

Guidelines for online therapy to ensure it runs smoothly and safely.

Online therapy is shown to be just as effective as face to face hypnotherapy and many hypnotherapists around the world already use this way of working with clients; it is very useful in enabling clients to feel relaxed in their homes.

The information below is to help you get the best out of the online session and for you to decide if you are able to work this way by understanding and agreeing to the requirements below. If you are unable to, or do not wish to, then we cannot go ahead for safety reasons.

You will need:

A laptop or computer, which enables me to see you sitting up talking and sitting or lying down for the relaxation hypnosis.

Find a comfortable chair/couch for sitting/lying. You may need a blanket as our body temperature falls when we are relaxed.

A quiet, private warm place, where you won't be disturbed by people or pets or very loud noises. General background noise is fine.

Please keep heaters/fans other sounds away from the computer as it can distort the sound.

A phone in the same room, should I need to call you (if Zoom stops, or if I need to rouse you should you be in a deeper state of hypnosis, or if you should fall asleep). Remember, you cannot get 'stuck' in trance, though you might feel nicely sleepy afterwards. In this case, getting up and taking a few deep breaths and perhaps doing a task will enliven you). Please let me have this telephone number.

Have an alarm clock/phone and set it for 10 minutes or so after the session should end, to make sure you are roused and alert after hypnosis (if I can't get your attention). Once roused, should you wish, you may continue relaxing.

At the initial consultation, (or if we change from face to face, to online); I will need an emergency contact number of an available family member or friend who I could call should you need their support. Please ask them beforehand so that they know. It is extremely rare to need to contact someone but as I am not in the room, this is a sensible precaution.

If you have any health issues, please tell me at the initial consultation.

You may like to play background music. Silence is also lovely.

If our internet connection is interrupted or stops whilst talking, I will attempt to sort this promptly. If you are relaxing in hypnosis, no harm will be done. Should you lose the sound of my voice/picture, you will naturally and easily return to full wakefulness by simply opening your eyes, feeling calm and relaxed and understanding that this is a glitch! In either case, if I can't re-connect promptly, I will phone you and we will continue by phone.

Zoom information:

Zoom is free to download onto your computer, although you don't have to have a Zoom account for this; you are attending a Zoom meeting on my account.

I will send you a link by email or phone, a few days before the online meeting; click on the link.

A message will appear prompting you to allow Zoom to install. Follow the prompts to download the correct Zoom for your computer and operating system.

Make sure your microphone and camera are switched on.

Make sure you have a good wifi connection: it's best if no-one in your house is downloading movies etc, as this can affect the connection speed.

In summary:

As your therapist, during sessions I will always:

- Ensure our sessions are not overheard or interrupted.
- I will always end our session meeting when your session finishes so that it is never accessible to anyone else.
- None of our sessions will ever be recorded without your explicit and prior permission. Please do not record it yourself without my permission also. The programme I use will notify you if the session is being recorded so you can never be recorded without you knowing.
- My electronic devices are protected with anti-virus software.
- I use Zoom, which is seen as one of the leading platforms for ensuring client confidentiality.

- I will regularly update my knowledge on keeping secure online.
- Not be held responsible if you do not adhere to the advice on this form.

Your safety as my client; I will always ensure:

- You have given me verbal consent to conduct online sessions (written for children under 16).
- Take reasonable steps to ensure that online therapy is suitable for you.
- Take reasonable steps to ensure you have been informed of the appropriate environment for our sessions from your end.
- Discuss emergency contacts with you, in the form of a family member, friend or G.P.
- Notify you of how to pay and that payment must be paid prior to our session.
- In the event of any technical errors we will continue our session via telephone.

Please acknowledge you have read this, by letting me know by email, text or phone call prior to our first on line appointment. I really look forward to working with you, thank you.