

Online Therapy and Counseling Until Midnight

'Psychological Services Virtually World Wide'

DrJohnSilver.Com ~ (310) 268-8282 ~ Email@DrJohnSilver.Com

2100 Sawtelle Boulevard Suite #204 ~ Los Angeles, CA 90025

Marriage, Family and Child Counselor, M14943

Certified Modern Psychoanalyst, P90366

Certified Online Therapist, #00663

The following general information regarding human behavior is given to the public at no charge as a public service. The information presented is in no way intended to be professional counseling or psychotherapy.

Summary of Benefits, Limitations, Differences of Relevant Therapies

Risks and Benefits of Psychoanalysis/Psychotherapy/Counseling/Life Coaching

Counseling/Therapy/Coaching, whether occurring face-to-face in a therapist's office or online, may have both benefits and risks. Risks sometimes include experiencing uncomfortable feelings such as, but not limited to, sadness, guilt, anxiety, anger and frustration. Unpleasant aspects of User's life may be discussed, and this can cause discomfort. On the other hand, therapy can lead to a reduction in feelings of distress, can result in more effective functioning, both individually and within relationships, and can resolve or minimize specific problems.

Benefits and Limitations of Online Therapy

One of the advantages that online therapy offers is the ease of access. Clients can access therapists from the privacy of their homes or from other locations. Also, there is no need to travel to the therapist's office, or to travel back to one's home or office. In other words, one's valuable time can be used efficiently. People who live in rural areas can more easily access therapy. Those who are disabled or for a variety of reasons may not want to visit a therapist's office (e.g., privacy concerns) can interact with a therapist more easily. Since access is enhanced, those who need help may now get the help they might have otherwise missed

Online Therapy also has its limitations. For instance, face-to-face interaction between a therapist and client allows the therapist to observe the client's dress, demeanor, facial expressions and other nonverbal cues, which can help in the assessment, diagnosis and treatment of the client. In Online Therapy, therapists can lose the auditory and visual feedback from their clients that might otherwise cue the therapist regarding a potential miscommunication.

Another limitation regarding online therapy is that insurance companies or HMOs are not likely to reimburse or authorize mental health treatment delivered online. While this may change in time, User should not expect coverage for online therapy at the present time unless the health plan in question has indicated in writing that such coverage is available.

It is important to understand that not all problems and conditions are suited for online therapy and that referrals may be made to other practitioners or facilities for in-person treatment when the Dr. Silver deems it to be appropriate. This may occur after the initial assessment or after it becomes apparent to Dr. Silver or the User that more intensive treatment may be warranted.

Differences Between Traditional Therapy and Online Therapy

Online Therapy

-Anonymous

You never have to be seen by your therapist. If you are self-conscious, have a high-profile that you want to keep low, or you open up best when you are hidden from view, online therapy may be preferable to you.

-Convenient

You can schedule a session other than during regular office hours at your home, office or while traveling.

-Time-Effective

You can schedule 30 or 50-minute sessions. You may also choose to schedule sessions for longer than 50-minutes if you choose. You don't have to take time off of work; you can easily fit an appointment into your workday.

-Cost-Effective

Many times you only need a 30-minute session, and with online therapy that is all you have to pay for. Also, when online you are more likely to not waste valuable time. You save time and money in transportation to and from your Doctor office.

Traditional Therapy

-Non-Anonymous

You are always right there in front of your therapist. This may not always be advantageous if you are feeling introverted, shy, embarrassed or nervous.

-Inconvenient

You may need to wait seven days between each appointment. You need to get dressed, go out in public and commute to go to your therapist's office.

-Costly

Traditional therapy can include additional expenses, such as travel expenses and childcare. In addition, therapists typically work on a sliding scale, with the most common rates being between \$80 and \$150 per hour.

-Time Consuming

A session during the day can turn into a few hours when you figure in travel and parking time. You may need to schedule appointments after work or on weekends and thus take away from time with your family or work responsibilities.

Differences Between Psychotherapy and Life Coaching

Psychotherapy

- Can work from an illness model and it treats diagnosis.
- Work on Issues.
- Focuses on past, present and future.
- Deals with emotional or behavioral problems, with past or current disruptive situations, and with dysfunction to bring the client to normal function.
- Provides a space for client to gain insight, work on suppressed emotions, and reevaluate their defenses.
- Recognize irrational beliefs, and learn skills to minimize symptoms and live healthier lives.
- The Therapeutic relationship is important. The relationship can be used as a model for the client to utilize in other relationships.
- Can be practiced Online only in the state that the therapist and client reside.

Life Coaching

- Does not treat diagnoses.
- Work on goals.
- Focuses on present and the future.
- Works with already successful, functional person who wants to move toward higher function and achieve excellence, while creating an extraordinary life.
- Moving beyond one's own comfort zone.
- Result Oriented.
- Through a process of inquiry and personal discovery, coach and client work together to build client's awareness and responsibility while providing feedback, tools, support and structure to accomplish more.
- Coach & Client relationship is not a determining factor, however it is a partnership that helps clients achieve fulfillment in their personal and professional lives.
- Can be practiced Online and holds no geographic boundaries.

Differences Between Modern Psychoanalysis and Cognitive-Behavioral Therapy (CBT)

*Modern Psychoanalysis

- More intense, indepth and intellectually challenging than Psychotherapy.
- Uncovers childhood traumas and family relationships.
- Believes the Unconscious Mind controls our behavior.
- Thoughts, Emotions and Dreams are focused upon.
- The relationship between the Patient and the Doctor is essential.
- Treats the Causes and Symptoms of Psychopathology.
- Explores the Person's relationship to themselves, to others and to society.
- Examines one's Purpose in Life and the Meaning of their Existence.

Cognitive-Behavioral Therapy (CBT)

- Examines the relationships between thoughts, feelings and behaviors.
- Explores patterns of thinking that lead to maladaptive actions.
- Teaches healthy coping mechanisms and new behaviors.
- Is active, goal-directed and focused on solving problems.
- Is extensively researched as to effectiveness.
- Out of session homework assignments are given and monitored.
- The relationship between the therapist and client is not analyzed.

***Psychoanalysis is currently being examined in relation to Online Therapy. The results are promising (evidence upon request). It has been found that Doctors who have education, training and experience in both Psychoanalysis and Online Therapy are able to integrate the two into a Psychotherapeutic modality that is helpful to Patients who meet certain criteria.**

End of Benefits, Limitations, Differences of Relevant Therapies (Summary)

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