

## Finding Privacy

I was inspired to move my practice Online when the Covid Pandemic hit us. I sent my existing clients this document to help them find space in a home that was potentially full of people or at least not very private.

Regardless of whether we are still in the pandemic at the time you are reading this, the truth is it has changed us and the way we work, so going forward we aren't going to get private space as much as we might have been able to in the past.

**I would always promote a private space, free of interruption and no fear that anyone would enter your space. However, I know that's not always possible so please have a read below for some ideas on how to get your space.**

It will depend on which platform you choose to use (phone or video conferencing) and which people in your life might interrupt you but here are some ideas:

- Tell your family you want some privacy and together work out which rooms you can all be in.
- Use white noise (washing machine etc) to create privacy.
- Put music on outside the doorway (maybe not heavy metal!)
- Wrap up warm, make a cuppa and go outside.
- If we are on Zoom and you want to say something particularly sensitive, you can use the chat function to send me a message which I will see straight away. Or put your hand up and I will stop speaking. We can have a trial run of this.
- If you are on your own with the kids set them up with a movie and snacks.
- Use headphones so they can't hear me.

## About Interruptions

During this time, I recognise that we are all doing the best we can with the resources we have. If during our session you are interrupted by a little person wanting a snack or just curious and wants to say hi then that's fine. If someone walks in and forgets you are in session then I will laugh or sigh with you. I know you are doing your best and I will go along with you and what works for you. I am here to support you not to judge you. If you have any concerns about this please let me know and we can work them out together.

