

Online Therapy Guidance for Parents/Carers

Essential:

- Where possible, the therapist will agree with the young person how the session will run and if required, arrangements will be made for a parent/carer to support.
- If you are supporting the young person during the session, please try to be available and attentive towards them at all times, otherwise we would ask you to leave the space to support the therapy process.
- The therapist will agree a protocol for what will happen if the session becomes disconnected.
- Contact details will be shared between parent/carer and therapist; this will be agreed at the start of the session. The therapist will use their college email address as their form of contact.
- The therapist will ensure that the learner understands how different managing confidentiality may be during an online call.
- The NSC Safeguarding policy will be followed at all times.

Guidance:

- The sessions will be client led and we are exploring online working, so there are no set expectations for what may happen in a session. We would be happy to discuss any queries at a separate point - please contact us by email to arrange.
- The parent/carer will also have responsibility for maintaining confidentiality.
- If possible, the young person can choose where they would like to have their therapy session. Ideally this would be a comfortable, undisturbed environment.
- At college we use signs to show that a therapy session is taking place. Your son/daughter might like to create their own sign or involve others in the family in doing this as a group activity. We have attached a sign for you to use, if it helps.
- The parent/carer will need to support the learner following the session to help them transition back into daily life – for example, quiet time, a break, a snack, a chat, a rest etc.
- The young person may choose to end the session early and this is ok as it is their session and they are in control of its parameters.
- Equally, if the young person does not want the session to take place, please respect this and inform the therapist. The therapist will remain available for the duration of the session should the young person change their mind.



Therapy Session taking place.

Please do not disturb and
remain as quiet as possible