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**Information sheet about online sessions and the process**

**What happens when our appointment time arrives?**

As usual, we will schedule weekly appointments to continue our sessions online via the Doxy.me videoconferencing platform. To access appointments, we require your email address and/or mobile number. We will email/text you a link to access your session.

You will ensure you log in from a quiet and private environment. You may like to have a soft drink to hand, but please do not bring food.

Please note that any inappropriate behaviours or inappropriate dressing will result in the termination of the session with immediate effect. If this should happen, I reserve the right to terminate further therapy sessions.

You therapist intends to be in the video consultation when you arrive. Although Doxy.me has the facility to record sessions, this feature WILL NOT be used by us unless we have discussed this in detail previously or we feel your behaviour in inappropriate. In such an event we will record the session for our protection.

At the end of our time online together, you should end the videocall when we have said goodbye. You will be reminded when it is time for the session to end.

After our session, you should ensure you have closed all Internet pages that relate to our time together to maintain your privacy from other people in your environment. Please then choose a pleasant activity to engage in for a while after the session before you return to the world offline.

If you have any questions before our first online video session, please email me at my secure email address at info@breaking-the-silence.org.uk