

Tips for Online Therapy Sessions

To prepare for your remote session:

I suggest you take the time you would travel to sessions to prepare : reflect on how you would like to use the time, think about what is at the forefront of your emotional life .

It might be good to have a ritual, to help prepare and ground yourself. Sit in your chair, feel your feet on the ground, your thighs on the chair, your back is hopefully supported by the seat. Feel your fingertips, your shoulders, your neck - do they need a little loosening by rolling your shoulders and head? All this will help you to take away the daily stresses and to be more physically and psychologically present. present.

Are you in a private space that means you feel you can speak freely ?
Are you comfortable where you are sitting? Do you have tissues to hand ?
Maybe a glass of water? This is what you would experience if we were in my room together. Please turn off your digital assistant if there is one in the room, to ensure your privacy.

Re wifi: Turn off all other applications that might be a drain on the strength of your wifi. If you are in a shared space, can you ask others not to stream in order to give you the best wifi signal possible.

Think about what will you do after the end of the session. It's very important to give yourself some time to reflect, time you might have had if you were travelling away from the session to your next commitment.

For couples:

I know it is often difficult to follow the above advise, but in order to get the best from your sessions, try to give yourselves some time to reflect before and after the sessions

And, make sure you both can easily be seen in the video.

At the end of the session, take a little time to change the energy - maybe take a walk or make a drink , try not to continue if you have been discussing difficult things in the session. When you have relaxed a bit, then, it might be helpful to talk about how the session felt for you each, and what you have taken away from the session.