

Online Supervision

Online Supervision Services

Supervision sessions provided online via video conferencing are a great way of ensuring you can have regular, quality clinical supervision when local options are hard to access or when it just feels easier to receive your sessions from your own office or home. Once we are set up for video conferencing, online supervision sessions offer clear, transparent and supportive discussions that are very similar to traditional face-to-face supervision.

What you need to do prior to our first session

Make sure that your computer is set up and is ready to go, with the online program we have agreed to use downloaded onto your computer.

In general the video conferencing service I use is **Zoom** and I will email you a new session link prior to each session.

Audio/camera check just before each session

Prior to our session time, please do an audio check so you know that your speakers and microphone are working properly.

I recommend that you use headphones for video conferencing, as this ensures a more private conversation and also minimises echo.

Check that the camera is working and you are positioned to ensure a clear picture of yourself (with enough light but with no window directly behind you.)

I will also ensure that my sound and video are set up prior to our session.

Phone available

Please keep your phone next to you at the start of the session, so we have a backup way to contact each other if necessary. My mobile number is **0402 759 286** and I will also make sure my phone is with me. In situations where there are sound problems, such as voice delay or intermittent loss of sound, I often make use of the phone and video call in tandem - keeping the video picture running with both our microphones turned off and using the phone as well for clear communication.

At our appointed time

I will be online at the start of our session time. If there is any difficulty with our technology, I will ring you on your phone and we can try to resolve the issue together. If we run into an issue that can't be solved quickly, we will use telephone for that session and make new arrangements to talk via video conferencing for our next session. While I don't offer telephone supervision as a complete service, it is a great back up for the odd occasions where technology lets us down.

Confidentiality

In online supervision, as with face-to-face supervision, I keep some written notes on the themes we discuss, and the clients we discuss. These client details do not include any names or identifying details, but act as a reminder to me, in case you choose to discuss the client on a following occasion. I also keep a written record of any other important points discussed during the sessions, such as decisions made in the session or specific information or advice I have given.

I do not create audio or video records or AI generated transcripts of our sessions and I request that you do not do this either.

If you have any queries before our session, please ring me on **0402 759 286** or email me at lisa.derham@bigpond.com.

I am looking forward to speaking with you online soon.