

skype™ Counselling

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The landscape of traditional counselling is changing in South Africa! On par with the European and American therapeutic community, counselling via Skype and other online portals is becoming more available!



Not familiar with the name? Skype is free, safe and secure computer software that allows people to chat face-to-face, in real-time, through their computer screens. It's quick to download, and as long as your PC or tablet has a camera and microphone, you're able to connect to others all over the world!

This technology is being utilized to connect clients and practitioners, in ways not before conceived of! Latest research shows that the outcome for clients who have done counselling in this manner is similar to that of the traditional, in-person relationship, making it all the more desirable

Time restrictions and other commitments at home mean it can be difficult for people to arrange regular counselling sessions. To meet this demand, more and more counsellors are offering the possibility of therapy via Skype. The benefits to the client can be huge!

So, what are the advantages of counselling via Skype?

- Rather than being limited to a local counsellor that you can travel to easily, you can choose to see a counsellor anywhere in the country – or the world! Study after study shows that it's the quality of the relationship between client and counsellor that is the most important factor in client improvement. Without the restrictions of geographical location, it's much easier for you to pick a counsellor who truly suits your needs.
- Skype counselling saves you time and money, as you don't have to factor in the duration and cost of travelling to and from the session. Shut the door, switch on your computer, log on to Skype and there you are – having your counselling session from the comfort of your own home!
- You see your counsellor in familiar surroundings, rather than in their office. As long as you have a quiet space and a good internet connection, you can have your counselling session from any location, including your place of work if that suits you. Here a set of headphones can help increase the privacy of your session!
- Online counselling opens up this form of help to groups of people who previously would find it difficult if not impossible to travel to a face-to-face meeting, such as those who have restricted mobility, are housebound for any reason, live in remote areas, or do not have childcare.
- If you're not at home, you can still have your session, so long as you have the appropriate technology, such as a smartphone or tablet, that can host the call!
- Clients who have counselling like this say that seeing the counsellor from home makes them feel more relaxed, safe and in control of the process, allowing them to open up to the counsellor more readily. It can feel less intimidating than being directly face-to-face with the counsellor, and easier to discuss problems you find embarrassing.
- The counsellor will use a safe, private setting in which to conduct their end of the session, in order to ensure privacy and confidentiality.
- Clients whose jobs involve irregular hours or a lot of travelling can find it difficult to get a regular face-to-face counselling slot. While it's usual to see your counsellor at the same time and on the same day each week, therapists who work via Skype are often more flexible with session times.

Technology is forcing us to change the way we interact. As life's pace picks up, it's not always easy to find the time and space to focus on looking after ourselves. Using a tool such as Skype Counselling to achieve this is just one of the ways in which we can declutter our lives and attend to our needs.

Curious? Contact us on info@eq-advantedge.co.za or search Doug Berry/Dougbie on Skype.

