

Email Therapy



**Guide 2: To help you
get started after the
introductory session.**



www.connectedwellbeingpsychotherapy.com

What to write...



Your Email Therapy Session is your space to share your inner world, to try to make sense of your experiences. What I offer is the safety of another joining you on your journey, in a warm manner that is free of judgement and full of a desire to explore with you.

I encourage you to write with open curiosity. See what naturally wants to flow out. Notice any parts you are aware of wanting to hide or save, as these can offer key moments for us to work on and help you move forward.

You may want to explore away from the topics first raised in your introductory email, this is perfectly fine. You also do not have to respond to any points from my email. You are free to use the space as you feel best. This could be any thoughts or feelings you have been having, or changes in your life.

I may want to ask for clarity over something you have said, and likewise you may do too. Ask me questions. Let me know if you think there has been a misunderstanding. It is important to check things out with one another to make sure we fully understand what is being communicated and the therapy is as beneficial as possible.

When to write



What makes Email Therapy so versatile is the ability for you to sit down and write your session any time of day. No more rushing to fit everything in during set hours.

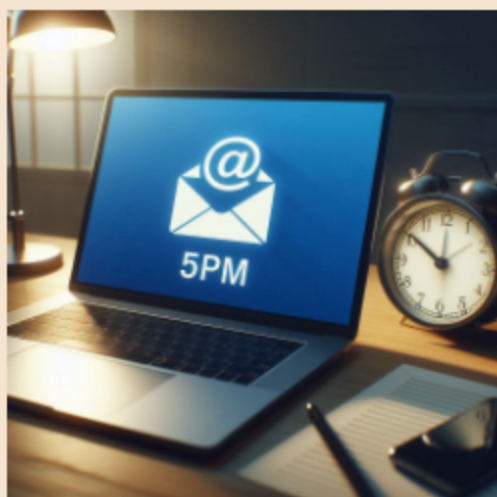
It is important, just like with any therapy session, that you prioritise that moment just for you. Ideally you will be in a distraction free zone, notifications turned off on your device and somewhere private.

You should aim to spend an hour expressing yourself. This may be done all in one go, or you could make notes as the week progresses. This is individual to each client so do what feels right for you.

It is important that your writing flows naturally and expresses your feelings, rather than being a perfectly edited factual document. This will help me to make my Therapy Response Email as therapeutically supportive as possible.



When to send

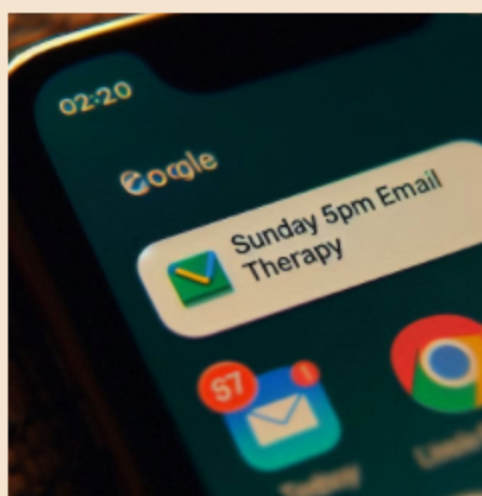


The deadline to send your Email Therapy session is Sunday 5pm.

You can send your email before the deadline, however it will not be read or responded to until your allocated session time in my diary.

Any emails received after 5pm unfortunately will be classed as too late and not responded to. As per the contract, these will still be charged sessions.

It may be useful to set a reminder/notification of when you anticipate writing your email, and also when you need to send your email.



The use of PS



PS was originally used at the end of letters. It is the abbreviation of Postscript taken from the Latin word Postscriptum, meaning "written after".

Sometimes it is important to discuss the practical side of therapy, such as holidays or any changes to the current therapy arrangements.

I may use a PS to inform you of any dates my practice will be closed, or any fee increase.

If you use a PS at the end of your email, it does not count within your 500 word limit. The PS is not to be used for sharing of therapy content, and must be kept short and factual. You may share holiday dates, information about ending therapy or even wanting to switch to a different mode of therapy delivery such as Telephone or Video Call.



Invitation to fill out CORE-10

Please refer to Email Therapy Guide 1 for a refresher on:

What is CORE-10

Why I use CORE-10 in my practice

If you have any further questions, please email them to me.

When you receive my Therapy Response Email, I will add a section at the bottom that looks like this:

Core-10 P.S

I invite you to fill out this weeks Core-10 via this link

<https://forms.office.com/e/fiweBk2DtW>

Filling out the CORE-10 is an 'invitation' and I encourage client's to do what feels right for them. You can choose to fill them out each week, only occasionally or not at all.



When to read my response

As with writing your Email Therapy Session, it is important that you protect the time to read my response. Ideally you will be in a private space, to maintain your confidentiality, and to minimise the potential for distraction.

Allow yourself time to really absorb my words and my response to your email. This may bring up varying levels of emotional response and it is important for you to have the space to be with your thoughts and emotions.



Understandably there may be an urge to open the email straight away however it is very important for your therapy journey that you only do so when ready. Not having the Proton Email app on your phone may help, as the app does send notifications. Having to sign in to Proton mail through a browser may allow you to better prepare your physical and emotional space.

You may receive my email before my response deadline, this does not mean you need to read it any sooner, it is simply that Email Therapy enables me to have a certain level of flexibility in structuring my Private Practice.

My Response

Email



I will send my Response Email to you by Tuesday at 5pm. This is the latest my email will arrive, however there may be times it arrives earlier due to flexibility in my diary.

My response is always carefully considered, with the same level of attention and support offered my other modes of therapy. Sometimes I may ask questions, these can act as points to reflect on as your weeks go on. You do not have to respond or answer these questions, however if you feel you would like to, that is also okay.

I may pick up on points you expressed in earlier emails if I can sense a theme or that it could be of benefit to you.

My response, like your email, has a 500 word limit. This allows us to focus in on important areas, however it also means I may not be able to reply to everything you bring up. If there is an area you specifically want me to repond to you can ask me to do so in your email, or raise it again in the next one.

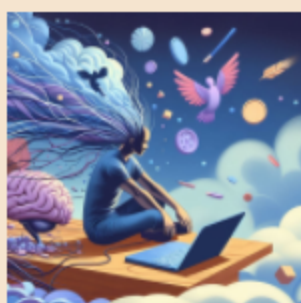
Endings

As with any form of therapy, how we come to the end of our therapeutic relationship is very important, and requires careful consideration. Ideally, an ending will be planned, and depending on the length of the therapy, have a few sessions allocated to bringing the work to a close. Sometimes, an ending may come quite quickly and there may be other factors preventing the natural close to the therapy.

You are encouraged to consider how long you would like your therapy to last, so that we can plan in advance for the ending to be as holding as possible. Some people want short term therapy of 6 or 12 sessions, others may want long term or the security of ongoing therapy.

You are free to end your sessions whenever the time feels right for you. This is something which may change during the course of therapy, compared to the initial ideas you may have had about the duration. Therapy is a journey of increased self awareness and how long therapy lasts is individual to each person.

You will send your final Therapy Email and I will then send my Response Email. This means that my email will be the last one sent. A benefit of Email Therapy is being able to keep the emails forever.





Please get in contact
if you have any
further questions.



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