

7ci bgY]b[' UbX \Yd!gY]b[']b' hY D\]'dd]bYg' Wb' HU_Y cb' jU]ci gZfa g"5WfX]b['lc' H Ugcbž; UUb[!: YfbUbXyž7UhdcbžUbX 7UfUbX]b['f&s%&ždfYgbHXUnWi bgY]b['g]''g'ck'g'h'Yj'Yg]l'Yg'cZ ħa Y!\cbcfYX a cXU]hYg' h'U']bj'c'j'Y'g' dYf]g]h'cb' UbX fY]UbW' cb' elders and traditional healers when addressing what the West would WbgXYf' dgmWc`c[]W' X] W'hYg'' 5g' UWXa]W' UbX dfcZgg]cbU' counselors and psychologists returned to the Philippines after cVU]b]b['XY]fYg'UbX fU]b]b['Uf'c'Už'a cg]m]b' h'YI b]h'X'GU]yž ħYk'Yg]f'b'a cXYcZWi bgY]b['Q A A q A A

A f

lc UgY!a Uj`h YfUdnřh YfUd!Y!a Uj`ZWWfh YfUdnřY!h YfUdnř-bhfbyhi
 Wi bgY]b[ž WWfWi bgY]b[ž UbX kYWWi bgY]b[`fA Ub\U!6U [i gž
 &SS%A UdYg/ < Ubž&SS, /A i fd\nm' A]HWY`ž%- , /Dc`cWž&SS*/
 G\Ud]fc/ `GWi `a Ubž%- */Gi `Yž&SSSE'

Cb]bY Wi bgY]b[`Wb` i gY jU]ci g` a cXU]hYgž g` W` Ug` hY
 Y!a Uj`žfYU!hja Y hm h Yl WUb[Y cf`WUž gYWFY k YW!VgYX a YggU Y
 gngYa gžj]XcWbZfYbVb[žUbXJ c]WYcj Yf`-bhfbyhiDfchW` f] C=DE`
 H YgY a UnVY WUgg]UX i bXYf` cbY cZlk c` hndYg cZWa a i b]W]cb.`
 UgnbWfcbci g` UbX` gnbWfcbci g` 5gnbWfcbci g` Wa a i b]W]cbž
 `] Yh Y!a Uj`žXcYg`bchcdYfUf`cb`fYU`hja YUbXi g` U`ndYfH]bg`lc`
 a cfY dfc`cb[YX` Yl WUb[Yg` VYk Yb` hkc`]bXj]]Xi Ug` GnbWfcbci g`
 Wa a i b]W]cbž k \]W`]bW` XYg` -bhfbyhi a YggU]b[`fA E` cf` WUž
 j]XcWbZfYbVb[žUbXJ C=DžU`ck g`Zf`]bg]bHbYci g`UbXfYU!hja Y
 Wa a i b]W]cb`fA Ub\U!6U [i gž&SS%E'

With the growing popularity of online counseling as one way
 cZXY]j Yf]b[`a YbHU` \YU`h` gYfj]Wgž h]g` fYgYUFW`]bj Ygh[UHX UbX
 compared the attitudes of graduate students in counseling and
 W]b]W` dgWc`c[m]hck UFX h Y HfUX]hcbU` ZW!hc!ZW Wi bgY]b[`
 UbX hkc` a cXU]hYg` cZcb`]bY Wi bgY]b[ž bUa Ynř Y!a Uj` Wi bgY]b[`
 (asynchronous method) and chat counseling (synchronous method).
 A cfY gYUWUW` nř h]g` gi Xm`cc_YX]b]c` h Y U]h]i XYg` cZ [fUXi UY
 students in reference to eight factors that are considered advantages
 UbX X]gUj UbH] Yg` cZ ZW!hc!ZW UbX` cb`]bY Wi bgY]b[" : UMcfg`
 Zj cf]b[`cb`]bY Wi bgY]b[`fYUWYgg]V`]hř Uj U]U]]hmcZW i bgYcfž
 gYbgY cZ g]ZmiUbX WbUXYbH]U]]mř Y]a]bU]cb` cZgcWU` g]]a Už UbX
 Ucbna]mř : UMcfg` Zj cf]b[` ZW!hc!ZW Wi bgY]b[` fY dfcj]gcb`
 cZYa dU`nř Ya ch]cbU` g` ddcf]ž UbX WbbYW]cb" H Y g]]b]UWbW` cZ
 studying a sample of counseling and clinical graduate students lies in
 the fact that these future psychologists will give us an idea about the
 trajectory of the practice of counseling and clinical psychology in the
 Philippines in the years to come.

REVIEW OF LITERATURE

This section presents related studies on the perceived advantages
 UbX X]gUj UbH] Yg` cZ cb`]bY Wi bgY]b[` j]g[!j]g` ZW!hc!ZW
 Wi bgY]b[ž UbX fYgYUFWYg` UYci h h Y U]h]i XYg` cZ a YbHU` \YU`h`

practitioners and other samples toward online counseling.

