

Cybercounseling Clients with Disabilities

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This presentation will be discussing using cybercounseling with clients who have been diagnosed as having high functioning learning disabilities. These clients were recommended to attend short term solution based counseling by their social workers as they are experiencing life transition issues. While using face to face counseling strategies have had significant impact on reaching out to these clients, they seem to be encountering challenges because of their lack of understanding of the rules of social behavior, including eye contact, proximity to others, gestures, posture, and so forth. As a result these clients who are internet and social media savvy were introduced to online counseling and they have been reporting that they find this medium to be less threatening and easily accessible than attending face to face counseling. In this context, the clients have embraced and enthusiastically using these techniques that functionally assist them in understanding and structuring their perceptions, perspectives, and behavior to fit the demands of their world. The presentation is geared towards counsellors who work with people with disabilities using both face to face and cyber counseling. The presentation will conclude with sharing some challenges faced and goals attained during this brief counseling process while discussing the efficacy of using this medium of counseling with people with disabilities.