Dr Petro Erasmus

Clients Online Setup Checklist

Last updated: 30/03/2020

Here are a few things to consider ahead of your first session online.

1. **Assess safety**
	1. Is online therapy safe for you?
	2. Are you safe in your home?
2. **Assess access**
	1. Do you have what is needed to conduct a session (headphones, phone, laptop or tablet, webcam)?
	2. Do you have a secure internet connection?
3. **Assess availability**
	1. Does it work for you to continue therapy online?
	2. If you need to cancel or change your appointment, our usual 24 hour notice period will apply to notify me in advance by phone or email.
4. **Strategize**
	1. Do you have a quiet, consistent private space that is free of distractions (including cell phone or other devices) during the session.