

Preparing for an Online Session

Online sessions can be tiring so before and after the appointment take a bit of time on your own to stretch or get some air to provide a space between activities before or after the session. Remember that you do not have your regular journey to and from the clinic, so it is important to prepare yourself before and make time to digest the session afterwards.

Where will you sit?

Think about where in your home you could sit comfortably and uninterrupted for the time of the session. Sitting in a chair can help you concentrate better on what we will be doing together.



Avoid Distractions or Interruptions

Look around you and see if you can rearrange anything not to distract you.



Negotiate an uninterrupted time

Wherever possible you need to get the agreement from other people you live with that they do not interrupt you whilst in the session. Closing the door, if possible, can make you feel more secure, even if you are on your own.



Adjust Light

To help your therapist see you, try to sit with your back against a wall rather than a window. Having a light in front of you rather than behind you will also help. It is preferable if you can arrange this in advance as leaving the online session to turn on the light can be distracting.



Secure your device.

If you hold your device in your hand or on your lap it can wobble and will also tire out your arm. Consider propping up your device if it cannot stand independently. Putting it at eye level best reproduces the eye contact we have in the room.



Wear headphones or earphones

This ensures that other people are unable to hear what is being said in the session and allows you to fully concentrate on what is happening.



Turn off or silence your mobile phone.

This is the same as you would usually do in a session. Also turn off or minimise notifications on your devices wherever possible. Turn the volume down on landlines.



What do I show my therapist of my room?

You may want to consider the “background” you will show to others, including your therapist. Remember that you have control over what others can see by changing where you sit or choosing a plain background with few distractions. This is important for you to maintain some privacy.

