

Counselling & Psychological Services

Remote therapy

We are offering remote therapy via video conferencing or telephone to individuals experiencing personal, emotional or psychological problems.

Some advantages:

- Remote therapy is flexible and practical to changes in location
- You can remain in a familiar safe and comfortable space – this can encourage relaxation and openness
- Remote therapy allows you to access support without having to travel, which can reduce stress

How to get the most out of remote therapy:

- Implement a normal routine before therapy such as showering and dressing appropriately – this can help with motivation
- Write down in advance the points you want to address and reflections from the previous session
- Leave an extra 15 minutes before the session to give yourself some time to get set-up and prepared - this can help to reduce stress and anxiety
- Be aware of the potential to share more online – this can lead to heightened emotional responses during and after the session
- If possible, avoid planning another meeting immediately after your therapy - allow yourself time to wind down.
- Technical problems can arise with WiFi connections - ensure that your digital device is fully charged, with a stable internet connection
- A desktop computer or laptop is preferable to a smart phone or tablet- this can help concentration and focus during the session.
- Try to find a private space where there will be no noise or interruptions such as mobile alerts – you might prefer to use headphones for privacy.
- Stay focused – it might help to have paper and pen available
- Sit in a comfortable chair and where the therapist can see you clearly
- Face the camera at eye level if possible, with head and shoulders visible
- Pour yourself a glass of water or a cup of tea/coffee before the session, but avoid consuming recreational drugs or alcohol before or during the session

