# **Counselling and** Mindfulness Specialist Karen Deeming Ad. Dip, MA, UKCP reg

#### **Exploring online Coronavirus (Covid-19) Counselling and Cognitive** Behavioural (CBT) via WhatsApp and Zoom.

#### WhatsApp and Zoom are considered the most secure online Counselling platforms by \*BACP and \*UKCP.

I hold a Master's Degree in Psychotherapy & Counselling and have extensive online CBT and counselling experience working with clients both in the UK and overseas.

### Benefits of Online Coronavirus (Covid-19) Counselling and CBT:

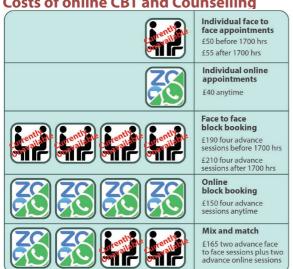
 Online Coranavirus (Covid-19) Counselling and CBT can often bring clarity, peace of mind and the answers to the problems that you are struggling with

• When your thoughts are muddled, decision making can be tough. Online Coranavirus (Covid-19)Counselling and CBT is a collaborative relationship, which can help you to develop realistic plans to feel less stuck and to move forwards

• Exploring your thoughts with a professional, non-judgmental person can make you feel less alone and more able to sort out your thoughts in a productive way

 Private online Coranavirus (Covid-19) Counselling and CBT sessions can provide you with more direction and confidence, and with strategies how to develop to your full potential and to achieve goals

• Online Coranavirus (Covid-19) Counselling and CBT is less expensive than traditional face to face appointments and can be offered in the UK or globally



#### **Costs of online CBT and Counselling**

\* British Association for Counselling and Psychotherapy \* UK Council for Psychotherapy

## **Counselling and Mindfulness Specialist**

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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:

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