

Psychotherapy using SKYPE

A Training Workshop

Seeing patients via SKYPE is not what many of us prefer. The experience of being in a room with another person cannot be replicated on a screen. And yet there are many reasons to consider working virtually, even if only with some patients, some of the time. If you would like to give it a try, but do not quite feel comfortable using the technology, or if you would like to become more confident working in this way, then this training is for you.

The workshop will take place in a friendly, supportive environment with ample time to discuss questions and concerns. In the course of the afternoon we are going to cover the following:

- **Practical issues**
 - Setting up SKYPE
 - Going on camera? (framing, light, background)
 - Confidentiality and data protection
 - Skype etiquette
 - Trouble shooting
- **Practice session with feedback**
- **Exploration of clinical consequences**
 - Effects on therapists and patients
 - Navigating boundaries
 - Re-calibrating the therapeutic frame

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Would you like to attend this in Cambridge on a Saturday?

Send an email to corinna@explorepsychoanalysis.com to express your interest. If there is a sufficient number of people to make it viable I will suggest a date.