

B A Third year

EDUCATION (Major)

Paper 6.4: (Guidance and Counselling)

Write about online counselling:

Online counseling is an alternative to traditional face to face counseling, where in, professional counseling services are provided through the use of internet. These services are mainly offered via email, real-time chat and video conferencing. Online counseling is the provision of professional mental health counselling service through internet. It is used as a replacement for official visits. It is good for person with physical limitations. Online counseling also provides resources and guidance to therapists that wish to take their practice online with products and documents that help him to get started. Here main goal is to both inform everyone on the latest developments, as well as make accessible for all. In this counselling it will make sure that therapists and client's can connect easily with tools that help everyone in finding the solution.

In 1972, computers from Stanford and UCLA simulated a psychotherapy session that was considered the very beginning of online counseling. It is used with the help of internet. By the internet, mean any device that has access to the World Wide Web. A computer can be used for this type of online counseling and also with smartphone with the mobile app. During counseling session one can prefer text, video or audio chat.

Online counselling , now-a-days is becoming common practice preferred by both clients and the counselor. It has been praised for bridging the gap that existed with traditional face to face therapy. Some of the advantages of online counseling are-

- **Accessibility:** Web counseling is easily accessible to all those who wish to use it. It overcomes the barriers that may preclude others from seeking therapy. Those that have visual and hearing impairment can also benefit from such service.
- **Convenience:** Online counseling is convenient for the therapists and the client's have the convenience of corresponding with each other at a range of variant times. It is also

helpful for those who are uncomfortable with talking face to face with someone about their problems or who are suffering from some phobia, anxiety etc.

- **Affordability:** Web counseling has been shown to be more economical for both the therapists and the client's. Especially for those therapists who are unwilling or cannot afford to rent commercial space thereby "lowering overhead cost of capital, property, administration procedures "etc,
- **Social stigma:** Online counseling allows more comfort and privacy as there is no need for the client to visit the counseling centre. Thus eliminating the social stigma associated with receiving therapy. The client therefore feels free to share his or her details and various issues without any hesitation in their own home through the computer.
- **Anonymity:** As online counseling does not involve face to face contact, it allows the clients to communicate more openly without any concerns for bias of race, gender, age, size or physical appearance.
- **Variety of forms of communication:** Communication through the internet is mostly in written forms like chats, emails and instant messaging services. It is believed that writing during times of distress is particularly useful for clients as it provides an important approach for emotional healing. Thus it is an interactive form of therapeutic writing.

References:

Online counseling-YourDost.com

www.betterhelp.com

Online counseling-Wikipedia.org

www.mentalhelp.net

P.S. This write up is prepared from the above mentioned web resources and there is nothing original in it.