

ONLINE COUNSELING OR E-COUNSELING

NOTE: Online counseling is not appropriate if you feel suicidal or for other emergencies. If you need immediate help or are suicidal, please call 911 or go to your nearest medical facility.



Online counseling is a counseling service that is provided online. Just like face-to-face therapy, online counseling helps you deal with problems and encourages your personal growth. It is based on a dialogue between you and your therapist, assigned readings, or "homework," such as journaling that will expand your horizons and give you a new perspective that allows you to challenge old problems. Just as in an office visit, you may receive support, feedback and, sometimes, strategies to help you with your problems.

Counseling online is different than in person or counseling by email only, and it has proven to be effective for many people. We offer online audio and/or video therapy through Skype, FaceTime (iPhone/iPad2, Mac Computer) Tango, or just by telephone. If you choose to proceed with a therapeutic relationship in this manner, you can explore your issues more deeply, especially if you choose online video sessions in place of phone sessions.

How long you remain in therapy, the frequency of the sessions and the nature of the work we do together is all your choice. But you should know that some problems can't be successfully resolved without an ongoing therapeutic relationship, and some problems can't be resolved online. But for many people who do not choose to seek counseling in person, eCounseling might be a good place to begin.

WHY ONLINE COUNSELING?

Perhaps you've never reached out to a therapist before and communicating online feels less intimidating to you. Perhaps you are unable to leave your home or your schedule does not allow for sessions at convenient times. It may even be possible that there isn't the right person to support you where you live. Many people choose eCounseling because it gives them time to think through what they want to say. You can talk from the comfort of your own home, car, hotel, etc.

Most of our clients are facing relational challenges due to areas that are out of balance in their lives. At present, my large clientele is comprised of children, youth and adults. I spend much time working with people with high levels of stress, anxiety and depression. I see clients for a multitude of reasons and have successfully helped them make the necessary adjustments in their thinking and behavior in order to improve the quality of their lives, but one of my greatest joys and strengths lies in relationship counseling, due to the fact that I look for root problems

in the lives of individuals and find ways to re-train them so they can be much more functional together.

We offer many assessments to our clientele, the results of which provide great insight into root problems and areas of concern to the individual. Many times, this enables us to get to the core of the problem very quickly, thus facilitating the re-training process. I, personally, have administered and interpreted over 3,500 Taylor-Johnson Temperament Analysis Profiles and am the only trainer for this particular profile in the Atlanta area.

We have found that most people are great people, but they may be out of balance in key areas of their lives, causing unhappiness, division, chaos and conflict. Working diligently together to increase education, understanding and the skill to resolve these issues can bring satisfaction and a more balanced sense of wholeness to the life of the individual. While we are free to make our choices, we are not free to choose our consequences, so our goal is to assist in supplying the guidance and help needed to make wiser choices in order to live and enjoy a better quality of life.

PROS & CONS OF ONLINE THERAPY - - What Are The Advantages Of eCounseling?

eCounseling offers many advantages for many types of patients. Some of the advantages of eCounseling include:

Availability - eCounseling is available anywhere the Internet is; there are few places in the world where the Internet is *not* available. eCounseling allows people in rural areas, for whom it may not be feasible to drive to see a counselor, or for those who are unable to leave their home, to get the help they need without having to travel. When a problem arises, a client can schedule an appointment with the counselor by contacting the Counseling Centre. eCounseling is available day or night, as allowed by the flexibility of the counselor's schedule.

Effectiveness - Without having to talk to someone face to face, eCounseling may prove to be more effective for some patients who suffer from social phobias. Many people may feel it is easier to open up and tell their true problems, fears and feelings to someone without having to be in another person's presence. Clients who feel shame or fear of being judged by the counselor will also feel more at ease and able to open up and talk to a counselor if not physically present with them. Many clients who have used eCounseling report being able to get to the root of their problem much faster due to their ease in speaking from a comfortable location and without fear of being judged or having to feel ashamed of their problem/s.

Convenience - With eCounseling, a client can respond to the counselor at their convenience, without having to worry about appointments disrupting their normal daily lives. People with children, stay at home moms, business personnel and other people with very busy lives who have very little time available for a traditional counseling appointment will find it much easier to accommodate phone or online video conversations than traditional face to face meetings at appointed times at an office.

Privacy - Some people may feel embarrassed or ashamed of needing help, or counseling, and may not want to risk being seen going to a traditional therapist. eCounseling eliminates this problem by providing counseling from the privacy of your own home; no one needs to know you are seeing an eCounselor.

What Problems Can eCounseling Help You Deal With?

Much like traditional counseling, eCounseling can help with a wide variety of problems, including stress related problems, family problems, grief and loss, anger management, anxieties and phobias, abuse, divorce, job loss and most major life changes. eCounseling is not recommended, however, for problems that require intense help, including patients exhibiting psychotic symptoms, patients that are suicidal or homicidal, patients with a psychiatric illness or patients addicted to drugs or alcohol.

Other Advantages include:

- you may feel freer to be yourself
- you may feel more comfortable in the privacy of your home
- you may feel more comfortable talking at home about problems than talking about them in an office

Disadvantages include:

- online therapists miss some important information about you without face-to-face sessions, unless they are video sessions.
- some problems cannot be resolved online
- confidentiality cannot be guaranteed over the internet
- online therapy is relatively new — although writing as a form of support is not new — and so it's still in its infancy as a form of therapy

CONFIDENTIALITY

As required by law, we keep all your records strictly confidential. However, there are some exceptions to this policy, 1) if you plan to kill yourself, 2) if you plan to harm another person, or 3) if a child is in danger. But we always work to find the best possible solution to keep you and others safe.

You need to know that your counselor is the only person with access to your records on the computer. We keep all records double-locked and secure.

HOW TO PROTECT YOUR CONFIDENTIALITY

While the Internet can be used for so many things, it hasn't been used as a tool for mental health counseling until fairly recently. Now, any person who feels the need to talk to someone can, and they can do it from the comfort of their own home. In summary, eCounseling is excellent for many people just trying to deal with life's problems and can be of great help for many people around the world who are in need of life advice and guidance.

Sincerely,



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