**Information on preparing for remote assessment and therapy sessions**

1. I will send a link to your email address to connect you to the session.
2. The sessions will not be recorded by me and I ask that you don’t record them either.
3. I will ask you to confirm on my consent form that whoever in the household has the contract with the internet service provider consents to its use.
4. Please check sound and video settings before the time of the appointment, especially if you are unfamiliar with the technology.
5. Please make sure you are in a private, comfortable room, free from interruptions where possible.
6. If you are more than one person, please try to place the device where I can see you all together if possible. This may require sitting quite close together!
7. It can be helpful to be prepared with tissues and coloured pens/pencils and paper if children or young people are going to be involved.
8. Please feel free to bring any objects /toys that you have close at hand in your home that mean something to you or may be comforting.
9. If for any reason we lose connection during the session I will contact you by telephone straight away to decide what to do next.
10. Beginnings and endings can feel a bit abrupt online! I will take some time at the start to help people ‘warm up’ and at the end to ‘wind down.’
11. You may need a little time after the session ends to re-adjust back into your day. Remember if we were meeting in person there would be a journey back to home/school or work to do this.
12. Sometimes emotions and feeling are harder to pick up on when talking via a screen. Please let me know if I’m missing something. This is not always the case and some people find it easier to open up when in their own home.

Look forward to seeing you soon!