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**Online Counselling**

You may all by now have experience of online communication from other health services, work or private connections.

I recommend following guidance when we have decided for virtual therapy to reinsure a smooth and secure online session:

* is confidential like all other form of counselling and within the legal and ethnical limitation ( more details: therapeutic working contract)
* I have an excellent and security software and all virtual platforms I use are encrypted.
* To ensure confidentiality and safety please join the online session from a quiet environment with privacy and no interruptions or with minimal and no background noise. Ideal would be if you alone and in a safe environment to talk and not TV or other electronics are shut off.
* ensure others in your household are aware that this it is a confidential meeting.
* ideally connect from the same place for each session, however I understand that might not always be possible.
* **I recommend that you use headphones for optimum privacy.**
* online counselling has become a very ordinary way for people to access professional counselling.
* Counselling becomes international – you can speak with me from another country

What can be done when online interruption happens?

Be reinsured I will try to call you or email you and continue with the session or you can call me: +44 (0) 7899075933.

If you have questions about the online counselling please don’t hesitate to ask at the initial first session or on the phone.