



Online Therapy

Mostly, when people think of therapy they think of a face-to-face meeting in a therapist's office. Indeed, some argue that face-to-face is optimal for emotional support and positive change; but it's not "the only show in town".

Online Therapy, which has been available for a long time, is another option that is equally as good and just as powerful, meaningful, and helpful. Since the Covid-19 Pandemic hit the world, Online Therapy has become vastly more popular, has played a huge role in caring for our mental health and well-being as a society, and is most likely here to stay as technology has become an essential component of our daily lives.

Of course, each delivery system of therapy has advantages and disadvantages and ultimately, the choice is individual. But if considering whether or not Online Therapy is for you, it could be helpful to think in terms of "Trade-Off"—do the Pros outweigh the Cons? Consider the pointers below.

Advantages of Online Therapy

1. Convenience

- ❖ No time or money spent on travelling to a therapist's office and getting parking
- ❖ No time or money spent on waiting on or getting public transport
- ❖ Easier to organise sessions and accommodate those with busy schedules
- ❖ Quicker access to therapists

2. Confidentiality

- ❖ Can reduce anxiety if one feels a stigma in seeing a therapist
- ❖ Can reduce anxiety if one is concerned with being overheard in a busy centre

3. Familiarity

- ❖ Being in familiar surroundings can help speak more freely
- ❖ More in control of immediate environment (sights, sounds, scents, etc.)
- ❖ Home comforts can help with dealing with difficult emotions

4. Improved Accessibility

- ❖ Isolated settings less likely to hinder regarding travel
- ❖ No dependence on others for transport
- ❖ Can access service despite distance or disability
- ❖ Can still attend session even if you only remember (or reminded) "last minute"

5. Social Anxiety

- ❖ Can be easier to open to people online
- ❖ Don't have to face the challenges of going out

6. Health

- ❖ Won't catch Covid-19 from the therapist (or pass it on)

Disadvantages of Online Therapy

1. Lack of physical presence

- ❖ Some physical cues of body language are missed
- ❖ Real world interactions can add something positive to sessions

2. Technology

- ❖ Technical issues or unfamiliarity with technology can hinder sessions
- ❖ Rural settings can have poor internet service

3. Incidental

- ❖ Getting out and about can help with feeling better in oneself socially, physically, etc. (might bump into an old friend you haven't seen in a long time)

