



ONLINE PSYCHOTHERAPY SESSIONS

I would like to provide you with some practical information to help you understand what to expect with online sessions and also provide some tips to make sure the process runs smoothly.

It might feel scary or uncertain to have some sessions online, but they can be as effective as meeting face to face, so long as you follow the sensible tips below. My goal is to create a safe and contained space to work with you.

If there are some material/documents that we need to use for the sessions (e.g. when I am going through psychoeducation and mindfulness), I will make sure that I have emailed this through to you before the session.

My preferred online service is Zoom, which is encrypted service and free for you to access and download. www.zoom.us. A video on how to use Zoom is here: <https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting>

Click <https://us04web.zoom.us/j/9042414995> (meeting room number 9042414995) at the appointed time to join the session. You will go to an online 'waiting room' where I can let you in at your start time.

How do we do the EMDR bilateral stimulation online?

Well it's easier than you might think! We have a few options open to us and can see what works best for you:

Visual- I can set my light bar up at the bottom of the screen- note that you need a laptop or PC screen for this to work as a mobile screen is too small.

Tactile- The 'butterfly hug' see video www.debbieaugenthaler.com/butterfly-hug-simple-technique-helping-anxiety/

Auditory- You can play bilateral sounds through headphones whilst processing the memories. Here is a link to a couple of mp3 tracks that you can download from my website to play through your headphones. The password is: I am abundant. <https://www.theportabletherapist.com/online-emdr>

Note: There are lots of other resources in the guest area of my website

Please make sure that:

1. You have your computer or mobile set up with Zoom before the session commences.
2. Note that Zoom is not a social network, and there is no need to open a personal account. It is also free for this kind of one-to-one call.
3. Please make sure you have the correct microphone and video turned on. You can check both in settings at the bottom left of the Zoom screen.
4. Can you please use a set of handsfree mobile phone headphones or even better, a set of over-the-ear headphones with their own microphone.
5. Your computer or mobile needs to be positioned at a sensible height so that I can clearly see your face and that the camera is at eye level.
6. It is very easy to hear background noises e.g. animals and washing machines and kettles etc. so please make sure you are in a quiet location. Headphones greatly help keep the sound manageable.
7. You will not be disturbed for the duration of the session and that the door to the room you are sitting in is closed.
8. You do not have your back to a window or light – this can make it very hard for me to see you clearly.
9. That there is adequate lighting in the room you are in.
10. You have a box of tissues nearby.
11. You have a glass of water nearby.
12. You have not been drinking alcohol or taking drugs before any sessions where they may still be in your body.
13. You do NOT record the sessions. I will not be recording any of our sessions UNLESS I have prior consent from you, and this has been mutually discussed and agreed and a consent form has been signed by you.
14. You will NOT let anyone else listen in to any part of the online session (via phone or any other technical device or in person) without prior agreement.
15. You join the meeting at the agreed time.

As with face to face sessions, the confidentiality agreement we signed together still applies. In addition, my terms and conditions that you signed at the beginning of working with me are still applicable. I will normally require the usual seven working days' notice if you wish to cancel or postpone an agreed session. You agree not to record sessions unless we have otherwise decided, together.

Engaging in online therapy will be understood as agreement to the above terms, will NOT record any part of the session or let anyone else listen in to the session (via phone or any other device or means) without prior agreement.

I'll look forward to seeing you online!

