

References

Walsh, A., & Richards, D. (2016): Experiences and engagement with the design features and strategies of an internet-delivered treatment programme for generalised anxiety disorder: a service-based evaluation, British Journal of Guidance & Counselling.

<http://dx.doi.org/10.1080/03069885.2016.1153039>

“...participants appeared to appreciate the flexible structure and disinhibiting effect of this type of internet-delivered therapy. In addition, participants found it motivating to acquire the practical skills and knowledge to help overcome their problems. The development of a meaningful virtual therapeutic relationship between the user and their supporter was also identified as a key motivator to programme completion.”

Strobl-Reichel, K. (2015). Incorporating E-Therapy into Practice, Social Worker Perspectives. Master of Social Work Clinical Research Papers - 539. http://sophia.stkate.edu/msw_papers/539

“Findings for this study highlighted E-therapy offering increased flexibility of services for clients...”,
“...A therapeutic connection can be established in this format.”

Duplaga, M., & Dzida, D. (2013). The growth of e-health services focused on mental health.

<http://dx.doi.org/10.4467/20842627OZ.14.029.2168>

“...accumulated evidence shows that e-therapy may be as effective as traditional mental care.”

Uzoekwe, H. E., Obika, J. A., & Obineli, A. (Rev.Sr.Dr.) (2012): In-cooperating E- Counselling in the Professional Development of Counselling Practice: Merits and Demerits.

<http://www.ajol.info/index.php/ijah/article/view/106377>

“E-counselling saves time, money and it increases the sense of privacy. It helps the clients and therapist to pay close attention to their thoughts and feelings while still engaging in dialogues.”

Robinson, E. (2009). Online counselling, therapy and dispute resolution A review of research and its application to family relationship services. AFRC Briefing No. 15 — October 2009

“...online therapy was particularly effective for treating anxiety and stress, with lasting effects, and on average is as effective as face-to-face interventions.”

References continued...

Barak, A., Hen, L., Boniel-Nissim, M., & Shapira, N. A. (2008). A comprehensive review and a meta-analysis of the effectiveness of internet-based psychotherapeutic interventions. Journal of Technology in Human Services, 26(2-4), 109-160. doi:10.1080/15228830802094429

“The findings of this meta-analysis, ..., provide strong support for the adoption of online psychological interventions as a legitimate therapeutic activity and suggest several insights in regard to its application.”

Rochlen, A.B., Zack, J.S., & Speyer, C. (2004). Online Therapy: Review of Relevant Definitions, Debates, and Current Empirical Support. DOI: 10.1002/jclp

“...studies addressing the process and outcome of online therapy when contrasted with face-to-face therapy have yielded more positive findings, suggesting few differences in the process and outcome of these different avenues for help.”

Cook, J.E. & Doyle, C. (2004). Working Alliance in Online Therapy as Compared to Face-to-Face Therapy: Preliminary Results. Cyber Psychology & Behavior. July, 5(2): 95-105. doi:10.1089/109493102753770480.

“...working alliance levels demonstrate that participants felt a collaborative, bonding relationship with therapists, and comments overwhelmingly indicated participants’ belief that online therapy was a positive experience with unique advantages over face-to-face counseling.”