

Don't live near our offices? Do you have difficulties that limit your ability to leave your house or travel? Are you unable to locate a Cognitive-Behavioral counselor in your area?

NEW!

E-Counseling Now Available



The Cognitive-Behavioral Therapy Center of Western North Carolina, PA (CBT of WNC) has recently joined the countless industries already offering web-based services. Our mission in offering this service is to help you solve your problems **right now!** This new service gives you the ability to work on your problems from the comfort and privacy of your own home via computer & webcam or by telephone.

Many people are turning to the internet for professional counseling and find it to be an ideal way to discuss life's challenges, personal concerns, or emotional problems.

CBT of WNC takes pride in being Professional, Confidential, Accessible, and Affordable.

WHAT IS E-COUNSELING?

E-counseling or *online counseling* is an electronic way of getting supportive counseling either through a live webcam session (with a provider such as Skype) or via telephone. Your online therapy experience will be all about your needs and goals. Perhaps you are having relationship difficulties; maybe you are dealing with a loss or struggling through a life transition. Or, you simply have some questions and you need a few brief consultations.

E-counseling is directive in its approach, similar to coaching, in that you will be offered skills to deal with some of your difficulties. For example, if you are particularly anxious, an online counselor might teach meditative techniques or mindfulness-based stress reduction as skills that you can use in anxiety provoking situations.

Your sessions will be scheduled with any of our highly skilled, evidence-based staff members (see staff directory on opening page of this website) at a time convenient for you. You can even schedule your own appointments using our on-line scheduling feature through this website.

Above all else, *e-counseling* is EASY.

WHAT E-COUNSELING IS NOT?

E-counseling is not intensive psychotherapy. It is not suitable for diagnosing or treating psychiatric illness. It is not an effective means of responding to crises such as suicidal feelings, homicidal feelings, abuse, trauma, or acute psychiatric symptoms. If you are feeling suicidal, you need immediate support. In the USA, you can make a free call to the **National Suicide Hotline at 1-800-784-2433.**

WHAT MAKES E-COUNSELING BETTER THAN OTHER TYPES OF HELP AVAILABLE?

The anonymity of *e-counseling* allows for an element of dis-inhibition in that there are fewer social and non-verbal cues to overcome, less embarrassment, and fewer concerns about confidentiality as you are safely tucked away behind your computer.

Another benefit of *e-counseling* is that you don't have to leave your house to travel to the therapist's office. This is particularly helpful for problems such as agoraphobia, and work can be directed toward future face-to-face sessions at our office.

Avoid the uncomfortable feeling of running into a familiar face on the way in or out of a clinic. Since you never have to leave the comfort of your home to meet with your e-counselor, your anonymity and privacy are more secure.

Also, with our handy online appointment scheduler, you can select your own appointment time.

WHAT ARE THE DISADVANTAGES OF E-COUNSELING?

E-counseling's strength is also its weakness. The lack of face-to-face contact in an *e-counseling* session means that non-verbal communication is harder to pick up, or lost altogether. As a result, both client and therapist need to work harder at making themselves understood and checking that there are no misunderstandings.

E-counseling also means there are no geographical boundaries and you might find yourself in a counseling relationship with someone in another country or region with different cultural norms or lacking in relevant geographic information, and you might find these differences surprising. For example, your counselor might have different ways of speaking or not know about important news that is local to your area.

DOES INSURANCE PAY FOR E-COUNSELING?

At this time, we are not aware of any insurance carriers that pay for e-counseling.

WHAT DOES E-COUNSELING COST?

There is no additional charge for e-counseling. Our standard counseling rates apply. Plus, an *e-counseling* client will be working with the same highly trained staff as a client who comes to our office.

Contact us via telephone or email if you have additional questions about *e-counseling*. Go to our easy appointment scheduler from our homepage and schedule your own session **RIGHT NOW!**

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