

Privacy Tips for Distance Counseling Julie Honeycutt

Depending on your technology, here are some arrangements other clients have done successfully.

- Go to a park in the car and do the session in the car on a mobile device. (Note: Be sure you have unlimited data or can sign onto a wireless network in the area. Video chat uses a lot of data.)
- Arrange with a friend to use their house while they're not home.
- Arrange to use an empty room at your church.
- Put a noise maker (white noise for fan) outside your bedroom door and kindly explain to roommate/spouse that you have an online meeting and cannot be disturbed.
- Use a privacy room/private study room at a public or university library. (take your own sign that says please do not disturb and sit with your back to the glass.)
- A-lot of hotels have small meeting room spaces open to the public. It just takes some calling around and asking.

There are many creative options to find privacy but they require intentional planning.