

I N T E R N E T

NEWS AND NOTES

Get Advice With Just A Click Of Your Mouse

(NAPSA)—E-therapy—counseling via the Internet—is a growing form of therapy in the United States. According to a recent Surgeon General’s Report on Mental Health, one in five Americans has a diagnosable psychological problem but nearly two-thirds do not seek treatment. The key reason? A perceived stigma—people are too self-conscious to talk to a therapist.

With the Internet making traditional activities more convenient and accessible, e-therapy is fast becoming a therapy option for those who don’t have the time to see a therapist in person or wish to remain unidentified.

Eduvigis Cruz-Arrieta, Ph.D., or Dr. Littlebit, as she’s known to the Internet community, is a bilingual, licensed clinical psychologist. Her 16 years of experience includes work with children, adolescents, and adults. Dr. Littlebit is one of the thousands of people who provide advice for a per-minute fee through Keen, an advice destination that calls itself “Your Personal Advisor.” People seeking advice can reach her by visiting www.keen.com or by calling 1-800-ASK-KEEN.

“The Internet makes it easier for people to find me. They can reach me almost anytime, from almost anywhere,” says Cruz-Arrieta. “For many interested in psychological answers to every day concerns, working through Keen takes the fear out of office



E-therapy allows people to seek anonymous advice online.

visits by letting them maintain their anonymity. For some, it increases the chance that they will ultimately continue to seek help.”

Dr. Littlebit has a profile under the “Health and Therapy” section of Keen. When people seeking advice want to contact her, they click on the “Call Now” symbol and Keen automatically and anonymously contacts them over the telephone.

To find out more, visit the Web site at www.keen.com or call 1-800-ASK-KEEN. The Internet can also help with the daunting task of choosing an appropriate type of therapy. In addition to having some of its therapists available to provide counsel at www.keen.com. Web sites such as www.4therapy.com can help people find a list of therapists in their region that best suits their needs.