

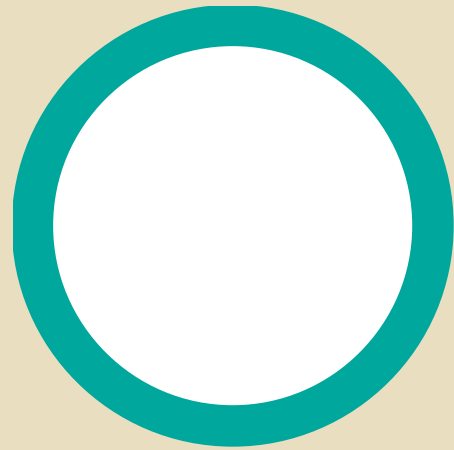
A photograph of a silver laptop on a wooden desk. The laptop is open, and its screen is blank. To the right of the laptop, there is a wooden pen holder containing several pens. The background is a wooden desk with a light-colored wood grain. A semi-transparent white banner is overlaid on the image, containing the title and authors' names.

Online Core Therapy: Challenges and Possibilities

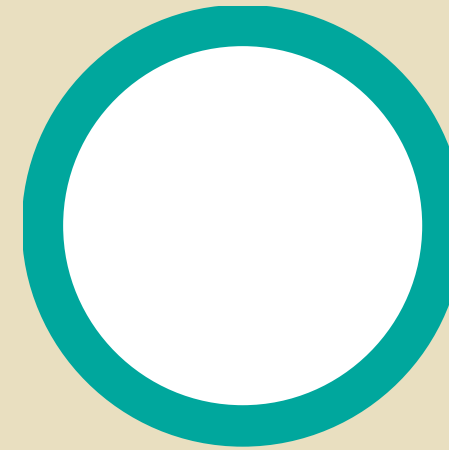
FERNANDO AGUIAR & THAIS DE QUEIROZ

[ESSENTIALPSYCHOLOGY.ORG](https://essentialpsychology.org) [COREFEMININE.ORG](https://corefeminine.org)

ARE YOU FOR OR AGAINST ONLINE THERAPY?



