Getting set up for online sessions

A few practical things that make a video session work as well as one in the room.

Online therapy can be just as effective as meeting in person. A little preparation makes a big difference.

Your space

- [ ] Somewhere private where I will not be overheard or interrupted
- [ ] A door I can close. Headphones if others are at home.
- [ ] Tell the people I live with that I am not available for the hour
- [ ] If home is not private, the car (parked) or a walk with headphones can work
- [ ] A comfortable seat. Tissues and water within reach.

Your set-up

- [ ] Device charged or plugged in
- [ ] Camera at eye level, face well lit, with the light in front of me
- [ ] A steady connection. Close other apps and tabs.
- [ ] Notifications off
- [ ] Log in a few minutes early

Getting the most from it

- Give yourself ten minutes before and after. In person you would have the journey. Online, you go straight back to the kitchen.
- Do not schedule a session between two meetings.
- Tell me if you cannot see or hear well, or if something feels different from being in the room.
- If you are in a different place than usual, let me know where you are at the start.

If the connection drops

We will agree a back-up plan in our first session, usually that I will ring you on the phone number you have given me.

Where I will have my sessions

Anything that would make online sessions easier for me

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