



#OnlineOLT

[www.onlinetrainingforcounsellors.co.uk](http://www.onlinetrainingforcounsellors.co.uk)

# The Internet & Me

## Resource Guide

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Setting up a University Online  
Counselling Service – Kirstie Adamson

[www.onlineevents.co.uk](http://www.onlineevents.co.uk)

# About Kirstie

Kirstie Adamson originally trained as a lawyer and practiced for over 15 years specialising in Family and Children law.

She has worked at University of West of England (UWE) since 1999 and is now Deputy Head of the Wellbeing Service. She set up the online counselling service there in 2004 after doing Online training.

She currently works 3 days a week at UWE and 2 days a week in private practice providing counselling, supervision and consultation. She also specialises in adoption work.

She has contributed to two BACP publications - Therapists in Court and Record Keeping.



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[www.uwe.ac.uk](http://www.uwe.ac.uk)

# Resources

(Click the links below)

[BACP : ethical framework](#)

[ACTO Professional Conduct & Code of Ethics](#)

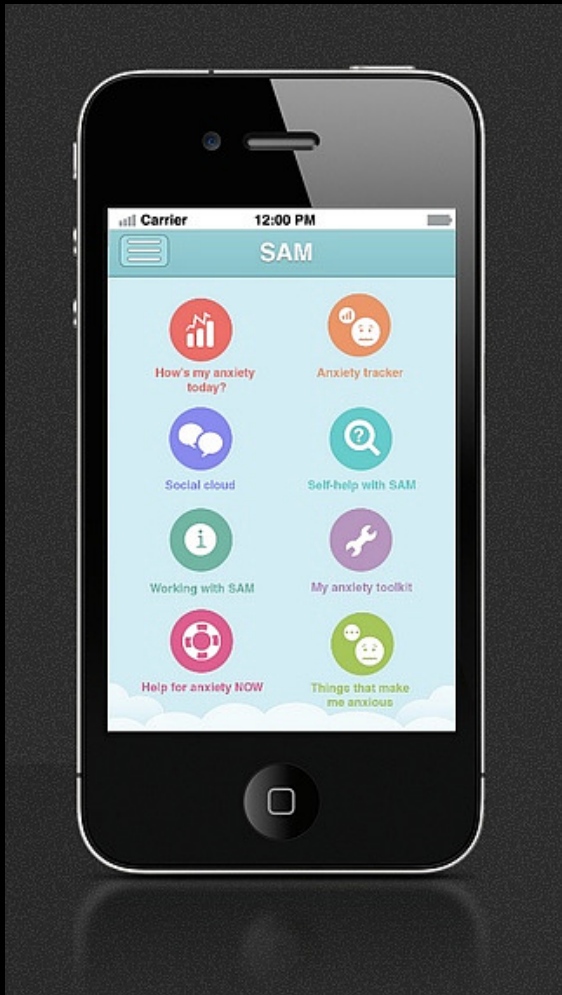
[OTI Ethical Framework for the Use of Technology in Mental Health](#)

# SAM Anxiety Management APP

## Anxiety Management on your Mobile

SAM is an application to help you understand and manage anxiety.

The app has been developed in collaboration with a research team from UWE, Bristol



**CLICK HERE TO  
DOWNLOAD FREE**



# Experience Online Counselling



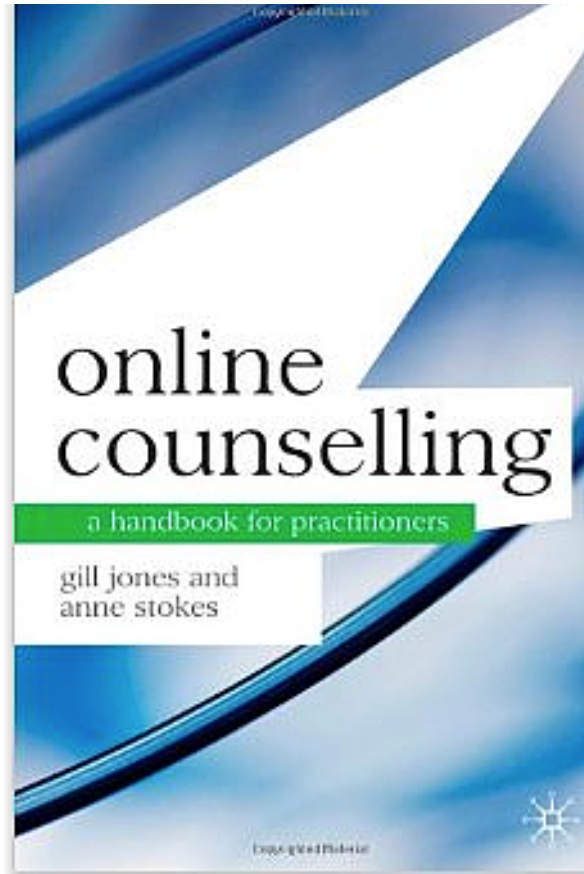
## 6 Free Online counselling sessions

Available for counsellors who would like to experience what online counselling is like.

[www.onlinetrainingforcounsellors.co.uk](http://www.onlinetrainingforcounsellors.co.uk)

**[CLICK HERE FOR MORE DETAILS](#)**

# Suggested Reading



[CLICK HERE FOR MORE DETAILS](#)

# Online training for counsellors and psychotherapists

OLT Student experiences of training  
short clip with course names



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**(Click the image above to watch the video)**

# Contact OLT

(Click the links below)

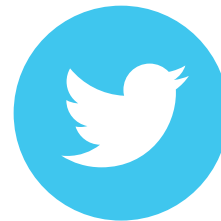
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×	Event Transcripts	Event Transcripts
×	First Month Free	12 months for the price of 10
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