



Online Therapy Practical Guidance

To get the most out of our video session, and to help it run smoothly, here are some practical tips and advice...

We will meet on an agreed video platform – I am currently using Zoom, but can use Jitsi if preferred, please let me know. I will send you an invitation link via email before we meet, along with confirmation of the meeting date and time.

Our meeting will start promptly at the agreed time and last for up to 60 minutes. It can be helpful for you to test your internet connection stability, microphone, audio and camera 5-10 minutes before we are due to meet so that we can start promptly.

Instructions for joining a meeting can be found here for [Zoom](#) and [Jitsi](#).

Your Space

- It is important that you are in a space where you feel comfortable. Check the temperature, lighting and seating in a room.
- It can be helpful to have a glass of water or drink and tissues nearby.
- Sit in a position where your face is well lit, avoiding sitting in front of windows or a light, which might make it difficult for me to see your face. If the room is dark e.g. during an evening session, you may need to find a suitable lamp to place in a position that will light your face.
- Position your computer or device at a height so that your face is centre screen and your shoulders and neck are also in clear view.
- To help minimise background noise and disturbances such as household appliances/building works/ animals, please close windows and doors where possible. You can also use white noise played on the other side of your door, such as rain sounds [like this](#).
- Please ensure your mobile phone or devices are kept on silent mode. It is also helpful to keep them out of reach/vision to avoid distraction. If you are joining the meeting on a computer or tablet, please temporarily disable apps that may disturb the session with pop-ups or notifications.

Your Privacy

- Privacy is very important for video/ telephone therapy sessions. Some people may find it helpful to wear headphones to keep audio coming from the laptop private, but this doesn't prevent others in a household hearing what you say in session.
- Please consider privacy for the location, day and time for the session. Inform others in the same household or building that you do not wish to be disturbed for the duration of the session, and that the door to the room you are in is closed. If someone enters the room during our session, please let me know this by saying "pause". We will resume the session when privacy has been restored.
- Please switch off Alexa, Siri or similar AI voice activated/ recording devices or apps for the duration of our session if nearby or in the same room.

