Things to think about before your online therapy session:

How will you create a space for yourself to be not interrupted?

* Child care
* Deliveries
* Pets
* TV, Radio, other devices such as phone
* Close apps that deliver mail or messages
* Position a clock for time awareness

How will you make yourself comfortable?

* Room temperature
* Water
* Tissues
* Comfy seat that allows you to breathe fully, sit without tension and move your posture unrestricted

When creating the contact between us consider making a space where we can meet easily:

* Set up computer in advance
* Test webcam, headset or microphone and speakers
* Place device on a stable surface
* Be lit from the front rather than behind
* Visible from the waist up as so much of your feelings can be conveyed by posture and body language
* Check your connection and close other apps which use bandwidth
* Check other users in the household are off the internet during your session perhaps

I guarantee you my full attention during our sessions and once you create a space like this, we will be able to create a safe therapeutic environment for our work together just as if you were coming to my office in person.