



Sharon Doherty Working On-line

How online therapy can take place

Video - For video sessions I use Zoom, one of the most secure platforms. In order to use this type of online therapy, your computer must have a webcam and microphone or you would download the appropriate app to your phone or tablet.

Telephone - For telephone session therapy I use my own dedicated phone line which will incur no call costs to you. I can call any number you give me. Your number is saved in my phone under a code and not your name.

Considerations Prior to On-line Sessions

There are many reasons people come to therapy. A key question to discuss is if on-line sessions are appropriate for you. People often have questions, concerns and positive aspects when considering video/phone sessions. For many they offer a convenient, easily accessible and private way of working. Being in a quiet, safe and private space is important so you feel most at ease with talking. Some people are in a room in their house, their car or sometimes walking or sitting outdoors. Online therapy can be useful for a number of issues but there are occasions when it is not suitable, for example, if you were at risk. We would discuss how we both felt about suitability for using online methods. If there was a technical problem we would have agreed how to proceed to rectify the issue, or re-arrange the session.

Maintaining the privacy of our online exchange

There can never be a 100% guarantee that online therapy is safe, but with awareness and attention the risk that a third party can access the communication or its records, is minimal. Please consider how you keep or save emails or documents linked to your therapy to ensure your privacy against unwanted viewing by third parties. It is recommended that you do not engage in online therapy using a public computer where the content of exchanges could be viewed by others in close proximity.

Moving forward

You will receive a copy of our agreement and any personal information you have shared to confirm, via email, that it is factual and giving your consent for me to hold the information.

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