

CHOICES FOR THERAPY

There are many different ways to have therapy, just as there are many people in the world. Here are some considerations.

ONLINE via ZOOM

If you wish to have therapy this way, it may be useful to consider a few things like:

- Do you feel comfortable using technology?
- Is there a safe and private space which you can use each week without being interrupted or overheard?
- Is your broadband speed stable enough, especially when using WiFi?
- Do you have a desk or laptop you can use?

FACE-TO-FACE

I work with clients face-to-face in a therapy room. It may be useful to consider a few things, like:

- Do you feel comfortable being in a room face-to-face for therapy?
- Do you notice any anxiety or fear when you consider the first question?
- Do you feel it is important to wear a mask to undertake face-to-face sessions and for your therapist to do so?
- Are there any other considerations important for you to feel safe and comfortable in face-to-face therapy? It may be useful to make a list.

FACE-TO-FACE WALK and TALK

I can offer Walk and Talk therapy if you feel unsure or have some fear or anxiety about being in a therapy room. It may be useful to consider a few things, like:

- How do you feel about being in an open public space?
- Do you feel an environment like a park, by the river or canal, might support you to feel more comfortable?
- Considering how you may feel if you bump into someone you know, what might that be like?
- Do you have any physical concerns that may prevent you from walking for a period of time?

This short list of considerations is to help you think a little about coming to therapy and what method of therapy you may prefer. We can explore this more during your assessment.