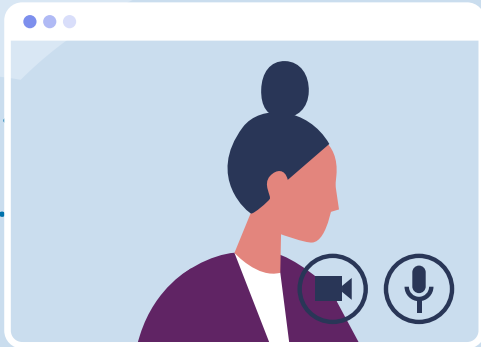


# CLIENTS

## KEY MESSAGES

You may need time to get used to online work



Plan your online session in advance with your practitioner

Be clear about perception and expectations: online is not a 'poor substitute' for in-person



Some clients find the more explicit structure and ground rules of online work helpful



Many clients like the convenience of online work: saving time, money, stress of attending clinic



Home space can feel safer and more relaxed compared to a clinic



## GUIDELINES FOR CLIENTS

**Using home space can feel safer and more relaxed** compared to clinic

**You may lack equipment or private space**, e.g. in shared housing: ask your practitioner's advice

**Consider what to show online**, e.g. privacy, lighting levels, are other people in view, might you hide the 'self' view?

**Online home visits can help your practitioner understand your home and family environment**, to inform their guidance and help generalisation of any therapy gains

**Discuss ways to manage the setting**, e.g. considering fidget toys or time out/downtime, finding ways to share e.g. making/ sharing a cup of tea

**Aim to have other tasks hidden or on silent** (on screens or other devices)

**Think about and discuss with your practitioner how to manage after the session**: especially if you stay in the same space after discussing difficult topics

**Speak to your practitioner about any concerns you have with online meetings**

**Sometimes an in-person meeting might be safer and more effective for you**, e.g. for clinical needs or practicing skills

**Agree ground rules** e.g. suitable clothing, presence of other people (visual or audio)

**Look after yourself**: take time and screen breaks, movement breaks, in-person support from friends or family



Key messages and guidelines should be shared with you ahead of time



Making a treatment plan blending online and in-person can increase your say in your treatment