I AM FOR



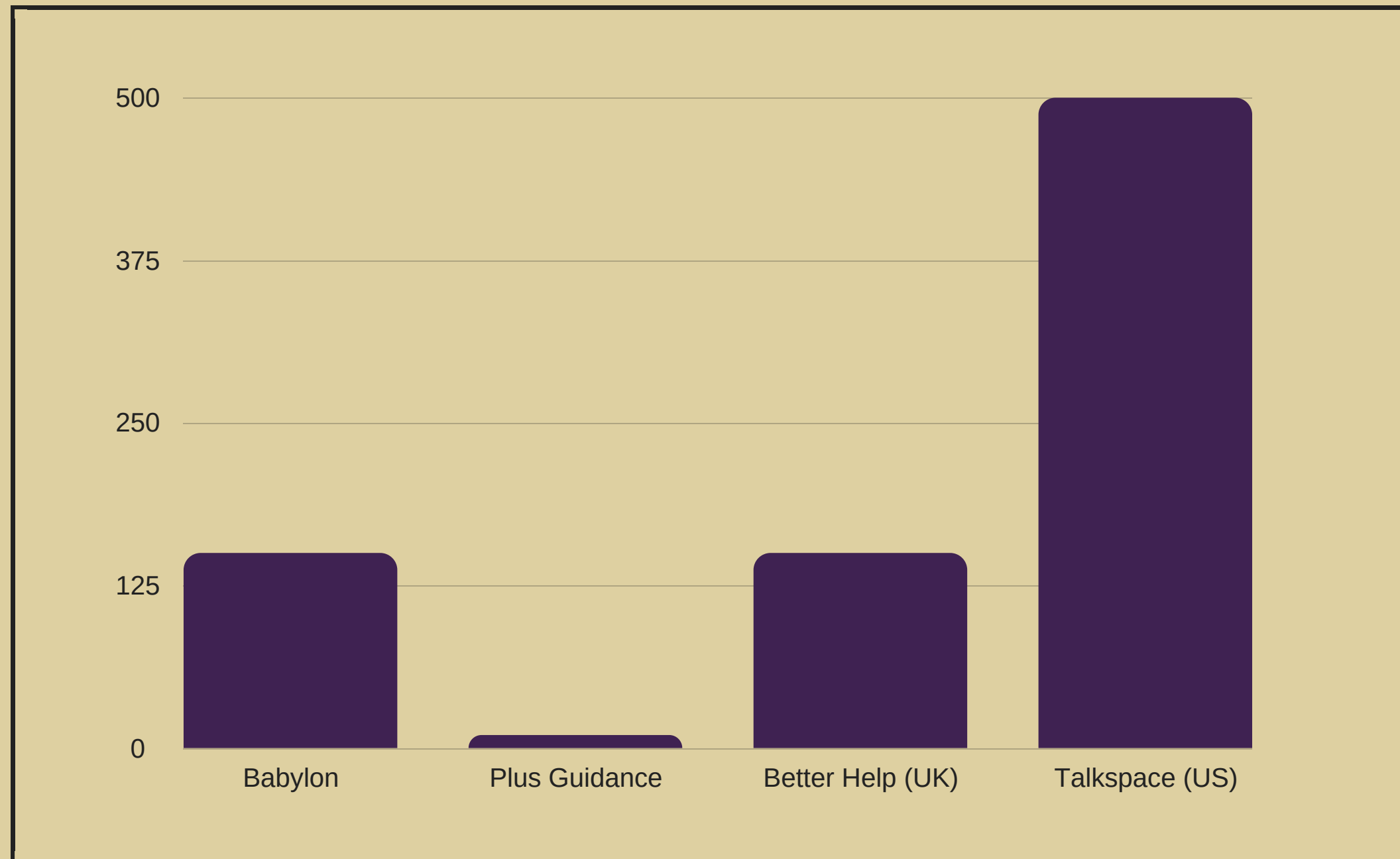
I AM AGAINST

WHAT IS ONLINE THERAPY?

"online therapy as any type of **professional therapeutic interaction** that makes use of the **Internet** to connect qualified mental health professionals and their clientes."
(OnlineTherapy:Review of Relevant Definitions, Debates, and Current Empirical Support - Journal of Clinical Psychology, March 2004).

"E-therapy is a licensed mental health care professional providing mental health services via **email, video conferencing, virtual reality technology, chat technology or any combination of these**". (The future of online therapy - Computers in Human Behavior, Elsevier Ltd, 2014).

