

## **Sam Nabil Counseling Services Delighted to Launch Online Therapy Services**

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Cincinnati, Ohio - April 21, 2017 /MarketersMedia/ -- Dr. Gregory Simon, from Group Health Research Institute located in Seattle, led a project that found that communicating with a therapist online has had significant effects of alleviating symptoms of depression. He and his team used a Group Health chat system to follow up with 106 clients chosen at random. Simon reported "People were more satisfied with their care, their depression was more likely to improve and they were more likely to take their medications as directed."

Online counseling and coaching can assist clients with a multitude of mental wellness challenges. Additionally, online counseling saves time, fits clients' schedules, and is secure and anonymous. Although not suitable for all clients, online counseling and coaching provides meaningful help to clients struggling with anxiety, stress, loneliness and self-esteem challenges. Many clients report being unable to see a counselor or a coach because of demands on their time or geographical distances, and Sam Nabil Counseling Services: Therapy & Life Coaching is committed to providing these clients with an effective and accessible option.

"Many of our online clients report they cannot take part in face to face counseling for various reasons. Some clients wish to remain completely anonymous and not be seen in a counseling office, and online therapy allows them to do so. Some of our other online clients reported that they delayed taking part in counseling simply because they are too busy to attend regular sessions and online counseling allows them to solve that challenge. Other online clients explained that they prefer the flexibility and convenience of online counseling. These reasons and many more are making more clients consider online counseling and coaching as their preferred way to receive services, and we are here to assist all our clients who feel they can benefit from online counseling," Sam Nabil, founder of Sam Nabil Counseling Services: Therapy & Life Coaching, explains.

Online counselors aim to challenge and motivate clients, so they can meet their goals and live a fulfilling life at home and at work. We do not shy away from tackling the difficult and contentious questions in our clients' lives, and we help them discover their strengths and reservoir of resilience. Furthermore, we explore together how they can work to create their ideal life.

"For online marriage counseling, what we have learnt as counselors is that communication is key in any relationship, yet many couples forget to communicate effectively after being together for a period of time. They allow everyday life to overwhelm them and the demands of work and life steers them apart. Couples fall back on their love expecting that love alone will keep them together. When couples ignore making time for each other and forget to nurture their partners however, their marriage suffers and, with time, may completely break down," Nabil continues.

Online Marriage Counseling works to restore the lines of communication. Some of our online couples explained that it is easier for them at times to communicate and be vulnerable with their partner and their counselor because they feel safer engaging in therapy from the familiar comfort of their own home. An online therapist often finds couples get more comfortable faster when the therapy is conducted online.

"Our practice works with couples and individuals and we are delighted to now provide online individual and couples' therapy for residents of Ohio and international clients, as well as online

individual and couples coaching for out of state clients. Online services make use of state-of-the-art encrypted video chatting and is fully HIPPA compliant to secure the medical and personal information of clients. Not only is it convenient and easy to use, it is effective. Contact us today to learn more," Nabil states.

About Sam Nabil Counseling Services: Therapy & Life Coaching:

Sam believes online counseling can be the future of counseling and coaching, and that it has tremendous potential to serve clients who would have otherwise not found it possible to go to counseling. Mr. Nabil is convinced that in our new age of technology, we bank and shop and socialize online, and it is only a matter of time before most counseling will be done online too.

Contact Info:Name: Sam Nabil Organization: Sam Nabil Counseling Services: Therapy & Life coachingAddress: 4555 Lake forest Drive, Cincinnati Oh 45242Phone: 513-549-5341 Source URL: <http://marketersmedia.com/sam-nabil-counseling-services-delighted-to-launch-online-therapy-services/188856>For more information, please visit <http://www.samnabilcounseling.com/online-therapy>Source: MarketersMediaRelease ID: 188856

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