

ADVANTAGES

CONVENIENT

You do not have to travel and incur in the associated costs of commuting to an office.

LOCATION

Therapy sessions can be from anywhere at home, office, while travelling, or from a place where you feel is safe for you.

YOU ARE ON THE DRIVER'S SEAT

It is a way to have more control over your own needs and promotes independence.

COMFORT

Sometimes people find it easier to speak with a therapist from a place they feel more comfortable, without the pressure of the in person social interaction. For others it is awkward at the beginning, but then it becomes natural.

CONSIDER

PRIVACY

Your privacy protection is a priority for me, my services are in full compliance with the Personal Health Information Protection Act (PHIPA) and the Personal Information Protection & Electronic Documents Act (PIPEDA). Online tools are no different from any other public place, cannot guarantee 100% privacy. However, industry-standard encryption and securing technologies are used in online connections.

TECHNOLOGY

A stable high-speed internet connection, setup audio/video, and latest browser software are needed. Potential interruptions may happen, it is preferable that background programs (i.e.: antivirus, or other programs) are silent while connected. Also, arrange not to be interrupted by others (i.e.: pets, children, deliveries, alarms, notifications, etc.)

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BOOK A FREE CONSULT