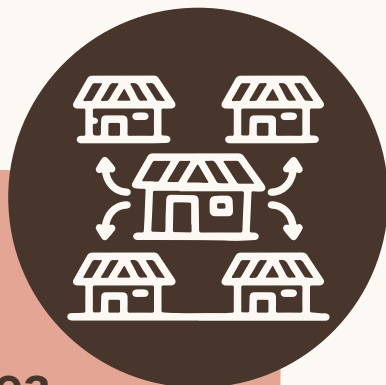


What are the advantages and disadvantages of online therapy?

Are you considering online therapy? Since the pandemic has started, the ways in which various services have been provided in the past has changed, and that includes mental health therapy. Online therapy refers to services that are conducted via the internet through devices such as computer, tablet, and/or smartphone. Is online therapy for you? Well let's explore the pros and cons of online therapy to help you decide?



Remote Area Access

Online therapy offers access to individuals in rural areas that may have difficulty locating and/or accessing a therapist.



Accessibility for physical limitations

Online therapy provides easier access to those with physical limitations and/or that are homebound.



Convenient and Affordable

Online therapy is convenient and fairly affordable. Since sessions are from the comfort of home, sessions are typically flexible with scheduling.



Approachable treatment

The internet can make talking about mental health concerns more comforting. Sometimes, the stigma of mental health makes it difficult for one to present to a physical office.



Confidentiality, Privacy, and Unreliable Technology

With anything online keeping personal information private and confidential can be a concern. Ensure your provider is utilizing a security protected program and that sessions are conducted in private areas. Technology problems can also make access difficult at times.



Lack of Coverage

Online therapy can depend upon the state you are in and the type of insurance carrier you have. Some policies do not cover online therapy which can lead to out of pocket payments.