Advantages of Online Counseling

A i b g c b ž U b X M f _ f & S S * L Z i b X h U i ` c g g ' c Z b c b j Y V U '] b Z f a U h c b ž
k \] W '] g ' c Z h b V h X U g h Y a U b X g U j U b h U Y c Z c b `] b Y W i b g Y] b [ž] g
c g h V n h Y U j U b h U Y c Z U c b n a] m i ' 6 Y W i g Y h Y W Y b h X c Y g b c h \ U Y
h c V Y d \ n g j W ` m d f Y g Y b h] b h Y W b] W e f ' c W c Z h Y W i b g Y c f ž c b `] b Y
W i b g Y] b [` a U n V Y Y W i j Y] b ` f Y X i V b [ž] Z b c h Y] a] b U h b [ž g c V U
g h] a U f A Y b c b / F i V b ž & S % % E "

ATTITUDES TOWARD ONLINE COUNSELING

@UghinžgdYWUWc hM HVUgYXWa a i b]W]cb`_ Yh YYa U`žmdYX hM hia UniWa YUMcgg`Ug`W`XZ`Zfa UžUbX`UW]b[`]b`g ddcfhj YUbX Ya dUh]WcbYfGcUž% - +/G` Yfz&SSSE"K f]HhB`a YggU Yg`a UnUgc` VYa]g]bhfdfYhXZ YgdYWU`mVm`n`mYfgYbglhj YWYblg`fM] Yfz`&SS` / MUFU/ `9Ucbz&SS) E"7]Yblg`a UnUgc`hMxlc`YX]h`h Ya gYj Yg`UbX cj YfUbnmY`k`Uik Ug`gU]XZ`h YfVm`]bXf]b[`h YgYgg]cb`lc`dfcWYX gdc]h]bYci g`n]bXWbX]XnfH`]lc`YhU`z&S`\$E"

Very much related to the above disadvantages of online counseling are some ethical concerns and considerations that need to be addressed. For example, the American Psychological Association (2014) tried to address these by devoting an entire section to online counseling to protect both the client and the counselor. Measures to be undertaken in case of disruptions in the session due to technical issues or other factors should be clearly defined. The American Psychological Association (2014) tried to address these by devoting an entire section to online counseling to protect both the client and the counselor.

Attitudes Toward Online Counseling and Face-to-Face Counseling of Mental Health Professionals

A number of studies about attitudes toward various counseling modalities have been conducted among mental health professionals. For example, a study by [Author] found that a significant number of mental health professionals believe that email for therapeutic purposes is both effective and convenient. The study also found that a significant number of mental health professionals believe that online counseling is a viable alternative to face-to-face counseling. This reluctance in using technology is due to concerns about the effectiveness of online counseling and the potential for miscommunication.

about the limitations of online counseling with regard to the ability
to address complex issues that require in-person interaction and
support. The study also highlights the need for further research on
the effectiveness of online counseling and the development of
evidence-based interventions for this population.

Conclusion: Online counseling offers a valuable alternative to
in-person therapy, but it is not a one-size-fits-all solution. The
effectiveness of online counseling depends on the individual's
needs, preferences, and the quality of the intervention. Further
research is needed to optimize online counseling and to develop
tailored interventions for different populations.

6YFyj Ugž UbX NUW' f&S\$ (E' fydcfhX h'Uhi i bXf[fUXi Uy' ghi XYblg' Yl dfYgYX'a cfY'Zj cfUYUUhli XYg'hc kUFXg'ZUM!hc!ZUM'h Ub'cb']bY Wi bgY]b['gYj]Wg' < ck Yj YfZUa cfYfYWBhigi XncZ W`Y[Ygi XYblg' fYj YU'h Uhi* ("1 YbXcfgy'cb']bYWi bgY]b['Ug'U[ccXUhf bUhi YZcf' h'Yf'a YbHU`YUH' bYXg'fbfckbž&S%&L"

Gja]'UF' hc' h'Y UHli XYg' cZ dfcj]Xf'gž h'Y UHli XYg' cZ WYblg' UddyUf'hc' VYU'Z bWcb'cZY dYf'YbW'G_]bbYf' UbX@UWZcfX'f&S\$*E' Zi bXh'UhWYblg']bj c'j YX]b]bhf bYhg' ddcfh[fci dg^ UXgl[b]ŪWbhm more positive attitudes towards using computers to communicate with h'YfUd]g'Ug'cddcgYX'hc' WYblg'cZUM!hc!ZUM'h YfUdn'

