



THINGS TO CONSIDER BEFORE DECIDING GO AHEAD WITH TELEPHONE 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 telephone counselling is the right choice for you:

Consider	YES	NO
Would you feel comfortable taking about your difficulties on the telephone?		
Do you feel your situation is too complex for you to explain over the phone?		
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 telephone sessions?		
Do you have any concerns about heightened emotional responses happening quickly during a telephone session and feeling unable to manage them when the call 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 have a telephone session?		
Do you have a good clear phone signal from the place you would be having the telephone session?		
Confidence in the use of technology – please consider		
Are you able to use a headset wherever possible to increase confidentiality during the call?		
Are you able to minimise distractions and turn off notifications on your phone whilst the call goes ahead.		
Are you confident in clearing call history after the call to minimise any risk and increase security and safety?		

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.