

Meeting Virtually



Bettridge Therapy



What does meeting virtually mean?

I offer sessions that are conducted virtually. Meeting remotely enables us to be in different physical locations whilst sharing a safe and secure space using technology e.g, a telephone or internet connection.

Things to be aware of

I have completed extensive additional training specifically for online Psychotherapy and Counselling and you can be reassured of my competency to work in this way, however it is important to note that there can be pros and cons to all methods of meeting. I have outlined some of these considerations below.

Some advantages of meeting virtually:

- The content and structure of virtual sessions are the same as in-person sessions and research has shown meeting virtually to be just as effective as meeting in-person.
- Meeting in this way allows you to access sessions from the comfort of your own home, at a time that is convenient for you.
- Access to your sessions can be more immediate as there is no need for travel considerations, this can be ideal for those that find this aspect difficult.



In-Person

Meeting in-person allows for both non-verbal and verbal communication to be seen and heard, yet it may not allow for a great deal of flexibility due to the need to book a room ahead of time. Travelling to and from therapy sessions can increase the time commitment, and for some, visiting an office environment can be difficult. However the time taken to travel to and from sessions may provide you with much needed reflection time.



Telephone Call

Meeting in this way can be suitable for those who find face-to-face sessions a challenge, as it allows for an extra sense of privacy. Whilst the absence of non-verbal cues may allow for complete focus on what is being said, if this method appeals to you it may be important to consider whether you can express your feelings effectively in the absence of visual cues.



Email

Email sessions can be very convenient and ideal for those who find it easier to write down their thoughts and feelings. However, as it is asynchronous communication it does not allow for an immediate response. Sessions via email allow for you to review what you write and edit it as many times as you like before sending it. Although, there is the possibility that you may feel that your situation is too complex to discuss via email.



Live Messenger

Live messenger sessions allow for synchronous and discreet communication. It can work well for those who are familiar and comfortable with back-and-forth contact in text-format. Some may find that it is easier to open up this way and prefer the instant response of live messenger to an email.



Video call

Meeting online via video call allows for face to face communication. It can allow greater accessibility for those who find it difficult to find time to attend therapy in person. It also means that as a client you are not restricted by location when choosing a therapist. Those who choose to meet in this way may benefit from the increased comfort of being able to be in their own home during the session. With online sessions however, there is always the possibility of being disrupted by technical issues.