

How Online Counselling Can Help You with Difficult Problems

Power of Mind - Private Online Counselling Practice

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What is Online Counselling?

Online Counselling is the interaction between the counsellor and the client through the use of the internet. Counselling is communicated through the use of a confidential messenger program so the counsellor and client are able to directly chat in real time.

Many people experience a sense of stigma or shame around issues. The opportunity for an anonymous and confidential support online can help many people to feel safer and more in control when they communicate about their concerns.

What are the Advantages of Online Counselling?

No travelling time - you can be at home and have counselling at your own convenience, when you feel ready and comfortable to do so. You can access the internet anywhere at a time that best suits you.

Reflect / Re read Communication - The process of writing down thoughts and feelings can be particularly powerful. For some, this can help to focus thoughts and concerns. Online interaction also gives you the option to reflect or re read your communication with the counsellor.

Increased Level of Comfort - online counselling provides support with great ease through text based chat with a counsellor and eliminates feelings of embarrassment and demotivation that comes with face to face counselling. Online counselling is a simple and cost effective way of seeking counselling with a professional.

Being able to access an online counselling service can be of great support and comfort to the individual client as seeking help through a private chat with a counsellor can be an easy, effective and cost effective way of seeking counselling with a professional at anytime it suits the client. This service allows the clients to save time on travelling and being able to access help at their fingertips.

Case Study: Child Abuse

Child abuse issues can affect individuals for many years. It is important to consider the issues, symptoms and difficulties clients experience throughout their adult life. Child abuse has crucial effects on individuals such as emotional, psychological issues of anger, hatred, guilt, betrayal, commitment and relationship hardship. Online Counselling gives you the opportunity to discuss issues with a counsellor

and be supported, listened to and provide an understanding that it is necessary to continue and function in everyday life. The client needs to feel the counsellor is there as a support to help through the past issues and be helped to gradually overcome the painful struggle they have experienced. Counselling is important to any individual who has experienced sexual abuse at any age and any culture. The cycle of sexual abuse can be so difficult and the individual will find it hard to feel accepted and to feel loved.

Karen* was a victim of sexual abuse for many years. Karen did not seek any counselling and felt very ashamed and embarrassed by what had happened to her. Karen was afraid that nobody would believe her and what she was experiencing. Karen failed to tell anyone out of her family and friends what had happened to her throughout many years. Due to Karen feeling the symptoms, difficulties and struggling to cope with everyday activities Karen decided to eventually seek help from a professional counsellor and gained the support, counselling and help she needed to continue with her life she was able to feel better, she felt relieve in being able to tell someone. Karen was able to finally talk about her feelings, the anger, hurt, sadness and the emptiness she felt for a long time and Karen felt more at ease being able to be comforted and supported by a counsellor. As Karen also had a low self esteem she was not comfortable in seeing a counsellor face to face Karen heard about a private online counselling service and found it helped.

Issues of child abuse are very painful, it is very hard to be able to open up and talk about your experiences and deal with such horrific issues. It is important to note that help and support is always out there, there are counselors that can help, support and encourage clients to feel better and feel at ease knowing that importance of effective professional counselors are here to acknowledge the painful experience and be there to provide assistance, support and be there for the client.

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If you feel you know anyone who could benefit from online counselling, tell them about Power of Mind. Please feel free to contact Power of Mind Private Online Counselling Service at www.powerofmind.com.au and please feel free to email privatecounselling@hotmail.com at anytime for any further queries.

*Name changed.