

THE EFFICACY OF REMOTE TREATMENT

Cognitive Behavioral Therapy (CBT) focuses on the relationships between thoughts, physical sensations, emotions and behaviours. It supports clients to evaluate and reconsider their thought patterns and behaviours, enabling them to arrive at more balanced alternatives. This is achieved through goal setting, cognitive restructuring and graduated, manageable objectives. It is considered the “Gold Standard” for talking therapies. Proven effective for the treatment of depression and anxiety and considered the appropriate initial treatment step for both in accordance with NICE guidelines.

Face-to-face appointments are not always possible for clients for myriad reasons, for example accessibility, child-care and working hours. Following the unprecedented impact of the global pandemic, many clients have expressed that online support is a preferential route, minimising covid related risks associated with travel, proximity and exposure.

Over the last two decades, multiple studies have demonstrated the efficacy of tele/virtual psychology, highlighting the benefits relating to ease of access, reduced DNA rates, hesitancy associated with the perceived implications of face-to-face treatment and flexibility. Importantly, there is no significant difference in the therapeutic alliance formation between virtual appointments and face-to-face, meaning that virtual clients are able to build equally effective collaborative relationships with their therapists, which in turn are associated with a positive outcome.

A recent meta-analysis identified that treatment adherence and recovery rates in virtual treatment have been comparable to, and in some studies improved upon the outcomes of face-to-face treatment. This is purported to relate to the benefits listed earlier that remove certain barriers to treatment.

Following the research, Mind-Link believes that offering clients virtual treatment enables them to access the support they require, removing many of the barriers associated with face-to-face treatment without compromising on the efficacy of treatment and subsequent outcomes.

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