

Guidelines: Recommended approach for online counselling and psychotherapy

Irish Association for Counselling and Psychotherapy (IACP) has compiled guidelines intended for counsellors/psychotherapists who provide therapy and/or supervision using technology or via the internet. The first section of the document (Part 1) deals specifically with the work of counsellors/psychotherapists (referred to throughout as practitioners) who use technology in their work with clients. The second section (Part 2) refers to the work of supervisors who also use distance therapy in their work. Though the guidelines are primarily intended for practitioners, they are equally relevant to anyone, including service managers, interested in the provision of online therapy.

Target Groups	Topics	Type of Best Practice	Country
• Therapists • Counsellors	• General	• Online training material	• Ireland

Description

The purpose of the e-manual is to offer guidelines for several specific areas and contexts. These include *telephone counselling*, where the context is verbal exchange between client and practitioner conducted in real time, *generic voice applications* and *generic video applications*, where communication is either verbal or/and visual. Here are also forums and e-mailing which include private communication with time delay and *FaceTime* as a video chat application developed by Apple conducted in real time over Wi-Fi from iPhone or iPad. These guidelines are of relevance to all practitioners engaging in distance therapy, and should be read and considered alongside the IACP Code of Ethics and Practice for Counsellors/ Psychotherapists/Supervisors. The following areas are the principal focus of the guidelines: *practitioner competence and training, contracts and client suitability, specific issues relating to working online, professional and legal considerations and issues of jurisdiction and protocols for security and appropriate platforms to assure safety and misuse*.



The screenshot shows a Microsoft Word document window. The title bar reads 'Samaritans - SpunOut.ie He | about-irish-association-for- June 17 IACP Approach +'. The document content starts with the 'iACP' logo, followed by the title 'Recommended Approach for Online Counselling and Psychotherapy' and 'Part 1'. The 'Introduction' section is described as being intended for counsellors/psychotherapists who provide therapy and/or supervision using technology or via the internet. It also mentions that the second section (Part 2) refers to the work of supervisors who also use distance therapy in their work. The Word ribbon is visible at the top, and the taskbar at the bottom shows various open applications including a browser, file explorer, and other Microsoft Office tools.

Original language

English

Country

Ireland

Link

<http://www.irish-counselling.ie/onlinecounselling>

(access date: 21/7/ 2017)



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Integra. *Guidelines: Recommended approach for online counselling and psychotherapy*. Retrieved on Monday January 26, 2026 from <https://ecounselling4youth.gunet.gr/online-material/courses/TGP113/>



Co-funded by the
Erasmus+ Programme
of the European Union

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