

BREATH BODY MIND

**Cognitive Hypnotherapy
Trauma Release Exercises
Buteyko Breathing
Health Coaching**

GUIDE TO ONLINE THERAPY

Guide to online therapy

If we are planning to work online, it helps to be prepared, to make the time we have together as effective as possible.

Zoom is the platform that I use, as its easy and secure. Its free for you- just click on the link I will send you beforehand. If you haven't used it before, you'll need to install it- please allow a few minutes to do that- its very easy, just follow the prompts on the invite. You will only need to do this once.

You will be placed in a waiting room until the start of our session. When I have let you into the meeting, please make sure your camera and microphone are turned on, using the bottom left hand buttons in the corner of the screen.

There is a chat function in the bottom middle of the screen- if we have any problems seeing or hearing each other we can communicate here to resolve them, or we can call each other.

For the best outcome-

Find somewhere to sit which is comfortable and undisturbed. A comfortable chair or sofa is ideal.

Please ensure I can see your head and shoulders from the camera on your computer.

Please sit somewhere light, facing a light source or window so I can see you properly.

Once we have established the connection, I will turn my phone onto silent during the session- please do the same.

Please make sure that you won't be disturbed during our time together. This includes housemates, partners, children and pets.

If you are due parcel deliveries, please ensure there is a safe space for them to go to.

Please minimise background noise by keeping doors and windows closed if necessary.

Please ensure you have a good internet connection, and your computer is plugged in/ fully charged.

Only use your phone as a last resort- a larger screen is far better for communication, as much of communication is non verbal.

If the connection is lost-

Occasionally when working online, for one reason or another the connection goes down. In the unlikely event of this happening, don't worry. This is what we can do.

If we can't see each other on the screen, we can communicate through the chat function.

If this isn't possible, please take your phone off silent and I will call you.

If you have your eyes closed and you can no longer hear me, just open your eyes. You cannot get stuck in Trance, and any process we may have been in the middle of, we can take a step back and resume from there.

If we can't reestablish connection on Zoom, we can do via WhatsApp or a phone call.