

## Online Therapy

One of the most significant and **practical benefits** of online therapy, as opposed to traditional face to face counselling/therapy, is the possibility of undertaking counselling from the comfort and security of your own home or workplace. For people with full and tiring work and home schedules, this can save a great deal of time, effort and money. Also, as long as you have a strong enough internet connection, you can attend therapy even from remote and distant places.

You will also need to have a webcam with a built-in microphone or a webcam and a separate set of headphones with attached microphone - headphones prevent unwanted sound feedback. You will need to have downloaded and **installed Zoom** on your smartphone, tablet, laptop or PC ([Download Zoom Now | Zoom](#)) – it's very straightforward and user friendly. You do not have to sign-up to Zoom, nor pay any subscription fees to use it to attend therapy online.

### The online session

I will send you a Zoom link before each session, either by e-mail or WhatsApp. For the session (60 minutes duration) to remain private and uninterrupted, it is important to agree a time and place that enables you to fully engage without the possibility of any interruption or conflict of interest. Please switch off all telephones and any other distractions.

Otherwise, the session is conducted in a normal face-to-face manner.

### Fees

The same conditions apply as for face-to-face therapy. Fees are paid straight into my bank account per session or per month.

### Times available:

**Monday to Friday 9am – 8pm**