

Online Therapy

One of the most significant and practical benefits of online therapy, as opposed to traditional face to face counselling/therapy, is the possibility of undertaking counselling from the comfort and security of your own home or workplace. For people with full and tiring work and home schedules, this can save a great deal of time, effort and money. Furthermore, according to the [International Society for Mental Health Online](#) there is reported evidence from clients of online therapy services of: '**increased autonomy, improvement in decision-making and interpersonal relationships, and more taking of responsibility for self-help and interpersonal engagement**'.

What computer facilities you will need to get started.

You will need to have a computer with a good strong internet connection. You will also need to have a webcam with a built-in microphone or a webcam and a separate set of headphones with attached microphone - headphones prevent unwanted sound feedback. You will need to have downloaded and installed Skype (www.skype.com) and have added me as a contact. My Skype contact name is **peter.zelaskowski**

The online session

Have your online status switched to 'online'.

For the session (60 minutes duration) to remain private and uninterrupted, it is important to agree a time and place that enables you to fully engage without the possibility of any interruption or conflict of interest. Please switch off all telephones and any other distractions.

Otherwise, the session is conducted in a normal face-to-face manner within which the same conditions apply.

Fees

The same conditions apply as for face-to-face therapy. Fees are paid straight into my bank account per session or per month.

Times available:

Monday to Friday 9.30am – 2.30pm