



Preparing for an online therapy session

You will receive a Zoom invite for our session together. If you are not familiar with zoom, it is relatively straightforward to join the meeting from the options received in your confirmation email. If however, you have any issues with this please contact me and we can review other options.

To enable your online session to be seamless, please can you check through the following requirements.

- Your internet speed and stability is suitable for video chat. If your wifi isn't you may want to try your phone data. Alternatively, if your wifi is not as strong, you may find it is more reliable and robust if you plug directly into your internet.
- You are in a quiet, private, comfortable and safe space for the session. If you are having hypnotherapy, it is important that you are in either a seated or semi reclining position, so you can fully relax. Please make sure your head is well supported, so you don't have to make any effort to relax your head, neck and shoulders.
- For hypnotherapy, I will be asking you to place your hands where I can see them, so we will spend a couple of minutes before starting the session making sure your position works. Therefore, it will be important that you are able to stabilise your device – whether a phone, tablet or laptop so that it won't fall, and we can adjust its position a little, so I can see you from the top of your head to your hands – usually resting on your lap. For NLP I will also require seeing you from the top of your head to your hands.
- There is comfortable lighting for you, but bright enough for me to see you ok.
- On the very odd occasion our internet connection may break, if this happens, we will have to resume the session once reconnected. Equally on occasion you may be so relaxed that you fall fast asleep during the session. It is therefore wise to set yourself an alarm for 90 minutes after the session starts, just in case - to wake you up if either the internet connection does break, and we cannot get reconnected, or you do not hear me waking you. If this does happen, you will have had a restful nap 😊 and we will reschedule to continue the session as required.
- You may prefer to use comfortable headphones to improve the sound quality for you as you relax – your preference.

Any questions please either WhatsApp or email me and I'll get back to you as soon as possible.

Bev