

INFORMATION

FAQ's and information about accessing online support



How Does It work?

Online art therapy, mentoring or supervision is a way for you to engage in the above using internet technology, I offer this via video calling. Other practitioners may also use email, web-chat or the telephone. Every effort is made to provide a safe and secure environment for your online therapy with encryption software to protect your confidentiality in emails and the online video calling software.

Webcam/Video calling

Zoom/GoogleMeet/MS Teams are all software packages that let you see me face-to-face from your computer whilst engaging in therapy. I will help you set up an account on the software and we will meet at a pre-agreed time. The session will be 50 minutes in length, the same as if you were seeing me in a physical location. Being able to see me online gives you more of the benefits you get from face-to-face counselling but with the convenience of online therapy. If you are accessing Art Therapy with me we will also discuss what art materials to have to hand in your first session.

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Benefits and things to consider first

Online Art therapy/mentoring/supervision offers certain benefits but there are also limitations that are worth bearing in mind when deciding which type of support will best suit your needs.

Benefits

You can access support at a time, place and pace that suits you

Secure inscription software offers confidentiality and peace of mind

No chance that you may be seen entering a physical private practice where others may see you

Access to counselling may be more immediate and more convenient for your day to day life

May be more accessible if you have a disability

You may find it easier to still attend a session on a day where it is hard for you to leave the house

Things to consider

Are you comfortable using internet technology?

Would you prefer to see your therapist face-to-face?

Do you feel you can express your feelings effectively using words and image making?

Do you feel your situation is too complex to discuss via the internet?

Do you have a computer/phone with webcam that you can use privately without interruption?

Are you able to keep your art work in a safe private space between sessions?

Do you feel comfortable with having the camera on in order to share your artwork with me?

Is home a safe place for you to talk about sensitive topics?

WHAT HAPPENS NEXT?

If you feel that you would like to have an assessment with me for Art Therapy/Mentoring or supervision then please email for the contract and initial assessment form and email back to me and pay the initial fee of £40.

I will then offer you an initial appointment where we will talk through the contract and assessment and agree together what support seems most appropriate for you.