

# Counselling and Mindfulness Specialist

## Karen Deeming Ad. Dip, MA, UKCP reg






**Exploring online Cognitive Behavioural Therapy (CBT) and Counselling**  
 Online CBT and counselling is the provision of professional counselling services via the Internet. Services are typically offered via email, Skype and WhatsApp.

Some clients use online counselling in conjunction with traditional face to face CBT and counselling. A growing number of my clients are using online counselling as a complete replacement to traditional office visits.

### Benefits of online CBT and counselling

- Unless you happen to have a first-class Therapist on your doorstep, even simple geography can impose severe limitations. With online counselling, I can regularly deliver Skype and WhatsApp counselling anywhere in the UK and globally too.
- Despite growing acceptance, for some people, the fear of being seen entering a Therapist's premises can be enough to discourage them from receiving treatment. The anonymity afforded through online counselling can mean the difference between getting help and continuing to struggle.
- If you have a hectic lifestyle, live or work in multiple locations, and require more flexible counselling times, all you need is an internet connection, a Skype or WhatsApp account and a private, uninterrupted space to attend your appointments.

### Costs of online CBT and Counselling

	<b>Individual face to face appointments</b> £50 before 1700 hrs £55 after 1700 hrs
	<b>Individual online appointments</b> £40 anytime
	<b>Face to face block booking</b> £190 four advance sessions before 1700 hrs £210 four advance sessions after 1700 hrs
	<b>Online block booking</b> £150 four advance sessions anytime
	<b>Mix and match</b> £165 two advance face to face sessions plus two advance online sessions

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## Client testimonials online CBT and Counselling

- "Online counselling has additional benefits unrealised by office-based treatments as it allows me to attend sessions with Karen at a higher rate than traditional face to face sessions"
- A promotion at work resulting in more business trips to London, meant that I could not attend my appointments so frequently. When Karen offered skype as an alternative to face to face sessions, at first, I was hesitant but I'm so glad now that I gave it a go"
- "Confidentiality is very important to me. Knowing that there is no around listening to my skype sessions at my hotel room door when I am on a business trip, helps me to feel more relaxed and comfortable"
- "I was surprised to discover that on line counselling still allows for real time communication, eye contact, verbal cues and body language"
- "Though I was initially cynical about skype counselling as opposed to face to face counselling, because I'm a bit of a technophobe, it is now my most preferred method of contact"
- "Online counselling means I can meet with Karen from the privacy and comfort of my own home or office, save time by escaping Bristol traffic, and avoid the need to travel and pay for petrol or parking fees"

## Next Steps

If you would like further information about online CBT or counselling then please contact me:

**t: +44 (0) 7950 751352**

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