









Website review serenityonlinetherapy.com

Generated on September 22 2024 07:25 AM




The score is 51/100







SEO Content

	<p>Title</p>	<p>Serenity Online Therapy: Online Counseling Services by Video, Phone, & Chat Therapy and Email Counseling</p> <p>Length : 110</p> <p>Ideally, your title should contain between 10 and 70 characters (spaces included). Use this free tool to calculate text length.</p>												
	<p>Description</p>	<p>Carl Benedict, LCPC, offers online therapy by video, phone, chat, and email for codependency, depression, anxiety, grief, anger, stress, addiction, and other problems of life. Offering secure online therapy from the comforts of your home with a Licensed Clinical Professional Counselor at affordable rates.</p> <p>Length : 306</p> <p>Ideally, your meta description should contain between 70 and 160 characters (spaces included). Use this free tool to calculate text length.</p>												
	<p>Keywords</p>	<p>online therapy, online counseling, online counselling, video therapy, chat therapy, phone therapy, email counseling, video counseling, phone counseling, phone counselling, chat therapy, counseling, counselling, therapy, codependency, assertiveness, setting boundaries, addiction, depression, anxiety, grief, stress, treatment</p> <p>Good, your page contains meta keywords.</p>												
	<p>Og Meta Properties</p>	<p>This page does not take advantage of Og Properties. This tags allows social crawler's better structurize your page. Use this free og properties generator to create them.</p>												
	<p>Headings</p>	<table border="1" data-bbox="544 1742 1481 1816"> <thead> <tr> <th>H1</th> <th>H2</th> <th>H3</th> <th>H4</th> <th>H5</th> <th>H6</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>0</td> <td>0</td> <td>0</td> <td>0</td> <td>0</td> </tr> </tbody> </table> <ul data-bbox="619 1845 1453 1944" style="list-style-type: none"> [H1] Serenity Online Therapy Online Counseling Services by Video Therapy, Phone Therapy, Chat Therapy and Email Counseling 	H1	H2	H3	H4	H5	H6	1	0	0	0	0	0
H1	H2	H3	H4	H5	H6									
1	0	0	0	0	0									
	<p>Images</p>	<p>We found 5 images on this web page.</p> <p>Good, most or all of your images have alt attributes.</p>												

SEO Content

	Text/HTML Ratio	Ratio : 14% This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.
	Flash	Perfect, no Flash content has been detected on this page.
	Iframe	Too Bad, you have Iframes on the web pages, this mean that content in an Iframe cannot be indexed.

SEO Links

	URL Rewrite	Good. Your links looks friendly!
	Underscores in the URLs	We have detected underscores in your URLs. You should rather use hyphens to optimize your SEO.
	In-page links	We found a total of 52 links including 0 link(s) to files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 0% Internal Links 100%

In-page links

Anchor	Type	Juice
begin therapy	Internal	Passing Juice
contact me	Internal	Passing Juice
depression	Internal	Passing Juice
anxiety/panic attacks	Internal	Passing Juice
cope with flashbacks	Internal	Passing Juice
anxiety & depression	Internal	Passing Juice
anger management	Internal	Passing Juice

In-page links

blame-o-holics	Internal	Passing Juice
addiction	Internal	Passing Juice
dual diagnosis	Internal	Passing Juice
grief & loss	Internal	Passing Juice
grief suggestions	Internal	Passing Juice
codependency 1	Internal	Passing Juice
codependency 2	Internal	Passing Juice
&nbsp;coda recovery	Internal	Passing Juice
childhood trauma	Internal	Passing Juice
on being a therapist	Internal	Passing Juice
Johari window	Internal	Passing Juice
my child within	Internal	Passing Juice
shame & guilt	Internal	Passing Juice
fear of intimacy	Internal	Passing Juice
reparent WC	Internal	Passing Juice
shattered	Internal	Passing Juice
serenity prayer	Internal	Passing Juice
control/responsibility	Internal	Passing Juice
empathy	Internal	Passing Juice
taming the mind	Internal	Passing Juice
mindfulness	Internal	Passing Juice
stress management	Internal	Passing Juice
spam of the mind	Internal	Passing Juice
self-care	Internal	Passing Juice
healthy conflict	Internal	Passing Juice
assertiveness	Internal	Passing Juice
healthy boundaries	Internal	Passing Juice
meditation	Internal	Passing Juice

In-page links

mistaken beliefs	Internal	Passing Juice
IQ vs. EQ	Internal	Passing Juice
maturity/immaturity	Internal	Passing Juice
happiness habits	Internal	Passing Juice
Pollyanna thinking	Internal	Passing Juice
basic human rights	Internal	Passing Juice
helpful quotations	Internal	Passing Juice
helpful books	Internal	Passing Juice
helpful movies	Internal	Passing Juice
Home	Internal	Passing Juice
My Credentials	Internal	Passing Juice
Counseling Philosophy	Internal	Passing Juice
Online Therapy Risks & Benefits	Internal	Passing Juice
Services & Fees	Internal	Passing Juice
Confidentiality	Internal	Passing Juice
In Crisis Now?	Internal	Passing Juice
Sitemap	Internal	Passing Juice

SEO Keywords








Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
therapy	16	✓	✓	✓	✓
counseling	15	✓	✓	✗	✓
online	13	✓	✓	✓	✓










Keywords Consistency

more	7	✘	✘	✘	✘
life	6	✘	✘	✔	✘

Usability

	Url	Domain : serenityonlinetherapy.com Length : 25
	Favicon	Great, your website has a favicon.
	Printability	We could not find a Print-Friendly CSS.
	Language	You have not specified the language. Use this free meta tags generator to declare the intended language of your website.
	Dublin Core	This page does not take advantage of Dublin Core.

Document

	Doctype	XHTML 1.0 Transitional
	Encoding	Perfect. Your declared charset is UTF-8.
	W3C Validity	Errors : 0 Warnings : 0
	Email Privacy	Great no email address has been found in plain text!
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	<ul style="list-style-type: none">  Excellent, your website doesn't use nested tables.  Too bad, your website is using inline styles.  Great, your website has few CSS files.

Document

- ✓ Perfect, your website has few JavaScript files.
- ✓ Perfect, your website takes advantage of gzip.

Mobile



Mobile Optimization

- ✗ Apple Icon
- ✗ Meta Viewport Tag
- ✓ Flash content

Optimization



XML Sitemap

Missing

Your website does not have an XML sitemap - this can be problematic.

A sitemap lists URLs that are available for crawling and can include additional information like your site's latest updates, frequency of changes and importance of the URLs. This allows search engines to crawl the site more intelligently.



Robots.txt

<http://serenityonlinetherapy.com/robots.txt>

Great, your website has a robots.txt file.



Analytics

Great, your website has an analytics tool.



Google Analytics