Attitudes toward online counseling also vary depending on]bXj]Xi U' WUFUMf]g]Wg' Mii b[' f&S\$) E' fydcfhX h'Uhi cb']bY Wi bgY]b['WYblg' h'bx'hc' VY'7U Wg]Ubž a]XXY!U YX'a UYg'k]h' Uhi least a bachelor's degree who cited anonymity and convenience as fYUg'bgZcf'gYY_]b['cb']bYj Yfg' gZUM!hc!ZUM'h Wi bgY]b["

{!j]gZWM!rc!ZWMWi bgY]b[3
 &"5fYhYfYg[b]UWbhX] YfYbWg]b hYUH]h XYg'cZdgnWc`c[m
 graduate students toward these three counseling modalities:
 ZWM!rc!ZWMWi bgY]b[žY!a U] Wi bgY]b[žbXWUWi bgY]b[3
 ' "K \Uh]gh Yf`y Y`cZcdYbbYgg]rc WbX] W]b[`cb`]bYWi bgY]b[3

Hypothesis

6UgY'cb h YVhXUj UbH] Yg'UbXX]gUj UbH] Yg'cZZWM!rc!ZWM
 UbXcb`]bYWi bgY]b[ž]h]g`nclch YgnXh Uh h YfYk]`VYX] YfYbWg'
]b`hY UH]h XYg' cZ h Y dgnWc`c[m] fUX] UY` gi XYblg' hck UFX ZWM!
 rc!ZWM Wi bgY]b[`UbX h Y hkc`a cXYg' cZcb`]bY Wi bgY]b[`cb`hY
 Zc`ck]b[`Y[\h] X]g]LbW` Wi bgY]b[`ZMf'g` dfcj]X]b[`Ya dUh nž
 dfcj]X]b[`Ya chcbU`g ddcflždfcj]X]b[`WbbW]cbždfcj]X]b[`UgYbgY'
 cZ g]Zm]UbX WbUXYbh]U]hž UWgg]V]`hž Uj U`U]`]hž Y]a]bU]b[`
 gcVU`g]]a UžUbXUcbra]hž

No hypothesis is formulated for the comparison between the two
 a cXYg' cZcb`]bY Wi bgY]b[ž bUa Ym]!a U] `UbXWUWi bgY]b[ž]b`
 view of the lack of related studies that could support a hypothesis of
 X] YfYbWVYh Yb h Ya `cb`h Y] [\h]X]g]LbW`Wi bgY]b[`ZMf'g'

METHOD

Sample

8UHk YfY [Uh YfYXi g]b[`cb`]bY UbX dUdYf! VUgYX`g] f] Yng` HAY
 XYÜb]h]cb`cZcb`]bYWi bgY]b[#h YfUdn]g]h YdfUW]WcZdfcZgg]cbU`
 VSpž

students who have taken at least one graduate level course in counseling or psychotherapy answered the survey. Participants were mostly female ($n = 10$, 100% female) with a mean age of 23.5 years ($SD = 1.5$).

presented in this section.

Attitude Toward Counseling Modalities

Results of the analysis of variance indicated that the mean rating for face-to-face counseling was significantly higher than the mean rating for chat counseling and email counseling. The mean rating for face-to-face counseling was 4.56 (SD = 0.89), for chat counseling was 3.89 (SD = 0.92), and for email counseling was 3.89 (SD = 0.92). The results of the Tukey's post-hoc test indicated that the mean rating for face-to-face counseling was significantly higher than the mean rating for chat counseling ($p < .001$) and email counseling ($p < .001$).

The top three factors that the respondents had the strongest agreement with were "I would recommend this modality to my friends", "I would recommend this modality to my family", and "I would recommend this modality to my colleagues". The two factors that they rated the lowest are "I would recommend this modality to my supervisor" and "I would recommend this modality to my boss". The results of the Tukey's post-hoc test indicated that the mean rating for "I would recommend this modality to my friends" was significantly higher than the mean rating for "I would recommend this modality to my supervisor" ($p < .001$) and "I would recommend this modality to my boss" ($p < .001$).

Attitude scores toward the three counseling modalities by the 80 respondents were analyzed using a one-way ANOVA. The results of the ANOVA indicated that there was a significant difference in attitude scores toward the three counseling modalities ($F(2, 79) = 10.56, p < .001$). The results of the Tukey's post-hoc test indicated that the mean rating for face-to-face counseling was significantly higher than the mean rating for chat counseling ($p < .001$) and email counseling ($p < .001$).

The results of the ANOVA indicated that there was a significant difference in attitude scores toward the three counseling modalities by gender ($F(2, 79) = 3.45, p < .05$). The results of the Tukey's post-hoc test indicated that the mean rating for face-to-face counseling was significantly higher than the mean rating for chat counseling ($p < .05$) and email counseling ($p < .05$).

