

## TELEPHONIC COUNSELING

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### What Is it?

Telephonic counseling is a new way to accomplish the goal of receiving counseling or coaching for a problem. Problems may include: desire to lose weight, desire to learn more effective communication techniques, desire for higher self-confidence / self-esteem, resolving issues of anxiety and/or depression, etc. Essentially, there are few issues that cannot be resolved with, or respond to, telephonic counseling.

### How Does It Work?

The person interested in receiving this method of counseling contacts the provider, sets up a convenient time wherein he/she can talk via phone uninterrupted and in a confidential manner. The counselor responds by also verifying that the phone call is confidential (e.g., not held with others present). The arrangement is then made of whom will call. Sessions can be from 15 minutes to an hour, and generally at a time convenient for the caller.

### Why Telephonic Counseling?

In today's hectic world of work, school, family care / obligations, community activities, Church, etc., it seems there is little time to concentrate on oneself. Yet, many people do not realize that without focus on oneself, it becomes impossible to focus on others. Problems become worse often causing mental health conditions and medical conditions. These can often be avoided by talking about and resolving the problem. Having the option of doing so in the comfort of one's home, or car, or quiet place over a phone can be helpful to many.

### How Can I Do This?

I am a Doctoral level counseling psychologist with years of experience with telephonic counseling (see Informed Consent). I began with crisis counseling via the phone. Over the past several years, I have expanded to telephonic counseling for crisis and other issues as well. I work with EAP providers such as Military OneSource, Workplace Options, E4Health, etc as well as individuals wishing to utilize this method of counseling. If you are interested, please contact me (304.283.9849). If you are not with an EAP, sessions can be scheduled and paid for via PayPal, even if you do not have an account (PayPal accepts credit cards).

There is help, and I look forward to the opportunity to work with you!