

Online Therapy from home

GETTING READY

You might like to set aside 15 minutes before and after appointments so you have time to prepare or process. Much like the walk to the train station or drive home might give you some time, try to create that same space so you don't have to do errands straight away.



PRIVACY

Some ways to protect your privacy are wearing earphones or headphones, putting a note on the door for family or visitors and using a white noise machine. Using earphones also improves sound quality and reduces the delay.



GET COMFORTABLE

Create a "therapy corner" in your home where you can sit comfortably with your feet on the floor. Make sure your back is supported, and your device is at eye level so you don't strain leaning forward. Bring tissues and a cup of tea or water along with you.



BENEFITS & CHALLENGES

Online therapy means being comfortable at home in your own space with no commute at the end. It can feel more intense and focused and sometimes being on video can be challenging. I will support you with the transition.



BEING PRESENT

Please close other applications and browser windows on your device, and put your phone on silent or turn it off just as we do in person. It can be easy to click to other windows or look at more screens and I will support you with maintaining focus in session.



THE INTERNET

The call quality can usually be improved by switching from WiFi to ethernet connection or to 3G/4G. Our calls cannot be intercepted or recorded. If we have a connection difficulty, let's try to reconnect once and if that does not work, switch to WhatsApp for audio and mute our video connection.

