

Is online therapy right for you?

The Advantages

You feel safe and secure in your own home.

No travel time or costs.

The challenges (and what we can do about them)

The level of confidentiality is not as much under my control as it is in my office as, in theory, it can be affected by the actions or failures of the platform we use (Zoom). In practice, this has not been an issue so far.

Some people worry about the connection being broken while they are in hypnosis. In practice, this is rarely a problem. But (just in case) I always include a suggestion that if you don't hear my voice for a few minutes you will bring yourself out of trance, feeling wonderful, and we can reconnect.

What do I need to provide?

A screen with an internet connection.

Bigger screens are better than small ones, and if you are using a phone or tablet, you'll need to prop it up on something rather than hold it in your hand. (If you relax during trance enough to drop it, I can only see your ceiling!)

A place where you will not be overheard or interrupted by family, pets, phones, etc. This is partly to ensure your confidentiality but also to help you get the most from your therapy. Constantly breaking off to check on that worrying silence from your kids, for example, or to see whether the puppy is chewing your new shoes, will very likely have an impact on your success rates.

Headphones are not required but they can be a useful way to cut out background noise, especially during the hypnosis part of the session.

A comfortable place to sit or recline. Laying down is OK, but you may be more inclined to drop asleep lying on a bed, especially if you are tired.

An open mind and a desire for change.

If you would like to know more about using Zoom for your therapy sessions,
please contact me:

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