Results of the analysis of variance indicated that the mean rating for face-to-face counseling was significantly higher than the mean rating for chat counseling and email counseling. The mean rating for face-to-face counseling was 4.56 (SD = 0.89), for chat counseling was 3.89 (SD = 0.92), and for email counseling was 3.89 (SD = 0.92). The results of the Tukey's post-hoc test indicated that the mean rating for face-to-face counseling was significantly higher than the mean rating for chat counseling ($p < .001$) and email counseling ($p < .001$).

HUVY%A YUb F U|b| gcb 8|gfUbW7ci bgY|b| : UWfegK |h` iA Y7ca di hXX: !JUi Yg

	: UWfegK h` iA Y7ca di hXX: !JUi Yg	9!a U `	7\Uh	F
Provides Empathy	4.78	2.84	3.11	201.77***
Provides Emotional Support	4.75	3.18	3.36	142.67***
Dfcj Xg7cbbYMcB	4.75	3.10	3.35	168.10***
Dfcj XgGZhm bX7cbÜXbh U hM	4.29	3.64	3.55	16.64***
Accessibility	3.75	3.39	3.40	4.44
Availability	3.61	3.33	3.61	3.14
Eliminates Social Stigma	3.16	4.21	4.14	42.07***
Anonymity	2.87	4.16	4.06	37.71***
Cj YU`A YUb	4.00	3.48	3.57	30.44***

***p < .001.

($p < .001$).

H Y ũg h fY ZMcfg fYzf hc h Y h YfUy hWYUhcgb d b Wi bgY b [" 5 h Yg ZMcfg k YfYfUX gl b] ũbhmX YfYbUMcgg h Y h fY a cXU hYg dfcj Xyg Ya dU h nã Ff% (, ž% ") L1 ' &S% +žp < "SS% dfcj Xyg cddcfli b] hYg Zcf Ya ch] cbU g ddcflž Ff% ' ž% " , L1 % &* +žp O "SS% UbX dfcj Xyg cddcfli b] hYg Zcf h Y Wi bgY cf# h YfU] ghic ZY WbbWk] h YUW ch Yž Ff% +ž% ") L1 % , "Sž p O "SS% Dcgh cWbUngg i g] b [h Y 6cbZffcb] hgi n] YXX h Y glá Y dU h fb cZfYg lg Zcf U h fY ZMcfg gl b] ũbhfYg lg k Yf cVU] bYXZcf U h fY dUfk gY Wa dU] gcbgf Yž Vfk Yb ZW! hc! ZW UbXY a U Wi bgY b ž ZW! hc! ZW UbXWU h Wi bgY b ž UbXVfk Yb WU h UbXY a U Wi bgY b [Lfp O "SS% L: UM! hc! ZW Wi bgY b [k Ug fUX h Y \] \ Yg] b U h fY ZMcfg ž ck YX Vm WU h Wi bgY b ž k] h Y! a U Wi bgY b Ugh Y ck Yg!

5 g] b] ũbhfYg h k Ug Ug c VU] bYXZcf h Y ZMcf gZmiUbX Wb ũXYb] U] m Ff% & ž - "S (L1 % " (žp O "SS% : UM! hc! ZW Wi bgY b [was rated as the highest when it comes to providing safety and Wb ũXYb] U] m ž ck YX Vm Y! a U Wi bgY b [ž UbX WU h Wi bgY b [" Dcgh cWbUngg] bX W h X h U h Yg] b] ũbhmX YfYbWk Ug Vfk Yb ZW! hc! ZW Wi bgY b [UbX h Y k c a cXyg cZcb] bY Wi bgY b [fp < "SS% ž Vi hbch Vfk Yb Y! a U UbXWU h Wi bgY b [fp 1 " " E"

7ca dU] gcb cb UWgg] m X] bch n] YXUg] b] ũbhmX YfYbWž with Ff%) ž% " & L1 ((žp O "S) " H YfYg h Zcf U U] m] m cZ h Y Wi bgY cf# h YfU] ghic Ug] Yk gY bch g] b] ũbhmž k] h Ff% ž% " & L1 " % žp = .06. The respondents did not consider accessibility and availability as distinct advantages of any mode of counseling.

Vi hñ YfYk Ug'bc X] YfbWVñk Yb`Ya U`UbXWUhWi bgY]b['fp = .44).

Attitude Toward Online Counseling

The respondents had a generally positive attitude toward online Wi bgY]b[' fj]g{ !j]g' ZW!hc!ZW Wi bgY]b[E Ug' a Ylg fYX Vmñh Y 9!h YfUdnñH]h XYGWYfM1 (&, , žSD'1 *"& LWbŪfa]b[h YfYg' 'lg of the generally positive ratings from the Perceptions of Distance 7ci bgY]b[: Uñfg'GWY''

