

Secrets to Successful Therapy Using Skype/VSee



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Working using Telephone and Skype

Face-to-face work with clients has been the mainstay of our work since its inception, however there are groups of clients for whom face-to-face work is not possible. In order to help clients who are housebound due to illness or disability, to engage with clients who work abroad and find managing their time in the UK problematic, phone and Skype/VSee offers the ability to have a productive therapy that would otherwise not be possible.

Working with these media is not the same as working face-to-face and the specific skills needed to work effectively in this area is not part of conventional training programmes.

Skills for Work using VSee

Learning the technicalities of using Skype/VSee so that the client experiences the observed, as a 'safe space' is important in the creation of a therapeutic alliance. Understanding and working with the differences, between face-to-face and Skype/VSee work, learning about the complex feelings that can be evoked when the client is both with you, and in another place, knowing what to do when the screen freezes, and how this can enhance rather than disrupt the work is invaluable in order to benefit from the added dimension of work through this media.

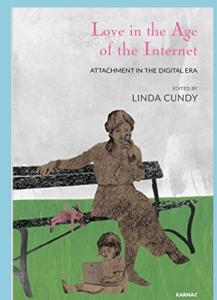
Skills for Telephone Work

Skills specific to working with the phone include learning how to listen to your client, and being aware of the rhythm of the session to enable a greater depth to the work. In face-to-face sessions the client uses the sight of the therapist to maintain and regain affect equilibrium, it is important to learn how to enable this important feature using the voice to replace physical presence. You will learn to understand facets of your own audio experience to enhance the connection that creates a strong working alliance.

With exercises to practice these important new skills, the workshop will offer an experience that enhances work with clients who are unable to engage in face-to-face therapy.

Publication

This workshop is based on the chapter "The use of telephone and Skype in psychotherapy: Reflections of an attachment therapist" to be published later this year in the book "Love in the age of the internet" edited by Linda Cundy by Karnac Books.



Niki Reeves

Working in clinical practice for almost 20 years Niki trained as a Psychodynamic Counsellor in the early 90's and then as an Attachment Based Psychoanalytic Psychotherapist at The Bowlby Centre in London. A qualified Supervisor and Tutor, Niki has trained counsellors to diploma level. Niki has been 'Head of Counselling' at Southampton Counselling, and is now taking time to write, teach and run her private practice in Southampton where she works with therapists, individuals, couples and families.

Further Information:

The workshop will include handouts, worksheets, reading lists and feedback forms.

For further information about how you can host these workshops at your service contact me on:

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