

KGPS Karen Green Psychology Services

Online Session Checklist

It is important to use a secure internet connection rather than public/free wi-fi.

The online platform I use is Zoom which uses 256-bit AES-GCM and end-to-end **encryption to provide some security**.

Join a 'meeting' by clicking on a Zoom link I will email to you. Follow the prompts to download and run Zoom. If asked, select 'join with computer audio' and 'join with video'. If asked, enter the meeting ID. You will then enter a 'waiting room' and I will let you in to your appointment at the specified time.

Confidentiality still applies to online sessions and no-one will record the session without explicit written permission from all concerned.

It is important to have **a quiet, safe and private space** that is free of distractions during the session.

A back-up plan is useful in case the technology fails and, at minimum, this should be **a telephone number I can reach you on during your appointment** slot.

It is also advised that a safety plan is set up, which includes at least one emergency contact and awareness of local emergency support in the event of a crisis.

Please also note that, whilst unlikely, it is possible that your circumstances may change such that online therapy is no longer safe or appropriate without 'in-person' or NHS services supporting you.