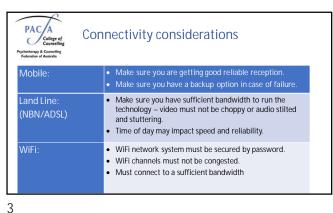




What equipment you need to have set up as a Counsellor?

- · Lighting High quality internet connectivity & reliability
- A secure connection
- Connection back up
- Encryption
- Quality audio
- Clear picture
- Test everything

2





Counsellor's ground work before starting

- A safe space
- What is behind you?
- Business contract and payment
- Intake
- Is online appropriate for this client?
- Initial contract
- Supervision
- Which digital modes do you offer?

4



1

Boundary considerations

- A safety plan and emotional regulation strategies
- How to manage communication between sessions
- Are you providing a crisis service?
- Payment
- Cancellation policy and lateness to session
- Recording
- Support Contact



6

Equipment the client will need for online College of Counselling

- Which device to use?
- Secure connectivity
- Audio
- Clear picture
- Headset or ear buds

5

1



Boundaries the client will need in place for College of Counselling online counselling

- A private, safe & uninterrupted space
- Have time for a normal length session
- Outside?
- Support in the client's environment
- Payment
- Online counselling contract



What could possibly go viroling.

Ethical issues in the online environment What could possibly go wrong?

- You as a therapist have less control of the client's environment
- What are some of the things which could happen in the online environment that wouldn't happen face to face?

7

8



Ethical issues and mitigating risk ...Contracting before you start

- Reliable equipment
- Confidentiality and security
- Risk assessment of the client's suitability
- Crisis plan
- Plan for disconnection
- Client contact details & location
- Client support details
- Time set aside for the session

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