

## Claire Eva Shepherd – Quick Guide To Online Therapy

### Important Considerations When Taking Therapy Online:-

- **The Disinhibition Effect** of being more anonymous online means you might share more than you expected to and go deeper quicker. This is a known online effect; it can make your session more intense and have the potential to leave you feeling overwhelmed.
- **Solipsistic Introjection** is when you fantasize about who I am based on the limited information you have. It's a natural thing to do. It can be a problem for certain mental health conditions that struggle with reality and can be a reason that I suggest in the room therapy might be a better option.
- **Dissociative Imagination** often applies to frequent gamers who have difficulty perceiving that boundaries and socially accepted etiquette apply to them. This might be a reason to suggest online therapy is not working well and in-the-room therapy might be a better fit.
- **Buffering** is an important consideration. Buffering used to be the time you took to travel to and from an in the room session. Now you might go from a therapy session straight back into family life, or work. That can be very difficult, so considering how you might buffer yourself and transition from therapy safely into your environment is essential.
- **A Safe Space** to log on from is paramount. This is a space where no one is around to hear your conversation or distract you by moving around near your safe space; being accidentally overheard can damage relationships, is can be particularly unsuitable for children so please do check you cannot be overheard.
- **Background** is the space I can see around you. Teams offer the option to blur or pick an artificial background. I use an artificial background as I believe it promotes equality.
- **Security** is also most important. My private internet access has a firewall and security measures. You should never log on to a therapy session through public internet, always use a secure connection and keep in mind that no platform is 100% secure though Teams, the platform I use is encrypted and protected. **Also**, as I do, you may wish to disconnect listening devices like Alexa and Siri for the duration of your therapy.
- **Phishing** is an ongoing problem. Phishing is a scam where you might receive an email or text that seems to come from me but is not real and is a way for scammers to engage and con you. Please do not open communications from me unless you are sure it's safe to do so.
- **A Good Connection** is essential to our therapy session, please keep in mind that some disconnects such as power cuts cannot be anticipated. Should we lose connection I will try to reconnect immediately if that is not possible, I will via email offer to reschedule the missing time or refund the time. My session rate works out at 70p per minute, lost time will be refunded via bank transfer as missed time x 70p.
- **Your Safety** is, once we start therapy, part of my duty of care. Therefore, during our first session together we complete an assessment form. This requires you to provide personal information that will be kept for the length of our therapy sessions together and then destroyed. Please see my full 'Privacy Statement' on my website for full details.