**Working in person**

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| **Benefits** | **Disadvantages** |
| Chance to be in the physical presence of another person | Cost of travel |
| May be less tiring because we can use whole body language cues | Additional time taken to travel to and from sessions |
| Time to process before and after sessions | Some people find being around others a very intense experience |

**Working by video**

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| **Benefits** | **Disadvantages** |
| Can choose to work with therapist outside of your geographical area | Can be tiring without additional whole body language cues |
| Less body language cues might feel more comfortable for some people | You may find you disclose more than usual, which could make you feel more vulnerable |
| No need to travel | Potential lack of privacy if meeting in own home if you live with others or have caring responsibilities for young children, or if you are at work |
| Can choose where you take the video call | No time to process before and after sessions |

**Working by telephone**

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| **Benefits** | **Disadvantages** |
| Can choose to work with therapist outside of your geographical area | Your therapist is not able to see how you are responding to their words and may have to be more direct to check what is happening for you. |
| No body language cues, or eye contact, might feel more comfortable for some people | You may find you disclose more than usual, which could make you feel more vulnerable |
| No travel costs | Potential lack of privacy if meeting in own home if you live with others, or have caring responsibilities for young children, or if you are at work |
| No need to travel | No time to process before and after sessions |
| Can choose where you take the phone call |  |
| No-one can see your reactions  |  |