

In-Person vs. Virtual Therapy

Pros



(In-Person) PRO
Easier to focus in session
Less reliant on technology
Multidimensional Connection (e.g., In-person connection that is not possible in virtual setting)
Easier to communicate verbal and nonverbal cues
Counselors are better able to ensure confidentiality regarding things said within therapy session.
More helpful for some presenting concerns
Consistent environment for therapy
More research available on effectiveness of in-person therapy

(Virtual) PRO
Convenience
Reduced perceived issues of stigma
Comfort- Ease of access to items of comfort for emotional regulation
Limited resources required (*with the exception of technology requirements)
More way to express self non-traditionally (e.g., audio, text, picture, etc.
May be able to see therapist while traveling within IL and MO (*dependent upon licensure laws)
Save time from commuting
Eliminates fears of encountering known-others in a waiting room

SIUE Counseling Services
 Southern Illinois University – Edwardsville
 0220 Student Success Center
 Edwardsville, IL 62026
 Phone: (618) 650-2842



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Cons

(In-Person) CON

Takes more time/ energy to get to appointment

Perceived issues of stigma for going to mental health office

Potential accessibility concerns (e.g., agoraphobia, social anxiety, physical disability)

Because counseling take place in a clinical space, mask requirements will continue to be in-effect, regardless of university practices

Scheduling difficulties related to being at therapist's office on-time

May require more resources (e.g., transportation, child care, etc.)

(Virtual) CON

Technological difficulties & need for access to internet/ communication devices

Distractions are more likely

Some therapy activities are more difficult to conduct in a virtual setting

Confidentiality concerns regarding roommates/ housemates which may make certain topics (e.g., family concerns, abuse, etc.) more difficult to discuss in a virtual setting

May feel difficult building a connection with a provider virtually

May not be appropriate for all presenting concerns

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