

Working Online

Couples work

Individual therapy

Supervision

Introduction

Working online is a great way of doing therapy and supervision if:

- * you feel more comfortable meeting from your own space (eg at work or home)
- * find it hard to schedule in sessions and travel time
- * are a couple who are in separate locations
- * you are familiar with and simply prefer this medium
- * you want to access a particular therapist/supervisor who is geographically distant

Ways of working

e mail

Some people like the rhythm of taking the time to write down their thoughts, feelings and experiences, sending them off, and then receiving a considered reply. I find this method works well in a weekly or fortnightly structure.

I use an encrypted e mail service (as easy to use as an ordinary one) to ensure confidentiality.

web-cam

Many will be familiar with using platforms like 'Skype' and 'FaceTime' to keep in touch with family and friends or to use for work meetings. I work on 'zoom' a professional platform that is encrypted, of good quality and is free and easy to use. Many people like this medium as it is very like being with the person as you are able to hear and see them in real time.

How do I begin

Simply e mail me david@relationalpsychotherapy.co.uk stating what sort of session you are interested in (and in what mode) giving me an idea of your availability and I will get back to you promptly with simple, straightforward instructions to arrange a first meeting to explore working together