

Guidelines: Recommended approach for online counselling and psychotherapy

Írski 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. Upplýsingasiðan er miðuð við þarfir fagmanna en getur nýst hverjum þeim sem áhuga hefur.

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

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.*



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iACP

Recommended Approach for Online Counselling and Psychotherapy

Part 1

Introduction

The guidelines contained in this document are 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. They too are referred to as practitioners throughout.

Though the guidelines are primarily intended for practitioners, they are equally relevant

Upphaflegt tungumál

English

Land

Ireland

Tengill

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

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