**Written therapy – how it works:**

**Secure messaging therapy:**

We agree a time each week to meet. We can either have a fixed day and time each week, alternatively, clients can use the online portal to see my availability each week and are able to book themselves in week by week.

Using the secure messaging system on ‘Owl’ we message in real time back and forth for a 50 minute session.

**Written therapy:**

Each week, on Sunday, I will send you a minimum of 3 prompts to get you started. At the start of our work these will be fairly general and as our work together progresses, they will be linked to our work. If you know what you want to explore, you can completely ignore the prompts! However, some people find them helpful, especially at the beginning.

During the week you are welcome to send me as many messages as you want. There is no limit on this. Some people tend to produce one long piece and other people prefer to send shorter, more sporadic notes. Either is totally fine. *I will not respond during the week*.

I will spend an hour each week reading your messages and composing a response and I will send a response by the end of the day on Friday.

You then have Saturday to read and reflect on my words and the process begins again on Sunday.

**Things to note:**

* I ask for payment in advance by e-transfer
* Both options are charged at $160 plus HST per session
* When we start working together doing written therapy, there is no guarantee you will be able to switch to talk therapy at any point. This is simply due to how my schedule is balanced.

**FAQ’s**

1. What are the advantages of written therapy?

The main advantage is that it offers a different format from the usual face to face therapy. This can be helpful for a variety of people, for example, for someone with an unpredictable work schedule who is unable to have a fixed appointment time.

It can also be helpful for neurodivergent people who, for whatever reason, may feel that talk therapy isn’t suitable for them, but they still want the support and a place to process their emotions.

Written therapy allows people more time to formulate their thoughts, and responses and they also have the weekly record of what has been discussed to refer back to.

1. How is my confidentiality maintained?

Therapy sessions are confidential with the few exceptions which I will go over in our first session.

With regard to keeping your data confidential, as mentioned above, I use the ‘Owl Practice’ management software for all my written therapy sessions. They have a variety of ways to keep your data protected – some are listed here: <https://owlpractice.ca/security/>

1. Do I need to be a resident of Ontario?

You do. I am licensed to provide therapy for residents of Ontario.

1. Do I need to sign up for a certain number of weeks?

No, not at all. You are welcome to take it week by week.

1. Is the 15 minute consult via secure messaging or via Zoom?

It’s up to you. I’m happy to do either.

1. What about the first session?

The first session would be written therapy.

1. Can I be anonymous?

You cannot be anonymous. This would go against the standards for registered psychotherapists set by the CRPO. Please see more information here: https://www.crpo.ca/standard-3-4-electronic-practice/

1. Can I start off doing written therapy and then switch to video therapy?

Unfortunately not. Due to how my schedule is arranged this would not be an option.

1. Is there any research about the effectiveness of written therapy?

There is! Here is one article and there are more online if you have a search: https://link.springer.com/article/10.1007/s10879-021-09520-9