

**heretohear**® Confidential • Convenient • Affordable •

# TeleCounseling & Life Coaching



We all need to be understood.



*A service by Morris County Counseling Services*

## EXPAND ON YOUR EXPERIENCE OF WORTHINESS.

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People seek out a counselor, psychotherapist or coach because they have a perpetuating problem that they struggle to handle, and need someone whom they can trust to help them move from the fear, shame & uncertainty... to get unstuck and regain a sense of calmness, clarity & confidence.

# What is TeleCounseling & Life Coaching?

- It is a specialized form of consulting with a licensed therapist via the use of technology.
- It is convenient and confidential.
- It increases access to accommodate clients with busy schedules, travel time & distance.
- It reduces the gap of effective face-to-face counseling.


## How a TeleCounseling coach facilitates change:

- Help clients identify their character strengths, values and belief systems.
- Help clients clarify their belief systems and align them with their desires and goals
- Help clients develop and apply their vision and plans as they modify to resolute problems
- Provide clients with skills, support, and structure to propel their potential
- Help clients balance a healthy, happy, worthy and successful personal and professional life

## The Limitations of TeleCounseling

**Tele-Counseling and Coaching is Not Appropriate for suicidal clients or those with serious psychiatric illnesses.**

Due to distance a counseling coach cannot respond to crisis situations that require close and direct treatment.



**Tele-Counseling and Coaching help clients bridge their vision from expectation to execution.**

# Why Does TeleCounseling & Coaching Work?

*Life coaching and counseling is a collaborative process involving two people reflecting about what either is unable to consider alone.*

Coaching works because it unravels your potential.

This is what a session entails:

**Empathy.** You will be heard with compassion so that you are free to articulate your hesitations, apprehensions and needs. You will be heard with curiosity to identify thought patterns and belief systems. Empathy lowers your fear and encourages learning & growth.

**Analysis.** With analytical contemplation for action, we will seek to discover the impact of your experiences to recontextualize your perception to potentiate your purpose.

**Empowerment.** Feeling empowered is a result of feeling worthy. I am here to remind and encourage you repeatedly of your capacity to overcome and to be greater than your problematic circumstance.

**Co-Creation.** You Can expect to establish a collaborative alliance, working together to support your vision so that you can lead a happier, healthier and successful life.

# Benefits of TeleCounseling & Coaching

We all need to be heard.

Counseling and Coaching is productive when:

- **There's a gap between your identity, your sense of security & your ambitions or purpose.**
- **You are ready to grow**

*When you're ready to identify your problems, you can envision your goals, seek solutions to structure and strategize action plans; to renew the alignment of your identity, purpose and a joyful life.*

With a TeleCounseling Coach, You Will Learn:

- **What drives you and what drains you ... so you can discover the happier, healthier, successful version of you.**
- **How your beliefs can build you up or bury you.**
- **What it means to be resilient and how you can become more stress resistant.**
- **How you can manage risk more successfully and what your strategy is for dealing with surprises.**
- **How to use empathy to transforms from vulnerability to empowerment**

# The framework that guides our collaboration.

## You Are Capable

**I am fortunate with the privilege of choosing my clients. I desire a meaningful collaboration with you. My role in this collaboration is to function as a reflective mirror to fine-tune your personal, spiritual and professional lives.**

## Contemplation, Participation and Action

**How we spend money and time reflects how we value ourselves and others. This collaboration requires you to participate, contemplate and apply what you've learned and value from the session. Of course, there are sessions where you will simply need to be heard, understood and nurtured back on to your purpose.**

## Corrective Identification

**Change is not about ignoring the bad and wrong and only focusing on the good. It's about recognizing what you are paying attention to. It's about identification and correction of your belief system towards resolution. You cannot find what is right when you are focused on what is wrong.**

## Sophisticated Ignorance

**I wish I could have an answer to every mystery. If I am not sure, I'll say so. Authenticity allows for vulnerability, hence an openness for solution ideation.**

## Instillation of Hope

**Many clients begin this process feeling stagnant and overwhelmed by their circumstances. There are moments where I am moved to offer a specific suggestion to a problem. There are no obligations. Every reflection or suggestion functions to clarify the obscurity. I will empathize and empower you when you're discouraged; and celebrate every progress you make.**

## Collaborate With Me, Not Depend On Me

**A counseling coach functions as a resource and serves to support your self-actualization. It is important to understand that a counselor and coach have limitations in their knowledgeable capacity and physical presence.**



# 8-Advantages of TeleCounseling & Coaching.

**Safe Space Privacy:** It takes courage to show up & open up in therapy. People may comfortably discuss physical health concerns with friends and family but hesitate with mental health concerns.

TeleCounseling coaching allows you to begin the process to open up emotionally in the comforts of your own safe space. TeleCounseling coaching also ensures privacy and removes the stigma, shame and judgement of 'what will people think'

**Access for Disabled Populations:** Clients do not have to leave home. TeleCounseling is an alternative to traditional psychotherapy accessibility to individuals who are disabled or housebound from physical or mental illness. Mobility and wheelchair accessibility are **not** an issue when it pertains to mental health care.

**Time, Travel and Traffic:** Transportation, commuting and traffic jams are stressful and anxiety provoking. TeleCounseling eliminates travel and traffic frustrations, redirects the use of time and tasks, and increases focus and emotional harmony for the session.

**Access for Geographically Remote or Underserved Areas:** TeleCounseling increases accessibility to a counseling life-coach who meets one's needs but is geographically far away. Clients who travel or relocate for work, can easily schedule appointments from any location, without having to start with another therapist. The synergistic therapeutic alliance is secured, free from losing the therapeutic relationship.

**Access for College Students:** Not all college towns have access to private therapists. Often college counseling centers have limited numbers of allowed visits, and many students have limited transportation options. TeleCounseling eliminates these issues, increase privacy and reduces the anxiety of being seen by another student.

**Flexibility and work-life balance:** Teletherapy offers flexibility for overworked and overcommitted clients. A clarifying conversation on decision making about the multiplicity and urgency of responsibilities and priorities serves as a healthy management of emotions.

TeleCounseling also offers the opportunity for professionals to have a session in the privacy of the workplace. It promotes the habit of taking healthy breaks, to mindfully manage stress and restore purpose and productivity.

**Stress Induced Illness & Continuation of Care:** People often fall ill from the fatigue to succeed and burnout. It negatively impacts mood, mindset and attitude towards life. TeleCounseling enables clients to continue working with their counseling coach, especially when ill, serves as a continuation of self-care.

**Promotes Well-Being & Enhances Life Skills:** TeleCounseling isn't limited to only personal or professional problems. At your healthiest, TeleCounseling and Life Coaching can serve to elevate your highest potential and help you maintain your psychological alignment of health, wealth and worth and expand the experience of a joyful, purposeful and productive life.

# The Value & Price of Empowerment.

The value of our collaboration provides the insights, tools and understanding necessary to your purpose driven life.

**Our collaboration bridges the gap between your vision and the execution of a meaningful life. Our value of money and time reflects our value of our SELF & how we value our relationships. The price of this investment is driven by the deliberate collaboration to co-create with purpose.**

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**Confidential ♥ Convenient ♥ Affordable ♥**

Resonate with Worthiness.

**The work you're deciding to do is important for the long-term well being of you, and of those whom you love and care for. While this is **not an insurance reimbursable service**, we have been mindful to make affordable.**

**The healing journey can start today. The hope is that TeleCounseling & Coaching will help increase your experience of joy.**

**If you're ready for a healthy change, call to request a **free 15-minute consultation** at **201.668.1001** or email **empower@bncounseling.com****

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