

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 Coronavirus (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 Coronavirus (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 Coronavirus (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 Coronavirus (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

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

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

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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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