Openness to Conducting Online Counseling

When asked about their openness to conducting online counseling i g]b['U(!dc]bhgWYžfYg' 'lg'g'ck YXh Uih YfYgdcbX]b]gk YfYcdYb' to it with minor reservations (M'1 '&', (žSD'1 '- &L": fYei YbWñWi bh]bX]WñXh Uh&fñ'1 Lk YfY] YfñcdYb'lc'cb]bYWi bgY]b[ž' &f(Sı E k YfYcdYb'Vi h\UXa]bcf'fYfj U]cbgž &\$ fñ)1 Lk YfYcdYb'Vi h\UX

k \ Yh Yf]h]gWUicf Y!a U` Wi bgY]b["H]gÜbX]b[]gWbglgYbhc]h`
 k \ Uic h Yf` fygUFWYfg \ Uj Y Zi bX ffr["z 7YbrcfY / `A]`UMZ &&S, /
 :]bbz &&S* / FcW`Yb`YhU"z &&S(L" < ck Yj Yfz]b`gd]hY`cZh Y gfcfb[`
 YbXcfgya YbhcZUW!hc!ZUWWi bgY]b[ž]h]gYj]Xbhh Uh Yglä d YcZ
 psychology graduate students also had a generally positive attitude and
 openness toward online counseling. This is in contrast to studies with
 W]hW`dYVd]cbgUvci hcb]bYWi bgY]b[`fr["z 7YbrcfY / `A]`UMZ
 &&S, /A cfUYhU"z&&S, LVi hWffcVcfUYh YÜbX]b[g`cZgi X]Ygg W
 as those of Brown (2012) and Finn (2002) which considered online
 Wi bgY]b[`UgU[ccXUHfUj Ycf UXi bWlc]b!dYfcb`gYj]W`

Comparison of Face-to-Face, E-mail, and Chat Counseling

The results of the analysis of variance for repeated measures
 WbÜfa YXh Y`nclh Yglgh Uh YdgnWc`c[n] fUXi UYgi Xyblgk ci`X
 fUYh Yh fYWi bgY]b[`a cXU]h]Yg`X] YfYbhc b`h Y] [`hX]gUbw
 Wi bgY]b[`ZUWfg` GdY]UW`nã h Y fYgcbXyblg [Uj Y h Y`][`Ygi
 fU]b] g]c ZUW!hc!ZUWWi bgY]b[`cb h Yh fYUWfgh Uh fYWbhfU`c`
 Vi]`X]b[`Uh YfUdY h]WYU]cbg`d]b Wi bgY]b["H YnWbgXf`ZUW
 hc!ZUWWi bgY]b[`h YVYgha cXU]mk`Yb]hWa Yg]c YglU]g`]b[`h Y
 connection between the counselor and client and in making the client
 feel that the therapist can provide empathy and emotional support. This
 ÜbX]b[`WffcVcfUYgh Yfyg`lg`cZa Ubngh X]YgUvci h h YUj UbU] Yg
 cZUW!hc!ZUW Wi bgY]b[`fr["z 6Ua V]b[`YhU"z &&S, /; f]`h g /`
 7ccdYz&&S' E`gdY]UW`nh Uh Yd`ng]W`dfYgYbWcZh YWi bgYcf`
 makes it easier to establish a therapeutic relationship. This is one of
 h Y gfcfb[YgiUf[i a Yblg`Uj bghcb]bYWi bgY]b[ž h Uh YfY]g`h Y
 `cgg`cZh Y`i a Ub ZUWf`k`]W`a UrfYXi WfUdcbfz`gYbgYcZ]b]a UWz
 UbXhfi ghffUa V]b[`YhU"z&&S, ž; f]`h g /`7ccdYz&&S' /A Ycb /`
 Fi V]bz&&S%G`Yfz&&SSE`H`Y`UW`cZcbj YfVU`WYg]gUgc`UdfcVYa`
 Ug`h YWi bgYcf`UbXh YWYbhXc`bchgyYUW`ch Yf`fbUa V]b[`YhU"z
 &&S, /A Ycb /`Fi V]bz&&S%Hi`]c`YhU"z&&S%L`UbXh]gWi`X`YUXh`
 problems in communicating oneself and in assessing client's concerns
 fk UYfgfc`YhU"z&&S, L"=b UXX]hcbzh YfYgcbXyblgUgc`VY]Yh Uh
 ZUW!hc!ZUWWi bgY]b[`Wb`[] Yh YWYbhU[fYUhf`gYbgY`cZgUWmLbX
 h Uh YWbÜXybh]U]hrcZk`Uh]gVY]b[`g`UFYX]g`a cfYUgg`fYX`H`lg
 appears to be related to the concern about electronic glitches that may

