



Dear Lighthouse Community,

We hope that you have received your care package and are working with your therapist, family and friends to create routines, rituals and self care strategies to support you in these times. And talking of routines and rituals, we want to share some **tips on how to make the most of your “virtual” therapy sessions**. By now you should have had at least one appointment by phone and / or video and we can all agree it feels weird at first but we have noticed that we are all settling in.

To make the most of your sessions we want to encourage you to work with your therapist to create a “virtual therapy room” across the two rooms and screens :)

Tip #1 Before your appointment make sure that you have a space that is quiet and interruption free.

Tip #2 Set up your phone or laptop so that you don't have to hold it up for a whole hour – get creative with books and pillows and other ways to prop it up



Tip #3 Make sure that you are in a comfortable seat for the hour.

Tip #4 We are finding the sessions work best when both people have headphones – they can hear each other much better, so get those ready too.



Tip #5 Gather some props to make the space feel like the Lighthouse rooms – try some soft cushions, cozy blankets, squishy “fiddle” toys, a glass of water maybe, some tissues, a diffuser if you like the nice smells.



Tip #6 If you like drawing and art then gather some paper and pens and talk with your therapist about using this in the session.

Tip #7 Grab a pen and paper as you may want to take some notes



At the start of the session you will need to “settle in” as we are missing the usual routine of driving to the appointment, sitting in the waiting room etc which all help us to prepare for the session. You may describe your surroundings to the therapist, or they may show you the space they are in so you can feel like they are more than a face on a screen.

Likewise at the end of session we usually “transition” out of the session, walking through the waiting room, perhaps chatting to Charisse to book the next appointment, and we have a journey home in which to think about the session before we launch back into life. So at the end of your session think about ways in which you can give yourself some time to change from being in therapy to being back in the family home. Perhaps walk around the block, sit in

your garden for some time, journal, have a warm shower, chat with a trusted family member (perhaps this is the cat or dog!)

WE'RE STILL HERE FOR YOU

Lives Lived Well support services are temporarily moving to online/phone channels. Contact your LLW counsellor or phone us (Qld - 1300 727 957, NSW - 1300 596 366) to book an appointment.




Lives Lived Well
Passionate about the possibilities

We are still here for you, your appointments are still at the booked time, our reception number 0756998248 is still available if you need to change these times, we are still having all our team meetings, the only change is that none of this is face to face and we are doing everything we usually do by phone and video.

Take care, be kind and stay safe.

The Lighthouse Team,

Suzi, Louise, Carly, Andrew, Charisse and Jymbi

P.S. In these times it may be that you need extra support and that is OK, but please remember that Lighthouse is not a crisis service and so can not respond in those times. In the instance of an emergency or need for support out of hours please contact:

Lifeline 13 11 14

Blueknot Helpline (specialist trauma counsellors) is available

between 9am - 5pm 1300 657 380

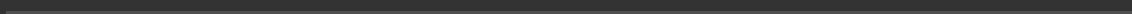
Acute Care Team 5687 9600 or 1300 64 2255

Access Team - Child & Youth 5635 6392

Gold Coast University Hospital 1300 744 284

Robina Hospital 5668 6000

Emergency Assistance 000



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**WE'RE STILL HERE
FOR YOU**

We continue to support new and current clients. In response to COVID-19, we have moved to telephone and online support to help safeguard the health of clients, staff and their families.




Lives Lived Well

 www.liveslivedwell.org.au

 ISO 9001 : 2015 & NSMHS



Lives Lived Well acknowledges the Traditional Custodians of Country and their connection to land, waters and community. We pay our respects to them and their cultures and to Elders, past, present and future.

**CARE
OPINION**

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