. This therapy is not directed at the source of the problem, but rather the way the family has structured itself around it.
- **Intergenerational Family Therapy:** An important part of Murray Bowen's approach, this therapy acknowledges generational influences on a family and individuals. The idea is that how an individual, a couple, or a family, manages issues is based on previous generations. Recognizing multigenerational patterns as well as other family's approach to problem-solving is discussed, not acted out, and each family member is encouraged to use "I" statements rather than accusatory statements.

The Eight Interlocking Systems of Family Systems Theory

The foundation of the family systems approach involves eight theoretical concepts. Each requires understanding in order to understand the others.

1. *Sibling position:* This concept analyses the roles and resulting tendencies of the oldest, middle and youngest siblings, due to the interpersonal interactions between them and other members of the family, like the parents.
2. *Multigenerational transmission process:* Individuals seek partners that are similar to their family member relationships. Behaviours are passed on through generations. Increased differentiation can prevent reoccurring symptoms.
3. *Emotional triangle:* This requires three individuals. Typically, two of the three individuals coexist in harmony while one is in conflict. This dynamic can shift between the three individuals depending upon the circumstance.
4. *Differentiation of self:* This concept refers to the level at which individuals differentiate themselves from a group. A high level of differentiation allows an individual to maintain a level of self and self-reliance, an individual with a low level of differentiation seeks validation from a group.
5. *Family projection process:* Transmission from the parent to the child. Emotions, anxieties, or relationship issues from parents can develop into emotional issues for the child, along with the child's dependence on the parent's ability to "fix" the emotional issues for the child. Gaia offers child and family counselling.
6. *Emotional cut-off:* A family member chooses to cut themselves off emotionally from the rest of the family in an effort to reduce the tension or stress and take pressure off of interpersonal issues. More importance is then placed on relationships externally, which would lead to stress in *that* relationship.

7. *Nuclear family emotional process*: This identifies the nuclear family issues to be as follows: intimate partner conflict, behavioural concerns in the partner, emotional distance, and impaired functionality in children. These difficulties have a primary impact on the individual.

8. *Societal emotional process*: Systems simultaneously affect the family and society as a whole. Parallels can be identified between societal and familial emotional functions.

How can family systems therapy help?

Family systems therapy is an effective approach for those issues that are connected to or have been produced within the family. Family systems therapy has proven to be effective with individuals, couples, and families. Among a list of conditions that can be treated are eating disorders, depression, personality issues, anxiety, bipolar, alcohol or other substance dependencies, and schizophrenia.

As a registered clinical counsellor in Canada, Gaia Counselling offers innovative and holistic psychotherapy counselling.

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Guaranteed SEO client: 1st Choice RV (<https://www.1stchoicerv.com>)

Topic: The Benefits of Solo RVing

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Going Solo in an RV

It's easy to imagine the traditional RV experience, mainly for families or retired couples, right? Not necessarily. Many times, getting away from it all truly means getting away from it all. It may be true that there are advantages and great times to be had with families, or that special someone. But there is a completely liberating feeling you can get by hitting the road alone and the experiences you can only have by traveling solo. Sometimes some experiences can't be had in the company of others.

Let's face it, even *planning* the trip to please or accommodate other people can get complicated before the trip even begins. Everyone has their idea of what the trip should be. When you go solo, you are only required to meet *your* agenda, and you can change it without worrying about anyone else. One of the biggest perks of being alone is not having to answer to anyone.

Do Your Own Thing

When you solo RV, you don't have to worry about pleasing anyone but yourself. Everyone's definition of a good time is different. For some, it may be about meeting schedules, for others, it might be about not having a schedule. Solo RVing means you don't have to spend your time being the activities director. We are the 1st Choice in Orange County RV rental for a reason. We get it, and we love it.

When you go solo, you don't have to worry about sharing tight quarters, sometimes that means that in an RV, nobody can hear you snore, and you don't have to listen to anyone else snore. You can eat what you want, when you want, and clean up after yourself, not someone else. Or don't clean at all. It's your RV trip. Our motorhome rentals in southern California are geared toward your individual needs. At 1st Choice RV in Orange County, we are well aware that many people's main take-aways from a road trip or camping experience is how well everyone got along.

Choose this time to write in your journal, photograph beautiful scenery instead of photographing people in front of beautiful scenery, or just be alone with your thoughts. Have you ever been on a camping trip when it dawned on you that you were facing more days ahead with someone you would prefer to not spend another minute with?

The Joy of Doing Something Outside of the "Norm"

This is a good opportunity to get over the pressure to avoid doing a social activity alone. Instead of always being a herd animal, have some fun without a support system. You might meet new people or push yourself outside of your comfort zone. We think that you have an opportunity to use your solo California Motorhome rental as an opportunity to grow.

The Solo Travel Experience

Play by your own rules or discover what your rules are. You might get to know yourself more by not playing by someone else's rules. Enjoy your own company. Realize that new people you meet, have no preconceived notions about you. Immerse yourself in a different culture. Be a mystery to those you encounter. Become whatever you want to be.

A long drive alone, like a long flight, is a great time for reflection. We live in a socially networked world. Companies make millions counting on it. Spending time on the road alone can allow you to unplug from all of that. You may find that is the only time when you are truly yourself. Once you try this kind of adventure you may begin to realize all you have missed by not RVing solo.

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