[j Yf]gYlc h YdggV]]mh UhfbgM]dgcZwbj YfgHcbgUbXY!a U` Yl WUb] Yga UnMYUWggXVnrc h Yf dYcd Yfi f] h g/ '7ccdYfz&SS' / Mfi b[z &SS) E' H Y WUf` dfYZfYbW Zcf` ZUM!rc! ZUW Wi bgY]b[` XcYg not come as a surprise in view of the fact that the respondents are more Zla]]Uf k]h h]ghfUX]hcbU` a cXZk]h) (1 `cZ h Ya ` Uj]b[` UXgca Y Yl dYf]YbWk]h]h' H YnLFYUgc V]b[hfUbyXrc Xc Wi bgY]b[]b h Y hfUX]hcbU` ZUM!rc! ZUW Wbhm h Ug fYei]fYX]b` h YWffYbhdYgM]VYX Wff]W` i a `cZ h YD\]]dd]bY7ca a]gg]cb`cb` <]] ` Yf` 9X W]cb` Zcf` U A UghfYX] fY]b U7ci bgY]b[`cf`7]b]W` dgmWc`c[mdfc] fLa "

The more positive attitudes of the respondents toward online Wi bgY]b[UYfYUWMM]b h k c`cZ h Y] [`hX]g]bW]Wi bgY]b[ZUM!rc] bLa Ynzh YUM]]micZcb`]bY Wi bgY]b[`rc` dfcj]XY W]bhUcbna]mi UbXY]a]bU]gcVU` gh] a Uzk `]W`fYh Yhcd U] UbH] YgcZVch` WU] UbXY]a U` Wi bgY]b[" H]g`lg` Wbg]ghbhk]h` h Y UbX]b[`cZ@]V]fh et al. (2006) about anonymity which was cited as one of the top two reasons for selecting online counseling. Although measured separately]b` h]g` gh Xnzh YgY UYUM U` mYUHXVMM gY]h]g` h Y Ucbna ci g` nature of online counseling that reduces or even eliminates social gh] a UfbLa V]b[`YhU`z &SS, / 7YbrcfY/ `A]UW]z &SS, / A Ycb/ ` Fi V]bz &S%L` H Y d`ng]W` X]g]bW V]k Yb` h Y W]bhUbX` h YfU]gh and the anonymity make it easier for the client to open up and disclose j YfndYfcbU` h ci [`hgZ Y]b[g` UbXVY Uj]cfg" Gi `Yf` f&SS(E`bchX h UhUcbna]hmWb WYU]UX]gb\]V]hcb Y Ym]h UhWb]bW]UgYgY Z X]gWcg fYUbXUrcbYcZfYUW]cb` Zcf` Vch` Wi bgYcf` UbXW]bh` H Y concern about social stigma attached to counseling especially among 5g]Ubg`fp]a `YhU`z &SS, E`z:]]d]bcg`]b` dU]hW`Uf` fA Y [Ufz &S% E`z]g` UXfYggYX Y W]j Ym Vm]h Y Ucbna]micZcb`]bY Wi bgY]b[" H Y W]bhXcYgbch` Uj Yrc k cffn]Vci hV]b[gYb]b` h Y Wi bgYcf]g`c W and being judged for seeking professional help. It also provides help for clients who are embarrassed to seek help for embarrassing or gh] a Uh]b[`gg] Yg` fU` U` Ub/ `bW` Yz &S%L" `b [YbYUz h Y Uvcj Y UbX]b[gUfYWbg]ghbhk]h` k ` Uh` YfYUHX`]m]Ui fY]bX]W]hg` Ug` h Y U] UbH] Yg` UbX X]gU] UbH] Yg` cZUM!rc! ZUW UbXcb`]bY Wi bgY]b[" `h]g]bh]fYgh]b[`rc` bchz` ck Yj Yfzh Uh` h fYUZUM!rc]gk `]W` g` ci ` X` Uj Y been considered advantages of online counseling did not turn out as such.

: UM!rc! ZUW Wi bgY]b[`gh] `cM]bYXh Y`]] ` Ygha YUb` fU]b[g]b`

Comparison of E-mail and Chat Counseling

Although it was not the main objective of this study to hypothesize X] YfYbWg`VYk Yb`h Yk c`a cXg`cZcb`]bYWi bgY]b| `cb`h YY| \h X]gUbwWi bgY]b| `ZMcfg`h Y]bZfYb]U`gU]g]W`UbUng]g`n]YXX]bhfYg]b| `UbX]b]g" H`Y dUhf`b` cZ fYg`lg`Zf` Ya U` UbX` WUhi Wi bgY]b| `cb`h YUj YZMcfg`cZgUZhUbwXWbUXYb]U]hZUWgg]V|]hZ` U]U]U]]hZ` Ucbna]hZ` UbXY]a]bUhg`g`WU`g]]a UUFY`h YgUa Y` h`fYk Ug`bc`g]]b]UWbhX] YfYbWVYk Yb`h Ya "H`]g`Wb`VY`YUg`m` Y d`U]bYX`Vmi`h YZMih`UhVch`UFYa cXg`cZcb`]bYWi bgY]b| `UbX` h`i g`k ci`X`g`UFY`h YgUa Y`g]fYb]`h`g`UbX`k`YU`bYgg`Yg`< ck`Yj`fz`Zf` h`Y`h`fY`ZMcfg`h`U`h`X`g`W]VY`ZM!h`!ZM`Wi`bgY]b| `]b`h`fa`g`cZ]`lg` U]`]h`ic`d`fcj`]X`Ya dU`h`n`Z`Ya`ch`cbU`g`ddcf]z`UbX`WbbY]cbz`WUhi Wi bgY]b| `k`Ug`dYfW]j`YX`h`VY`V`h`f`h`Ub`Ya`U`Wi`bgY]b| "

