



## REQUIREMENTS FOR ONLINE THERAPY

Online therapy can be conveniently conducted from the comfort of your home, but in order to be effective, requires specific conditions at your end. Therapy is a special kind of clinically informed interaction, that aims to provide you with particular experiences and benefits. Having your therapy online requires you to establish a space at your end, that is as close to a therapy room as possible.

Please note the following requirements for online therapy:

1. your device is resting on something - you are not holding it;
2. you are in a private room with a closed door and no interruptions from people, pets and other distractions;
3. you are sitting in a way that allows you to be seen from the waist up (important for body inclusive therapy);
4. you are well lit - check your image using the Zoom camera before the session begins;
5. if you are using another device for the therapy, you have your mobile phone switched OFF or on airplane mode throughout the session;
6. you have paused your email and other reminders on your device, to stop the various alarms and sounds that can be very distracting and disruptive to therapy;
7. you are not eating or smoking. A glass of water, or cup of tea is fine;
8. you have an adequate computer system for the video platform. Zoom requires updated operating systems and significant internet bandwidth (please check the requirements: <https://support.zoom.us/hc/en-us/articles/201362023-Zoom-system-requirements-Windows-macOS-Linux>). Online therapy is not able to be offered, if your internet bandwidth or operating system is not adequate.

*Additional suggestions:*

- o *feel free to burn some incense, oils or use calming light to create a soothing environment;*
- o *consider sitting on the floor on a cushion, for a more body connected experience;*
- o *have a light blanket at hand for use in the therapy as required;*
- o *have a box of tissues available;*
- o *have some space to move in the event we use somatic practices during the session;*
- o *dedicate and set up a special place in your home to set the tone for your therapy session;*
- o *spend a few minutes sitting quietly before the session begins, to transition from daily activities.*

Online therapy cannot take place if you are in a car, in public, outside, moving between spaces, or you are otherwise not in the conditions set out above.

**Please note: if the required conditions above are not met in an online session, the session will be terminated and the full fee will be charged. Thank you for your co-operation.**