

better beginnings

Guide to Online Therapy

Online therapy removes lots of barriers to accessing help. It is very convenient, making it possible for you to have specialist therapy sessions from the comfort of your own home, fitting more easily around other demands or responsibilities, and without any travel time. Psychological therapy, including EMDR therapy, works well online.

I offer online therapy sessions using Zoom, which is free for you to use and secure, end-to-end encrypted.

Before our session I will email you a link and password to our personal meeting. Once you click on the link you will be taken to the 'waiting room' for our meeting. This virtual staging area is a way of preventing people from joining a meeting unless they are approved by the host. No one else will be allowed to join our meeting.

As with any online video conferencing software I cannot guarantee 100% confidentiality, but I am conscientious about configuring my setting to maximise security, keeping up to date with security features and I 'lock' each session as soon as you join.

Tips - before the session make sure that:

1. You have a safe, private and quiet space to speak.
2. You have access to the internet with a signal strong enough to support streaming something such as Netflix. Connectivity is often improved if you are able to connect to your broadband via an ethernet cable.
3. You have downloaded the free Zoom app from your app store - for phone or tablet only (if you are using your desktop/laptop then Zoom works through your browser and you don't need to download anything).
4. You have your device charged/plugged in and ready, positioned at a height so I can clearly see your face.
5. You do not have your back to a window or light which makes it harder for me to see you.
6. You use headphones/ear buds if you have them, to help us hear each other more clearly
7. You have a box of tissues and a drink handy

Please do not record our sessions.

If we lose connection please try to rejoin using the link. If that does not work I will call you on the telephone number we agreed and we can decide whether to try again or to finish the session over the phone. If after five minutes I haven't managed to reach you by phone then I will email you. You can also email me on miriam@betterbeginnings.co.uk.