

Solution Oriented Creative ECounseling

Dena offers online, email coaching called Solution Oriented Creative Counselling in Kelowna, B.C. You can either see Dena in person at her convenient downtown office in Kelowna, or you can choose to have your coaching conducted over the internet. Dena is happy to provide you with professional coaching via email that can ensure your privacy and help meet your needs for change. It can be difficult to attend in person, ECounseling provide anonymity, convenience and accessibility. Writing is a powerful and therapeutic tool alternative way of connecting making ECounseling effective, practical and more affordable.

If you are just curious about this service feel free to email me your questions. Online coaching works very similar to seeing a coach in their office. You send your coach information about the problem you are encountering or the change you want to happen and the coach responds in a way that helps validate your reality, direct change and opens up new possibilities. While it is not the preferred method of counselling, it has proven to be extremely effective. As with other forms of counselling it is client driven and the length of time is totally dependant on the client's investment in the process and the issues presented.

Email coaching is billed on a "per session" basis. For each session, Dena will give you no less than 60 minutes of coaching attention in order to read your message, connect with you, understand you, and write you a carefully worded therapeutic reply. Just as face to face clients pay for coaching session by the clinical hour of coach's time, your online coach will spend one hour of their clinical time responding to your email session.

The fees for online, email based, coaching are significantly less than face-to-face coaching and are set at a flat fee. For one session it costs 50 Canadian dollars, however, you can reduce with cost further if you sign up for a number of sessions at a time.

If you would like to sign up for online web based internet coaching click on the online sign up page. It is in PDF format and may require you to simply copy and paste into Word in order to fill out the form and send it to dena@mysolutioncounseling.com

I use Paypal.com as my secure online credit card processor. You do not require a Paypal account to pay by credit card.