**Online Therapy**

Online therapy was very popular even before Covid-19 existed. This way of working suits those who live in remote locations, those who find face-to-face contact difficult or who are restricted in their ability to visit alternative premises. It can be done via mobile phone, tablet, laptop or PC.

These days so much is done “online”; banking, shopping, dating, reading etc so it makes sense that therapy is also a viable option, particularly in this current climate.

I choose to use a safe, secure system for online therapy called Zoom©.

Online working includes “Webcam” (where we can both see and hear each other), “Audio only” (where we can just hear each other), or “Instant Messaging” (aka Webchat where we only type to each other). You can also easily combine features, for example Webcam and Instant Messaging. You may also want to use headphones to keep the conversation private or we can turn off the Webcam if you prefer not to see yourself on screen. There is a way of working adaptable to everyone’s situational requirements and we can explore which is the right method for you.

Furthermore, our online therapy will take place in our usual room to replicate as much as possible face to face sessions. This will hopefully allow you to feel a sense of familiarity and comfort with the new way of working.

**How it works in just 3 easy steps…**

1. I will send you a link in an email. The email will state the day and time we have agreed for our session.
2. Click on the link in the email before the session starts and it will lead you to the “Zoom” website.
3. Go to the top bar and click on “join meeting”. This should then take you into our meeting.

Alternatively, you may find it easier to **download the free Zoom© app** where you can go straight to our meeting page to click on the meeting.

If you want to practice this setup prior to our first scheduled therapy session, I am only too happy to do this so please ask!

***Please note:*** *At least 15 mins before our meeting, it is advisable to turn on your PC/Laptop (if using) to allow any updates to run so the meeting is not delayed. Also, Zoom© may suggest you need to pay for meetings over 45 mins. This does not apply to our one-to-one sessions so please ignore this.*

**Checklist**

You will need the following:

* A quiet, private space without interruptions (i.e. a room at home but some clients use their cars if their home is not suitable to hold a private conversation).
* A dedicated power supply (if using a PC/Laptop).
* A fully charged battery on the device you will be using.
* Mobile phones should be switched to “Silent”.
* Have a drink and tissues to hand.
* Make sure you are warm enough.
* Have your diary to hand.

Finally, working online, may feel slightly odd at first, especially if we have worked together for a while. It can be valuable to talk about how you find the experience if you wish. Not seeing each other face-to-face may feel like a loss, that something is missing or not as real. This is something we should be able to get used to with a bit of time and practice until we can resume face-to-face therapy. You never know... you may even grow to prefer this way! 😊

Stephanie.