



curiosityspotuk@gmail.com

T. 07889 469 583

curiosityspot.co.uk

## Online Sessions

### Location

Online sessions take place over Zoom. You will need to sign up for a free account to access your sessions, you can do that at <https://zoom.us/join>. If you have difficulties let me know and I can send further guidance. To get the best experience using a laptop/desktop or large tablet is recommended, although you can also access it via a smartphone. You will receive an email with the link to each meeting a day or two beforehand. If you have not received this the evening before we are due to meet, please let me know.

### Comfort

It is important you are comfortable during our sessions and feel able to talk freely without worrying about being overheard or interrupted. So it is worth spending some time beforehand thinking about where you will access the sessions and how you will position your device (holding a phone or tablet for 50 minutes is not comfortable).

It's also useful to think about what you might want around you. Things clients like to have during sessions: Tissues, a hot drink, some water, something warm to wear, paper and pen. The benefit of online therapy is that you can choose a place you are comfortable to access it.

### Technology

If there is a problem with the technology, I will contact you by phone to discuss how you would like to proceed. Depending on the issue our options may include keeping the video on, but using phones to hear each other, continuing the session by phone only. Where there is a problem with Zoom (this only happens very occasionally) we may decide to reschedule the session. If there are persistent problems with technology then we may need to review if this is the right way for you to access sessions.

### Confidentiality

As I am not in control of the environment you will access sessions from, it is difficult to guarantee a confidential space in the same way a counselling room could. Therefore, you will be responsible for confidentiality from your location. I wear headphones during sessions and some clients find this helpful too.