

Online Therapy Checklist

Hello, I hope you are ok. I am looking forward to working with you.

ONLINE THERAPY

Working online really does work.

You do not have to live in a particular area to see me so I can work with you from anywhere in the UK. I can be more flexible as to when I am able to see you and you can fit me in to your day to day life without the worry of having to travel to me, park and factoring in the time it requires around the session, as well as having to do the session. You can do it from the comfort of your own home and at a time that suits you. People can sometimes feel anxious that they will be 'seen' going to visit the therapist, whilst this way is incredibly private.

We do need to have some arrangements in place though as there are some different aspects with working online compared to face to face therapy.

Here is a checklist of what I will be asking you to try and have ready for when we begin to work together. Don't worry, it is an easy checklist and if some things are difficult, we can talk about it and try to find solutions together. You don't have to get all these things straight away, it's just nice to have a bit of time to prepare and plan...

You will need -

1. A private room with a door that shuts.
2. If you have children, someone else who can look after them for your session time (and a little bit afterwards if possible). This needs to be arranged for each week, for the whole course of the therapy.
3. Ideally a bit of time after the therapy session so you can rest.
4. Working WIFI (if you can stream Netflix then you should be ok)
5. ZOOM installed on the device that will be used for the therapy. It's free and easy to install. The app is called **zoom cloud meetings** and the free basic version is fine.
6. A table and chair to sit comfortably at and be able to look at the screen.
7. A device (phone, computer, tablet) that can be put down so both hands can be free.
8. A piece of material (even a tea towel would do) that the device can be placed on that can be used solely for the therapy only.

9. Any other devices near you to be turned off both for privacy and preventing feedback.
10. Some things that you like around you, such as a favourite perfume or smell, crystals, squishy ball, fidget spinner, teddy, your pet....(this list gives you some ideas/ examples, you don't have to get everything here).
11. A drink (like a glass of water or a cup of tea etc.) and something like chewing gum or chewy sweets (or something crunchy like crisps if you prefer).
12. Tissues
13. A pad and biro or pencil and, if you want, any of your favourite art materials to hand.
14. A post-it note or something similar to cover your image on the screen if it makes you uncomfortable seeing yourself.
15. A back up way of me contacting you in case zoom fails (a landline number is a really good one if you are comfortable with that)
16. The number of a trusted person who I can call to check on you if really needed.

Please don't worry if you can't manage all of this, we can talk it through together. I really look forward to seeing you at our arranged time. Justine