



GETTING THE MOST OUT OF YOUR ONLINE SESSION

- Most online clients are in their homes for their therapy session, which means the traditional journey to and from the therapy space isn't taking place. Travel time can be a valuable part of the therapy experience as it provides time to think about what you might want to say; and to notice how you are feeling about your upcoming session. Think about how you might recreate this experience for yourself before your online session. Some ideas include taking a short walk; having a cup of tea or coffee with no distractions; doing some deep breathing. Think about your unique situation and what might work best for you.
- Similarly, taking time *after* your session to decompress and reflect on the session, is important. As with preparing for your session, take some time to think about how you might create space to reflect afterwards, before getting back into 'normal life'.
- Have your device set up and ready to go in the room you have chosen for your session ahead of our start time.
- Ensure the space you have chosen for your session has good internet access.
- Ensure privacy, as far as possible, by letting others know you are not to be interrupted; and by switching off any alarms or reminders that may interrupt us.
- Close any windows and browsers on your device, other than the browser you are using for our session, to minimise distractions.

ACTIONS TO KEEP YOUR ONLINE SESSION SECURE

- Switch off any listening devices that are in your room. This can include items such as games consoles, so take some time to think about what devices are primed to listen, and switch them off.
- If you have a smartphone, it is worth keeping it switched on until we have connected online so that we can call each other if either of us is experiencing any technical hitches. Once we are connected, however, please switch it off. Many mobile devices are primed to listen out for, and respond to, voice cues. Some devices aren't 100% secure even when switched off, so consider placing yours outside the room for the duration of your session.
- Close your browser after our session ends.