=h`k]`VYfYW`YX`h`U`h`!a`U`i`g`Yg`h`YU`g`b`Wfcbci`ga`cX`Z`k` \`fY`U`g` WU]`g`g`b`Wfcbci`g`H`Y`g]`]b]UWbhX] YfYbWVYk Yb`h Yk c`a cXg`]a`d`]Y`g`h`U`h`Y`W]`Y`b`h`a`U`h`Z`Y`a`c`f`Y`h`Y`h`Y`f`U`]`g`]`g`Y`a`d`U`h`n`Z`Ya`ch`cbU`g`ddcf]z`UbX`WbbY]cb`k` \`Y`b`h`Y`W`a`a`i`b]`W]`cb`]`g`X`cbY]`b`f`YU`]`ja`Y` G`i`f`f`S`S`S`E`b`ch`X`h`U`ic`b`Y`V`b`Y`U`ic`Z`g`b`Wfcbci`g`W`a`a`i`b]`W]`cb` is that a feeling of presence is created by being with the client ~~ICHWKH~~ ~~OLWV~~

⇒ the online modality that the therapist is more comfortable with and
 ÚbXg'a cfYUddfcd]U"

Openness to Conducting Online Counseling

The generally positive attitude that the respondents have toward
 cb]bYWi bgY]b[žUg'a YUg fYX Vniñ Y9!ñ YfUdm5H]ñ XY'GWYUbX
 DYfWdh]cbg'cZ8]g]LbW7ci bgY]b[: Umfcg'GWY]g'g ddcfñXVniñY
 result about their openness to conducting online counseling. A look
]bñc`h`Y dfcU`Y cZñY fYg]cbXb]g`a Umñ d`U]b`h`g`cdYbbYgg`ñ H`Y
 g]a d`Y]g`UfYU]j Yniñci b[] fci d`fk]ñ `Ua`Yb`U`YcZ&`*) *L`h`U]g`
 j`YfñW`a`Z`fñU`Y`k`]ñ`h`Y`b`Y`k`h`W`b`c`c`[`m`ñ`*1`g`d`Y`b`X`U`b`U`j`Y`U`Y`c`Z`
 &`^`ci`fg`U`k`Y`_`i`g]b[`h`Y`b`h`f`b`Y`ñ`ñ`H`g`U`b`X]b[]g`W`b`g]g`h`b`h`k`]ñ`h`Y`
 results of some studies that attitudes toward online counseling appear
 to be related to the level of comfort with the use of internet technology
 fñY]Vfñh`Y`ñ`z`&&S`*/K`U`b[`Vfñh`Y`ñ`z`&&S`+E`

5h`h`Y`h`a`Y`c`Z`h`Y`g`i`X`ñ`h`Y`f`Y`g`]`c`b`X`b]`g`k`Y`Y`g`i`X`b]`g`c`Z`
 A`U`g`]`h`g`X`Y]`f`Y`g`]`b`7`ci`bg`Y`]`b[`c`f`7`]`b`]`W`D`g`ñ`W`c`c`[`m`L`b`X`h`Y`f`V`ñ`ñ`U`X`
 `]`a`]`h`X`Y`l`d`Y]`Y`b`W`U`b`X`Y`l`d`c`g`f`Y`]`b`W`i`bg`Y`]`b[`ñ`ñ`H`g`z`]`b`U`X`]`h`c`b`ñc`
 h`Y`f`X`Y`a`c`[`f`U`d`ñ`W`d`f`c`U`Z`U`g`c`W`b`l`f`]`M`h`g`]`c`h`Y`f`k`]`ñ`]`b`]`b`Y`g`]`c`l`f`ñ`U`
 novel method of counseling. A number of the respondents also realize
 that online counseling may provide opportunities to practice their
 Wi`bg`Y`]`b[`g`_]`g`U`b`X`ñc`Y`d`W`]`b]`g`k`c`W`i`X`V`Y`b`Y`ñ`h`a`c`f`Y`h`f`ci`[`ñ`
 h`Y`c`b`]`b`Y`a`c`X`U`]`h`ñ`g`W`U`g`h`c`g`Y`k`c`U`F`Y`i`b`W`a`Z`f`ñ`U`Y`k`]`ñ`U`Z`W`!
 ñc`!Z`W`Y`b`W`i`b`h`f`k`]`ñ`U`h`Y`f`U`d]`g`ñ`

