

# 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.


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### Online Counselling



**Hi, I'm Christine, Welcome to my Online and Telephone Counselling Site!**

You may have come to this site for a variety of different reasons, you may have been looking for a counsellor for some time, or you may even have given counselling a try in the past. Perhaps you are finding yourself at a particularly difficult stage in your life, or maybe you want to resolve some underlying issues that have been troubling you for some time. You may simply want to improve your life, become more effective at managing your time or communicating with others. Or, perhaps you are intrigued by a dream you had or you want to find out a little more about what is going on deep inside your mind. You may have been suffering from a condition like depression or panic attacks. Or you may need some time and space to think things through...

Whatever your reasons for coming here, I would like to work with you to help you achieve your goals and address any concerns you might have.

**New clients:**

[If you are new to online or telephone counselling, please start here.](#)

Please have a look at the information provided here and in the FAQ section below. Once you have decided that you would like to go ahead with either telephone or online counselling, please contact me via the [link](#) below, giving a brief overview (between 100 and 300 words approximately) of your reasons for seeking counselling, and I will get back to you within the next 24 hours.

[New client enquiry](#)

**Existing clients:**

[If you have worked with me before, please go straight through to booking.](#)

[Book your session here!](#)

**About your therapist:**

I am a registered Clinical Psychologist, as well as a fully qualified counsellor and psychotherapist with additional qualifications in online and telephone work. I am registered with the Health and Care Professions Council (HCPC), the United Kingdom Register of Counsellors / Psychotherapists (UKRCP) and am a senior accredited member of the British Association for Counselling and Psychotherapy (BACP). I am also a member of the Association for Counselling and Therapy Online (ACTO). All of my work is carried out in accordance with the BACP's Ethical Framework. In addition to this, my online work is carried out in accordance with the BACP's Guidelines for Online Counselling and Psychotherapy, as well as the Code of Ethics drawn up by ACTO.

I am also a BACP senior accredited supervisor. If you are interested in online supervision, you can still find out how I work online by reading through the information below. In addition to that you can [find my supervision offer by clicking here](#).

**How online counselling works:**

There are several options available to you, all of which are explained below. You can choose between counselling via encrypted email, secure instant messaging, or secure video conferencing. If you live in the UK you also have the additional option of telephone counselling.

<https://ecounselling4youth.gunet.gr/online-material/courses/TGP143/>

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## Original language

English

## Country

UK

## Link

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

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