Counselling Tips for safe practice online

Place- **YOU**- Remember that where we work will be visible to me and should not be visible to others within your household whilst we are working together. I would suggest if possible you chose somewhere where you will not be heard by members of your household.

Place- **ME**- I will always ensure that I will be in a suitable location for us to remain in private throughout our session together. We will be both visibly and audibly connected. I often have a quiet radio in the background for extra protection against sound travel and will be wearing headphones so your voice will not be audible to anyone except me.

**Connection**- should our online connection freeze or drop completely I will ALWAYS call you on an agreed phone number and we will try to reconnect if this is not possible, and you are happy to proceed we will do so on a phone call. We will never lose connection and end without agreeing we are finishing our session and discussing our next appointment.

My preferred online tool is ZOOM I will email you a link and then text you to confirm I have sent it 10-15 mins before our starting time or if you have no email, I will text you an ID number and passcode 10-15 minutes before our session begins. I will be online waiting for you to connect at the time agreed it is merely a courtesy that you have the details earlier. Facetime will be called by me to you at our agreed time.

It is often helpful for you to make sure you have a glass of water, some tissues, and your diary availability for our next session. This sets the scene for counselling and helps you focus on a working session in progress. Most clients also have a pad and pen so they can note homework suggestions or ideas as they come up between sessions that they can then bring to the next session- all kept in one place.

CRISIS- Samaritans free phone number nationally is 116 123