



Ideas for re-thinking & re-framing current therapy

Your first question when deciding how to proceed should be around what is the aim? It may be that you want to hold the relationship during a break from regular sessions. Think what is necessary to do this, and the best way to do this. It may be that you hope to continue the sessions but in a different format. If this is the case the sessions will be different so think about what is and is not possible and how you can positively work within the limitations of a remote connection.

You should reflect on the purpose and scope of this work and the safety of it. You are unlikely to work on trauma, and need to be clear on processes to deal with safeguarding. Instead you are likely to be working with the anxiety caused by the current situation, resources for coping and regulating, and maintaining the relationship.