

Havening Techniques via Tele-Health

I know people prefer face to face sessions in my clinic: however, when they use my online services, they are pleasantly surprised how simple and effective the process is. One main benefit is that you are more private, comfortable and less likely to have noise interference. Another main benefit is that you can be at work; living remote; FIFO or home with kids.



The Doxy.me platform is private, safe and simple to use on your laptop or phone.

“I meet with my therapist on my lunch breaks while at work. Online visits have allowed greater flexibility with scheduling visits! I tell everyone to switch to online appointments!” - Steve W.

Technology is now advanced enough for doctors in hospitals to use online diagnostics, specialist services and patient discussions; this is tele-health or e-medicine, the way of the future.

“Benefits:

- Increased accessibility, for example, for rural and remote persons (although limited by bandwidth and availability of carriers), single or at-home parents, people with a disability, in cases of fear of violence or intimidation, people with agoraphobia, people who are relocating but want to work with the same therapist, fast-pace lifestyles, unusual employment hours.
- Offers a solution to shortfall in psychotherapy services.
- Anonymity, privacy, convenience, often in comfort of own home.
- Disinhibition and internalisation, that is, core issues addressed more quickly, matters expressed more freely.
- Enhanced self-reflection, in the case of asynchronous communication. Can revisit treatment communications from therapists in own time.
- Therapists can respond to specialist areas of concern, regardless of geographical location.
- Available any time of day (where service models permit).
- May be particularly viable for computer-savvy young people and children.
- Allows clinician time to be freed up for others and reduces the number of face-to-face sessions.
- Increased flexibility of services.
- Affordability.”

(from the Australian Institute of Family Studies, 2009)

I look forward to connecting in my virtual clinic for a Discovery Session, so you can see how simple it is. When you book, you will receive a bonus “Virtual Clinic” mP3 recording to relax and listen to, so that it is comfortable to connect in a slightly different way.

Anne Holleley, Perth Counselling and Hypnosis