## Tips for maintaining the therapeuitc relationship in



### **COMMUNICATE LOGISTICS**

### EASE INTO ONLINE THERAPY

- Allow time for trust to build in 'new' environment
- Consider extra time in Phase 2 preparation to facilitate secure relationship
- Review resourcing and safe place exercises to aid client in adjustment



#### **ESTABLISH SAFETY**

- Give tips to help client create safe therapy place
- Suggest having a favorite drink or comfortable seat for session
- Use voice, eye contact, and presence to create a calming environment

### **NORMALIZE STRESS**

# THERAPEUTIC ALLIANCE

- Built on hope, empathy and trust
- Collaboration on goals and needs
- Mutual understanding and flexibility
- Genuine curiosity and respect



### ASSESS BEFORE REPROCESSING

- Assess appropriateness of client for

- networks

### GROUND

- Discuss ways for client to feel safe after session
- Ask if client is prepared to reconnect with day to day life
- Suggest client have a routine to transition back to normal life

### **INSTILL HOPE**

- Let the client know you truly care about the work you do together:
  - "Trust the process." "You can get better."

  - "We are in this together."

### **CONTINUE TO EVALUATE**



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