



# E-COUNSELING SERVICES

AFFORDABLE, PRIVATE, ONLINE COUNSELING



## Catholic Charities of Idaho e-Counseling Services

[www.ccidaho.org](http://www.ccidaho.org)

CCI commits to alleviate,  
reduce, and end poverty for  
those we serve.

### Frequently Asked Questions:

**Q: Why would I want e-Counseling?**

**A:** If your life circumstances make it difficult to get to in-office counseling, e-counseling makes sense. Perhaps you're homebound, or ill, you travel a lot, or lack dependable transportation, or simply live some distance from a CCI office, all these make online counseling sensible.

**Q: How do I get started?**

**A:** Easy! Simply call 208-881-0740 for more information or to initiate services.

**Q: Do I have to be Catholic?**

**A:** No! Our services are available to people of all backgrounds and religious identities.

**Q: How much do services cost?**

**A:** We are committed to the provision of affordable counseling services, regardless of ability to pay. Please contact us for details.

**Q: What can I expect on my first visit?**

**A:** In your first session, you will be asked questions that will help us clarify your current situation and past history. To help with this process, you will receive an information packet at or before your first appointment. Your therapist will use the first session to better understand who you are and how we can help you.

### Are YOU, or someone you know, a qualified candidate for e-Counseling?

#### Are you:

- Seeking counseling?
- Living in Idaho, located at least 45 minutes from Boise/Idaho Falls?
- Homebound or otherwise unable to travel to a CCI office?
- Comfortable with technology?

#### Do you:

- Have access to a private location for counseling sessions?
- Have access to a smart phone, iPad, tablet or computer?
- Have a dependable internet connection?

If so, you may be a candidate!

For more information or to arrange a consultation, please contact CCI:

**208-881-0740**  
**[www.ccidaho.org](http://www.ccidaho.org)**

Catholic Charities of Idaho (CCI) serves all people regardless of religion, age, gender, disability, race/ethnicity, income or background. Culturally specific services are available for immigrant and refugee communities.



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## What is e-Counseling?

e-Counseling provides the same type and quality of professional counseling as you receive in an office setting. However, you will use the internet and your computer, tablet, or smart phone to conduct your counseling session.

## What Issues Can CCI Help With?

We offer help with many issues including:

- Depression
- Grief and Loss
- Marital and Premarital Concerns
- Relationship Strengthening
- Improved Communication
- Trauma History
- Parenting Concerns
- Separation and Divorce
- Major Life Change Adjustments
- Coping with Anger, Sadness, and Anxiety
- Abortion



## Who We Are

Catholic Charities offers e-counseling services to individuals and families of all faith traditions and backgrounds. We are committed to helping empower clients to overcome emotional and/or behavioral challenges that prevent them from achieving their full potential. Our staff bring compassion and diverse clinical experience to the services we offer.

## What Makes Us Unique

We offer counseling services based on psychological training and research, professional credentialing requirements, and rooted in our rich tradition of serving others as an expression of Christian love and service. While we provide general counseling services to individuals and couples, we also address unique issues associated with trauma history, recovery from moral injury, discernment and healing from painful marriage and separation experiences, and other life difficulties.

Catholic Charities of Idaho offers a variety of social services that improve lives, promote dignity and build individual and family self-sufficiency.

## Our Story

The Catholic Charities Counseling Program has served the Idaho community since 2008 and is part of our agency's larger mission of assisting those most in need, building strong families, and helping to lift people out of poverty.

We are staffed by trained and licensed clinical counselors and also by graduate level counseling interns. Catholic Charities of Idaho is a ministry of the Diocese of Boise. Our counseling services integrate psychological training and principles in a manner that is consistent with Catholic Social Teaching.

## Catholic Charities of Idaho e-Counseling Office

**(208) 881-0740**

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