Module 1: Introduction

The partners in the **Therapy 2.0** project have developed this training course to give advisors, counsellors and therapists an understanding of different ways of using online technologies in counselling and therapeutic work. Digital interventions offer various benefits for advisors, counsellors and therapists as well as clients and patients. This training course will make you aware of them and will support your decision-making process if you might use them as additional instruments.

You can use this course as a self-learning tool. You can also use this course as a seminar together with colleagues.

However, online counselling or therapy is not for everyone. It might not suit clients/patients who are not comfortable with technology. And it might not suit clients/patients who are in severe crisis. In some cases where there is a severe crisis, an initial e-counselling session could be useful to analyse the situation and decide on next steps.

This training course raises the awareness of the potential of online approaches in counselling and therapeutic processes. The training results can be incorporated immediately into counselling and therapeutic practice.

For best practice examples and detailed guidelines please consult the **Therapy2.0** website: www.ecouncelling4youth.eu

View online the slides from here.

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