The main reason cited for the reservations in engaging in online
 Wi`bg`Y`]`b[`W`b`U`g`c`V`Y`ñ`d`U`]`b`Y`X`V`ñ`ñ`Y`f`W`f`f`Y`b`h`g`]`h`i`g`U`g`[`f`U`X`i`U`Y`
 g`i`X`b]`g`k`c`U`F`Y`g`ñ`i`b`X`Y`[`c`]`b[`h`f`U`]`b`]`]`b`W`i`bg`Y`]`b[`]`b`h`Y`Z`W`!
 ñc`!Z`W`]`f`U`X`]`h`c`ñ`ñ`H`Y`%1`k`c`U`F`Y`b`c`h`k`]`ñ`]`b[`ñc`l`f`ñ`c`b`]`b`Y`W`i`bg`Y`]`b[`
 V`Y`]`j`Y`h`U`ñ`Z`W`!`ñc`!Z`W`W`i`bg`Y`]`b[`]`g`g`ñ`ñ`V`h`ñ`h`U`b`c`b`]`b`Y`W`i`bg`Y`]`b[`ñ`
 H`g`a`]`b`c`f`]`h`m`]`g`X`]`Y`f`Y`b`h`Z`c`a`h`Y`a`U`c`f`]`h`m`i`k`c`d`f`Y`Z`f`ñ`Z`W`!`ñc`!Z`W`
 W`i`bg`Y`]`b[`ž`V`i`h`U`F`Y`c`d`Y`b`ñc`U`X`]`b[`]`h`ñc`h`Y`f`U`f`g`Y`b`U`c`Z`W`i`bg`Y`]`b[`
]`b`h`f`]`Y`b`]`c`b`g`ñ`C`b`Y`X`c`i`V`ñ`a`Y`b`]`c`b`Y`X`V`ñ`ñ`Y`f`Y`g`]`c`b`X`b]`g`k`]`ñ`f`Y`[`U`F`X`
 to the practicality of setting up the practice of online counseling in a
 developing country like the Philippines. Limited accessibility has been
 cited as one of the disadvantages of online counseling. Not everyone

online clients need to be formulated. These include protocols that

highly recommended. The distinction between the synchronous and asynchronous computer mediated communication can be used as basis for choosing the modalities that will be compared.

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Wi bgY`b[. ' HAY YldY]YbW cZ Wi bgY`cfg' dfcj]X]b[' .

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- A U Y ž A "ž / ' ; cfXcbž 6" f&SSSE" 7ci bgY]b[' UbX h YfUdmcb' hY Internet. *Professional Psychology: Research and Practice*, 31f) Iž (, (!, - "Xc].%\$"%\$' +##S+')!+\$& " %) "(, (
- A Ub\U!6U [i gž A " f&SS%E" 9!h YfUdm'DfUM]Wž Yh]Wž UbX `Y]U' issues. *CyberPsychology & Behavior*, 4f) Iž) %) *' "
- A U `YbžA ">"žJ c[Yž8 "@žF cW`Ybž5"6"ž/ ' 8UžG"L" f&SS) E" Cb`]bY counseling: Reviewing the literature from a counseling psychology framework. *The Counseling Psychologist*, 33ff Iž, %!, +%
- A Ud YgžA ": "ž/ < UbžG" f&SS, E"7nWfWi bgY]b[]b h YI b]hXGHUg and South Korea: Implications for counseling college students of the millennial generation and the networked generation. *Journal of Counseling & Development*, 86ž%, !% ' "
- A U] Wž>"Hž/ `cbXY]cžB" f&SS, E" HMUWYfDdYfgdYW]j Ycb`hY integration of information and communication technologies

and practical considerations. Retrieved from <http://members.>
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CyberPsychology & Behavior, 3f&IZ%`%`%`- "
Gi `Yfz >" f&SS(E"H Ycb`]bYX]gb\]]hcb Y YM` *CyberPsychology &*
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?]f_a Ub` fDxg`Lz` *Cyberbytes: Highlighting compelling uses of*
*technology in counseling` ftd" %!&SL"; fYbgVcfcz B7. `75DG`
DfYgg#9F=7`7`YUf]b[\ci gYcb`7ci bgY]b[UbXGi X]bhGyfj]Wg`
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MUFfŹA "@ž/ '9UrbžK "K " f&S) E" =bMfbYHVUgYX a YbHU` \YUH`
interventions. *Mental Health Services Research*, 7, (+) !, +"

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towards online counseling. *CyberPsychology & Behavior*, 8f&Iž
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N\Ub[ž 5 " Mž Gbck XYbž @ " Fž / ' G Yž G " f% - , L " 8] YfYbWg` Vhk Yyb`
Asian and White Americans' help seeking and utilization patterns
in the Los Angeles area. *Journal of Community Psychology*, 26,
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