



Online vs Face-to-Face Counselling

Online Counselling

- You will need a device with a camera and microphone function capable of connecting to the internet.
- You will need a device capable of using the Zoom video conferencing platform.
- You will need an email account to receive invitations to your online sessions.
- You will need to find a private space for your session where you cannot be overheard by others.
- You can access your session from anywhere with an internet connection.
- You will save time not having to travel to and from your session.
- Your programme will never be interrupted if any Covid-19 restrictions change.
- You should give yourself some time before and after an online session to make the adjustment from and to your 'daily life'.

Face-to-Face Counselling

- You will have to allow for the time to travel to and from the venue that the face-to-face session is taking place in.
- You may have to take COVID-19 safety precautions at the session venue.
- You may feel more connected to your counsellor in a face-to-face session.
- It may suit you to 'contain' your counselling in a venue that is separate from the rest of your life.
- Going to a session venue may help make sure nobody in your life becomes aware you are in counselling if you want to keep it private.
- There may not be a suitable venue anywhere near you.
- Time spent travelling to and from the session venue can give you space to prepare for it, and then prepare to return to your 'daily life' after it.

It may be for you that a combination of online and face-to-face sessions is the perfect mix for your programme.