



-- For Immediate Release --

The Need for Virtual Shrinks: Guide to Online Therapy

It's New! It's Needed! It's Now!
Virtual Terror -- the NOVEL!
Virtual Therapy -- NOW!

1:30 AM.

It had been a horrible day. Jenna didn't mean to say all those awful things to her boyfriend. But somehow the words just came out. She saw the pain in his eyes and she still couldn't stop. Now, hours later, she was home, unable to sleep. Afraid that she was on the verge of wrecking another important relationship.

What was wrong with her?

Jenna needed to talk.

To whom? Everyone was asleep. She could easily imagine what her friends would say.
"Jenna, you did it again."

"Jenna, he didn't deserve it. What's the matter with you?"

They were right. Her eyes filled with tears. She needed to do something now. But what? One of her friends had told Jenna about an online therapy site. It was run by someone named Dr. Maxwell.

"Jenna," her friend said, "you need to do something."

She was right. Jenna had to do something.

The computer screen stared at her. Somewhere, four states away, there was a social worker named Dr. Maxwell. Dr. Maxwell had a website, offering psychotherapy through e-mail. No people to face, no insurance forms to fill out, no appointments to be made. Therapy, right now, at 1:30 in the morning when Jenna was hurting so much.

Jenna took a deep breath, punched in her credit card number on Dr. Maxwell's secure site and began writing.

From the Introduction, "Virtual Terror" & "The Essential Guide to Online Therapy"

Online therapy. It's growing by leaps and bounds. Only a handful of years ago, most people had never heard of it. The few therapists concerned with internet treatment were debating what to call it - cybertherapy, e-therapy or online therapy. But now the climate is different. A recent Harris poll found that nearly one hundred million adults searched the web for mental health information last year. There are over 15,000 websites which offer such information.



Online therapy is one possibility. And the mainstream press is beginning to acknowledge this. In the January 22, 2001 issue of Newsweek, Claudia Kalb wrote, "More therapists are hanging out shingles online. But who are they? Who's logging on? And does it work?"

Dr. Jeri Fink believes that it's important that we know exactly what online therapy is all about. So she included, at the end of *Virtual Terror*, "The Consumer's Guide to Online Therapy" – a valuable tool to answering questions raised in the book and helping people learn more about this new way of seeking help.