



THINGS TO CONSIDER BEFORE DECIDING TO GO AHEAD WITH EMAIL COUNSELLING

As with all types of counselling/therapy each has its advantages and disadvantages. This check list below offers some areas to consider and think about which may help you decide if email counselling is the right choice for you:

Consider	YES	NO
Would you feel comfortable taking about your difficulties in an email?		
Do you feel your situation is too complex for you to explain in an email?		
Would you prefer to see a counsellor face to face?		
If there is no way for you to read expressions, emotions and body language would this lead to misunderstandings or frustrations during an email exchange?		
Do you have any concerns about heightened emotional responses happening quickly during an email session and feeling unable to manage them when the email session ends?		
Do you often feel strong emotional reactions and responses that you feel unable to manage in your day to day experiences?		
Do you have a confidential and safe space to communicate with your counsellor at the agreed time?		
Do you have access to emails in the place you would be have having the session?		
Confidence in the use of technology – please consider		
Are you confident using emails and are able to compose and send emails?		
Are you confident typing or dictating into emails?		

If you find you have answered no to many of the questions above it may be that this type of therapy may not be suitable for you at this time.