**Benefits of Remote Therapy**

* Online therapy has become an increasingly popular option for people seeking therapy. During online work you will connect with your therapist by video call from a phone, laptop or tablet.
* Attending appointments can feel challenging and sometimes distressing, some people find it can feel more comfortable to do this from their own home. People sometimes find it useful to have their own things around them and be able to finish a therapy session and be at home immediately. Some clients find it comforting to have their pet with them and this can be easily accommodated working online.
* Working online improves accessibility, some people can access therapy more easily online, particularly if you are unable to leave your home or travel far without the assistance of others. This gives increased independence for people who are unable to attend appointments alone.
* It has less impact on time, people can fit therapy in around other commitments. It can also be more flexible and cost effective as it doesn’t require the additional time and expense of travel.
* Effectiveness and recovery is as good as ‘in person’ therapy, some research has shown better improvement rates.
* The online platforms we use are secure, with specialist technology for therapies such as CBT and EMDR.
* There are shorter waiting times for online therapy as our associate work nationwide, there are more therapists available rather than just those in your area.
* The team are experts at this way of working having done so through the pandemic.
* We can guide you on how to best use your technology.
* All therapies offer a remote option.
* Therapy can be delivered in the comfort of your own home with increased privacy, as there is no need for sitting in busy waiting rooms.