

## Guidelines: Recommended approach for online counselling and psychotherapy

Írska náms- og starfsráðgjafafélagið og Félag sálfræðinga (IACP) hafa gefið út leiðbeiningar fyrir ráðgjafa/meðferðaraðila um hvernig nýta má rafræna ráðgjöf eða meðferð. Á vefnum má annars vegar nálgast upplýsingar sem snúa að fagmönnum sjálfum, það er þá meðferðaraðila og ráðgjafa sem bjóða rafræna ráðgjöf og hins vegar þá sem bjóða handleiðslu fyrir fagaðila á rafrænan hátt. Upplýsingasíðan er miðuð við þarfir fagmanna en getur nýst hverjum þeim sem áhuga hefur.

Markhópur	Efni	Tegund	Land
<ul style="list-style-type: none"> <li>• Sálfræðingar</li> <li>• Náms- og starfsráðgjafar</li> </ul>	<ul style="list-style-type: none"> <li>• Almennt</li> </ul>	<ul style="list-style-type: none"> <li>• Rafræn þjálfunargögn</li> </ul>	<ul style="list-style-type: none"> <li>• Írland</li> </ul>

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 web browser window displaying the 'Recommended Approach for Online Counselling and Psychotherapy' document. The browser's address bar shows the URL: file:///C:/Users/nives/Downloads/June%202017%20IACP%20Approach%20for%20Online%20Counselling%20and%20Psychotherapy%20(2).pdf. The page itself has a dark header with the IACP logo and the title. Below the title, there is a section titled 'Part 1' and 'Introduction'. The text in the introduction section discusses the intended audience and the scope of the guidelines. At the bottom of the page, a note states: 'Though the guidelines are primarily intended for practitioners, they are equally relevant to clients and supervisors'. The browser's toolbar and status bar are visible at the bottom of the screen.

## Upphaflegt tungumál

English

### Land

Ireland

### Tengill

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

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