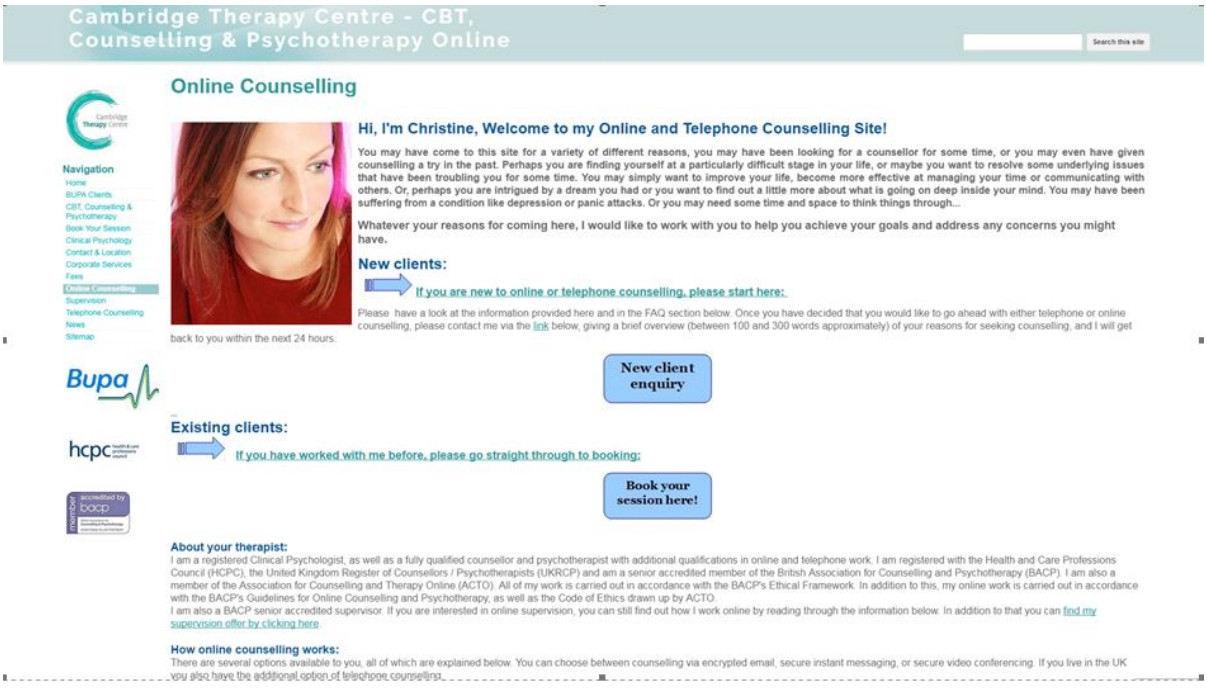
Cambridge Therapy Centre – CBT, Counselling & Psychotherapy Online

The online counselling offered by the Cambridge Therapy centre provides counselling for people with different issues. There are several options available to the client: they can choose between counselling via encrypted e-mail, secure instant messaging, or secure video conferencing. For clients living in the UK, there is the additional option of telephone counselling. Counselling is provided by a registered Clinical Psychologist.

Target Groups	Topics	Type of Best Practice	Country
• Adults	• General	• Counselling	• UK

Description

The Cambridge Therapy Centre offers online counselling via e-mail, secure instant messaging, video conference or telephone by a Clinical Psychologist. If the client chooses to make use of e-mail counselling, he or she will spend 50 minutes writing the e-mail and the therapist will in return spend 50 minutes on reading the email and composing the reply to the client. If the client chooses counselling via secure instant messaging, he or she agrees on a fixed 50 minute appointment slot, during which they will talk to each other via a free instant text messaging service. Counselling via secure video conference is probably most like face to face counselling. There the client and therapist also agree a fixed 50 minute appointment slot. For people living in the UK there's additionally the option of telephone counselling. Online counselling is not suitable for clients who find themselves in an acute crisis situation, are suffering from psychiatric disorders and/or are experiencing psychotic episodes or for people who need a medical diagnosis or a prescription.



Original language

English

Country

UK

Link

http://www.cambridgetherapycentre.co.uk/online-counselling

(access date: 07/04/2017)

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https://www.ecounselling4youth.eu/project/