

## Phone Consultations

*Updated: 19/09/20*

### Commencing Your Appointment

I will call you at the start time of your appointment, or you can call me on 0411 044 459.

### Preparation

You will need access to a space that is quiet and private, and that feels relatively secure.

If calling from home, a supportive chair and/or some floor space would be ideal. I encourage you not to attend the appointment from your bed if possible.

I recommend you engage the hands-free speaker on your phone or use headphones. Headphones will also provide some added privacy.

Ensure that your battery is sufficiently charged.

Wear comfortable clothing that will allow for some movement and is similar to what you might wear to an in-clinic consultation.

Consider reserving some time for yourself before the appointment so that you can orient to the session, as well as some time and space after the appointment to support the integration of whatever we have worked with and the transition back to your activities of everyday life.

### Orientation

It can help to remember that a psychological therapy consultation conducted by phone is different from a regular social or business phone call.

If you have previously attended an appointment in my consulting room, you may find that your phone consultation feels a little different. I might run the

session differently or reduce the length of the appointment if this feels attuned. I'll take some time to orient you to this new format during the initial consultation.

In addition to talking, we may also do some gentle movement, embodied-awareness, or mindfulness-based practices, just like we would do in a face to face consultation. If you're calling from home, you might like to have some props on hand to support this, such as a cushion or blanket.

I may also message you links to websites or photos of worksheets etc. for us to look over together during the consultation.

### Further Information

Additional appointment information is available on my website: <http://danielcostin.com>