

# Online therapy paper

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Online Therapy Paper Keisha Lucas BSHS/352 April 8, 2013 Professor Kari Siemieniewski Online Therapy Paper Online Therapy is a service that helps people to obtain therapeutic services through an online database that is ran by a therapist or a group of therapists, who are in charge of the website. Therapeutic websites are very helpful for someone who isn't able to get to an office setting to have face-to-face sessions.

They are extremely convenient because one can have counseling sessions in the privacy of their own home with strict confidentiality and assertiveness. Serenity Online Therapy, created and founded by Carl Benedict, a licensed Clinical Professional Counselor (LCPC) in Baltimore, Maryland. His therapy entails many different areas of expertise awaiting anyone to sign up for. Through these counseling sessions, one may experience a more fulfilling and uplifting life.

Carl Benedict is very well experienced in helping people who are dealing with multiple problems such as, severe depression, anxiety, addiction, panic attacks, grief and loss, childhood abuse, trauma, codependency 1 & 2, anger management, dual diagnosis, on being a therapist (Serenity, 2005-2013) The professional involved in this website is Carl Benedict, a licensed therapist who is trained in helping people with many different problems that he is trained to solve.

He has a policy that strictly states each person to be at least 18 years old, the client must not be suicidal or be a threat to others and if anyone applying has any of these tendencies, they must apply for his crisis part of the website for immediate attention. The client must read Carl Benedict's Services and Fees section.

<https://assignbuster.com/online-therapy-paper/>

The content in this website consists of; CounselingPhilosophy, Services and Fees, Confidentiality Statement, Johari Window, The Dilemma of the Traumatized Child, Crisis Counseling, Therapist Contact Information, Sitemap, Testimonials, Beginning Therapy, Texts and Photos, Chat Therapy, Payment Scale, Email Counseling, Pay pal Security. “ Therapy is a process of re-claiming the repressed or denied parts of yourself so you can become a whole person. In essence, you will be embarking on a journey to your True Self-the person you were meant to be before emotional pain diverted you from your path. (Serenity, 2005-2013) Online Therapy is viewed and occurs as a uniquely set experience, not the same as face-to-face therapeutic experience, but a new one that may be helpful to a certain group of people but not all. It’s a new service that is being tried out and there has been a small portion of research that exists to support being its productivity. This doesn’t mean that the website of online therapy is of non-effect but it is helpful for the right person in the right circumstances.

This means that online therapy is not as common as the regular way to go, which is in the office, but to be offered as online therapy. I believeonline therapy can be effective and helpful for the right person in the right circumstances. There are many advantages and disadvantages are; some advantages are; one can engage in therapy even if you whether homebound or living in a remote area; one will have an automatic written record of their therapy; one can choose single consultation or ongoing therapy.

Some disadvantages are; risks to confidentiality due totechnology; problems in helping a suicidal or homicidal client; the possibility of misunderstandings due to text-based communications. I feel that the advantages/disadvantages

are intact and that they meet the required criteria to keep his practice intact. The related security issues and ethical issues, such as confidentiality and security are that Mr. Carl Benedict has been bound to protect you while online in confidentiality of all of one's personal business, records, and personal information.

The client's information is sealed with approval that it will not be shared with anyone else and that's guaranteed. Mr. Benedict just asks that his client's information be sealed and not shared. Reverend Dawn Sutton is highly educated in Social Work and comes with a tremendous therapeutic approach that will definitely meet the qualifications of anyone who is in need of her services. Dawn also sticks directly to her client's rights and will not let you down.

Some professional associations and state regulatory boards of the MentalHealthDepartment will stick behind Reverend Dawn Sutton's credentials and back up that she is the best of the best. Confidentiality is kept into practice for all clients that Dawn Sutton comes into contact with and some of her cases are; 1)Ifchild abuseis suspected, she will report it; 2)If a client releases information with written authorization; 3)If a court subpoenas your records; 4) If the client is or becomes a 'vulnerable adult'. Sunrise, 2002-2008) Sunrise Counseling Online Therapy and Counseling, Dawn Sutton, MSW, RSW is the therapist for this website. The content of this website is the definition of online therapy, emergency contact information, fees and payment methods, qualifications of therapist, confidentiality, contact information, Christian counseling, quizzes, self-help resources,

client's rights, more links, surveys and the option to send the main page to a friend.

The professional involved is Dawn Sutton, MSW, RSW is a registered member of the Ontario College of Social Workers and Crisis Intervention Counselor for the First Nations and Inuit Health Branch-Ontario Region of the Mental Health Crisis Intervention Counseling Program and she is a Member of the International Society for Mental Health Online. All of her credentials can be verified. Dawn Sutton uses Christian counseling, called Shepherd Counseling, as a key tool to help heal those who are in need and to make such an impact that her clients will not ever need counseling again because of GOD, not her.

Hergoalsare to not see them again but if she does, she will tackle the job as if it's the first time. She abides by her own confidentiality rules and will not do anything to jeopardize them. " Online counseling is simply communicating with a qualified, professional counselor/therapist by email or chat through your computer. Whether you choose only a few email exchanges or ongoing dialogue with the therapist over time, you have the opportunity to share your concerns, pose questions, and gain further insight into the problems you are addressing. (Sunrise, 2002-2008) There are many advantages and disadvantages to online counseling that includes animosity because of the value of personal information on the client's part. Another disadvantage is that the Counselor wouldn't be able to observe their client's body language of their clients. ' Elizabeth Zelvin, LCSW, is a licensed clinical social worker and a psychotherapist with 20 years' experience. She is a New York State Licensed Clinical Social Worker. In 2000, she was the director of addiction programs, and she had a private practice in New York City.

She is among many professionals that have a passion for helping people through chat and email online counseling/therapy, also known as e-therapy. ' (Cyber shrink, 2001) If you need online therapy, you have to qualify for one of these categories; 1) you are comfortable with the Internet (email, chat or want to increase your timeline); 2) using the keyboard more or less as fast as you think or speak—spelling is less important. (Cyber shrink, 2001) The site also contains choices and categories to pick from about how to use your online therapy of your choice. There is also a section on there where Elizabeth asks “ Are you the therapist for me? She wants to know that she is the right pick for those who are interested in therapy. Also, the site provides you with the pay scale of all of the prices for 60 minute chats priced at \$100. 00, 30 minute chat \$65. 00, and \$45. 00 for 1 email exchange. There is a section on confidentiality and how she must obtain confidence for all of her sessions no matter the source. There is alsopoetry, music, articles, bios and credentials that will verify and back up all of her sources and referrals. I feel that the advantages/disadvantages for this website are very reasonable and easy to follow! They are not too strict nor are they too lenient.