

**Getting Help When You Need It:  
E-therapy Options  
By  
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*“Even if you’re on the right track, you’ll get run over if you just sit there”  
-Will Rogers*

Have you ever wanted help with just one problem, a professional’s point of view? Did you ever need someone in your corner to give you the encouragement and insight to go from surviving to thriving? And did you want that help NOW??

Across the country and around the world, psychotherapists are logging on and connecting with clients to provide counseling, coaching, mediation, and leadership training via the Internet. Whether by instant messaging text chat or encrypted email communication, online therapy is providing help with life’s challenges on a daily basis. The Department of Defense and other organizations have been developing telepsychiatry using closed-circuit video and satellite linkups for years. Now modern technology is serving all people who have a web browser and an internet service provider. Just as the Internet has changed the way we communicate with friends and the way we book air travel and sell products, it is also changing the way psychotherapists interact with their clients.

Does e-therapy really work? Yes!! Private, online, one-to-one chat and email sessions provide options to offer the greatest flexibility, convenience and privacy. Online therapy provides a fast, flexible and confidential means of accessing top quality professional help. It provides for the clients who are embarrassed to see a counselor, who are unable to leave their homes, who travel and are unable to attend a regular therapy session and those who need assistance from a specialist. What are the advantages to e-therapy? First of all there is immediate access, especially if help is not available in your geographic area or if you travel out of town frequently. There is convenience. Getting to a counseling office is not always practical for people with hectic lives and busy schedules... and can add to the stress you are trying to get rid of! E-therapy means that there is someone there when you need to talk. E-therapy allows both the client and the therapist fully reflect on the issues being discussed. By putting your concerns in writing, you can gain added perspective and not have the need “to think on your feet”. E-therapy is private and confidential.

What are the disadvantages? The most obvious is the lack of nonverbal cues so communications between the participants have a greater potential for being misunderstood. A good therapist will ask for clarification if there are any questions. E-therapy is not suitable for anyone who is suicidal, suffers from a severe mental illness, are in crisis, or under 18 years of age. All of these populations need face-to-face interactions.

The relationship that you have with the therapist is the key to getting the outcomes that you want. Study the counselor’s website or biography and find someone who is a good match for you. Don’t be embarrassed to consider personal attributes or other characteristics like age, religion and gender. Many clients will prefer to talk to a male or female counselor to enhance their comfort level. You must feel like this a person you will be able to trust and feel relatively comfortable with in an open and honest relationship. Check your counselor’s credentials and note if they are trained for your area of need. Remember that there is no one perfect counselor and that you still can have a great experience. Counseling is an extremely rewarding process that can help you reach your next level of success in all aspects of your life NOW.

**Dr. Darlene Treese** has been in private practice in hypnosis and counseling since 1983. She is a Diplomate in Counseling with the National Institute of Sports, Past President of the American Psychotherapy and Medical Hypnosis Association and Vice President of the Rotary eClub of Southwest, USA. Darlene has been internationally acknowledged for her positive action and solution-based therapies and work with corporations. "A person for the people," Dr. Dar is always available to help with your questions and dilemmas through office visits, email or telephone consultations. Call her at **850-201-0073** or visit **[www.AskDrTreese.com](http://www.AskDrTreese.com)**