



Online Therapy



Online therapy:

All our services are available through online platforms such as zoom. Counselling, Coaching and Psychotherapy can be engaged in very successfully while online. The choice of online or face to face meetings with the therapist is the choice of the client.

Which method is better?

The simple answer is both. That is that both methods work very well. It's the client who makes the choice. For some clients, the online zoom meetings are very effective and they report that they get a lot out of the session and being online can even be advantageous for them.

Other clients feel that they prefer the face to face contact with the therapist, in the therapist rooms. For these clients, the feeling is one of having a separate place for therapy, outside of their own home works better for them.

How does online therapy work?

When you book a session you will be sent an invite to a zoom meeting for the time and date that you have booked. This is emailed to you in advance. Just before your session a client clicks on the link and enters the zoom call. You will initially be in a waiting space and your therapist will admit you to your session at the appointed time.

What do I need?

1. Internet connection:

A good internet speed is important for an uninterrupted link. You will get a good indication that your internet speed is ok if you can watch a streaming service such a YouTube or Netflix without any connection problems.

2. Device:

The next aspect to consider is the device that you are using. A phone will be sufficient but it should be setup up in advance to prevent calls and notices popping up on your phone during the session. As you can imagine this would be a distraction to the flow of your session. The phone can feel a little restrictive as its size is small. However, from a therapeutic point of view, it hasn't shown to be a significant problem at all. A tablet or laptop which has a bigger screen for some give an advantage over using a phone.

3. Headphones or not?

Again, this comes down to the user. Some clients prefer using headphones with an inbuilt microphone or earbuds that are less intrusive. It does prevent the voice of the therapist being overheard but you will have positioned yourself in a private space for the session. The best way is to be unencumbered by headphones and use the device's microphone and speaker.

Privacy:

The next thing to consider is your privacy. As face to face therapy is a confidential and safe space then the online session should reflect this as well for the client. The therapist will have a responsibility to have his or her environment uninterrupted, private and secure at all times. A quiet room which can provide you with privacy should be the primary aim of the client so that the session remains secure, safe and uninterrupted. There may be times where the only room available for the client's privacy is a bedroom. This is not the preferred option as it is such an intimate space for the client. There are two very effective ways of addressing this situation. The first is that the client downloads a Zoom background which completely prevents a view of the bedroom. The second is to have the camera face a neutral wall in the room that does not give any indication that you are using a bedroom space.

The therapist will be responsible for keeping the session on time and that it doesn't run over, as, for some, online therapy can be a little more draining because you are using an electronic device. However, it is been the experience that in a short time the client becomes very comfortable using the device for online therapy.

Session time:

A session online is the same as a face to face session. A client usually attends for one hour once a week until they are satisfied that progress is being made and goals achieved. Again, like face to face sessions, when good progress is achieved the sessions get spaced out to two weeks etc until the client is happy that they have achieved the end result they are seeking. There is no difference in any issues a client may bring up than they would in a face to face therapy session.

First session:

The first session may feel a little unusual but bear in mind that the first session of any therapy journey can be a bit daunting. From our experience and client feedback, we can say that the online platform is a very successful way of engaging in the therapeutic journey. The therapist will introduce themselves and reassure you of confidentiality and privacy. The session will NOT be recorded by agreement, of either the client or the therapist. The therapist may take notes as would be the case in a face to face session, but only for the benefit of the session and no other purpose. Any note-taking will be very brief and kept in a secure place.

Online Setup:

We encourage you do download the zoom APP or zoom Programme for your device before the session.

You can download the application from the Google Play Store, Apple App Store or from the zoom website below:

<https://zoom.us/download>

Here you will find all the options to download Zoom and it is quick and straightforward.

Payment:

Payment is made in advance of your session and an electronic receipt issued. The receipt will reflect the fee paid to 'Cork Counselling Clinic' regardless if it is counselling, coaching or psychotherapy that you are attending for. We accept Revolut and all major credit and debit cards as a form of payment.

The therapeutic relationship we build with all our clients has at its core the philosophy that every person is a complete person who has a natural desire and drive to personally grow. We support and nurture such growth in a compassionate, understanding and emphatic approach through talk therapy, be this face to face or online.

We wish you every success on your journey of discovery.

This information is for educational awareness and in no way whatsoever should it be considered advice or a substitute for the advice of a G.P. or medical specialist. It is produced subject to the full Terms and Conditions available at our website corkcounsellingclinic.com. The services we offer are therapeutic evidenced based services that are proven to be effective for the client. All our services are talk based therapy with the goal and belief that each person is a whole person that can find within themselves the answers they seek for better personal understanding and empowering positive change in their lives.