NUMBERS OF USERS

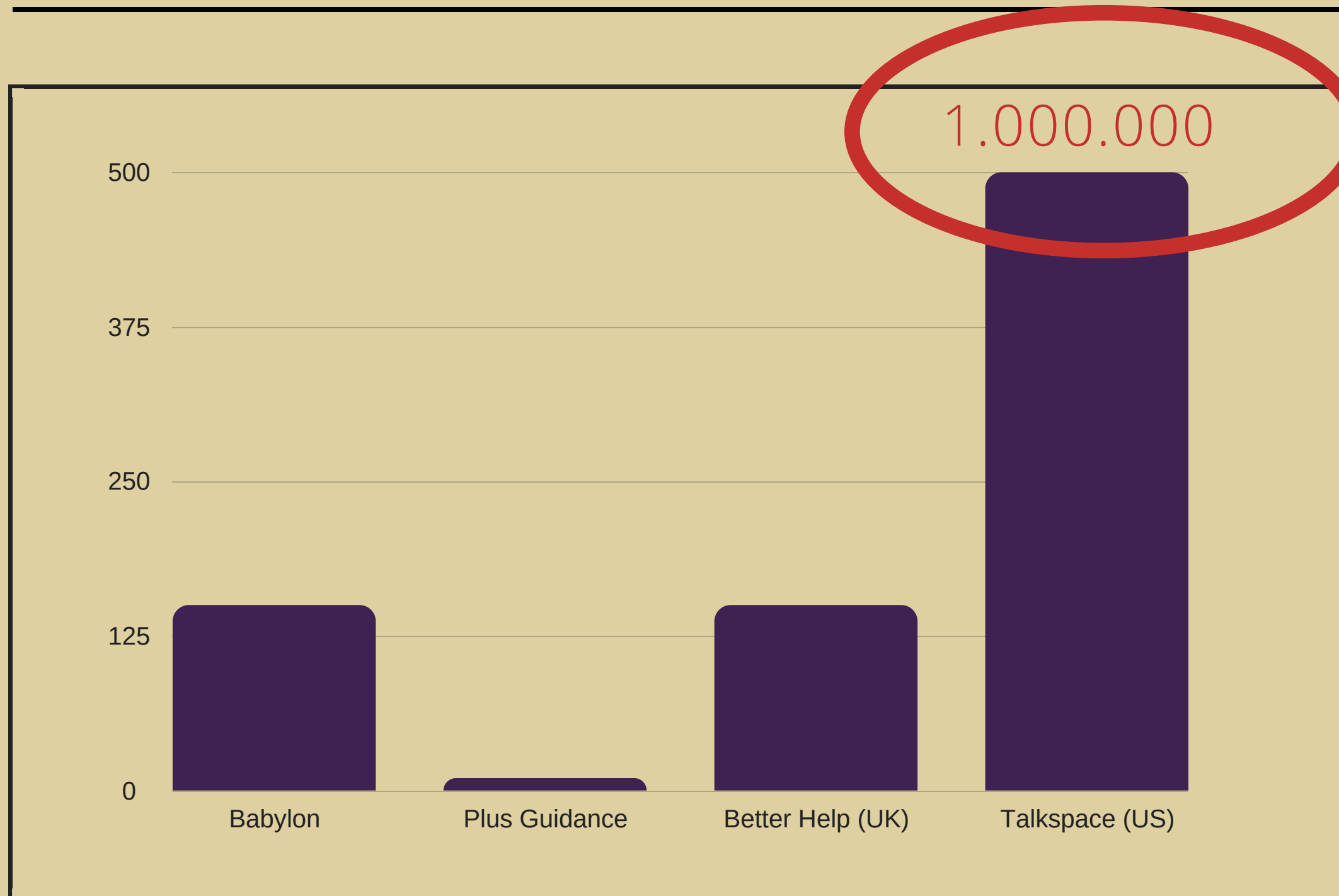


Thousands go online for therapy. But does it work?

Counselling apps and videochats cut queues, but some critics voice ethical fears.

THE GUARDIAN - 11.02.2017

NUMBERS OF USERS



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NUMBER OF ONLINE THERAPY SERVICES

Portuguese - 7

English - 12

German - 12

Spanish - 6

apps and web company

Psychotherapy via internet as good as if not better than face-to-face consultations.

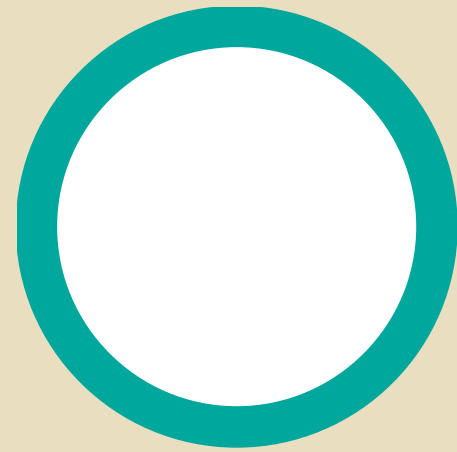
Online psychotherapy is just as efficient as conventional therapy. Three months after the end of the therapy, patients given online treatment even displayed fewer symptoms. For the first time, clinical researchers from the University of Zurich provide scientific evidence of the equal value of internet-based psychotherapy.

JOURNAL OF AFFECTIVE DISORDERS.
BY BIRGIT WAGNER, ANDREA B. HORN, ANDREAS
MAERCKER. JULY 23, 2013.

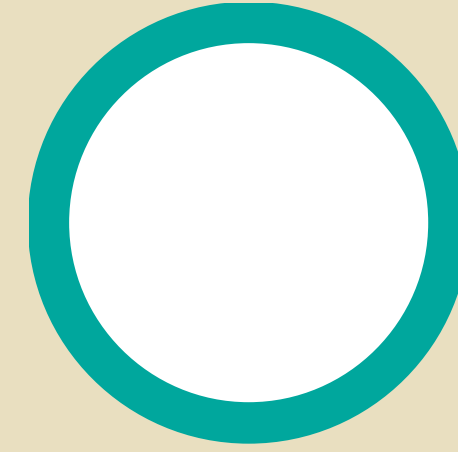
E-THERAPY: PROS AND CONS

- Communication is similar to an office session.
- Other elements compensate the communication limits;
- Telepresence;
- Confidentiality and privacy.
- Internet is a “safe arena”.
- Entrance door for traditional psychotherapy;
- Social network and other web information source about client and therapist.
- Distance;
- The lack of face-to-face visibility;
- Confidentiality and privacy;
- Ethical challenges and legal Problems;
- Internet fluctuations;
- Managing crises;
- The cultural, racial and ethnicity differences;
- Lack of long term research and official guidelines.

AS A CLIENT, HAVE YOU DONE ONLINE THERAPY?

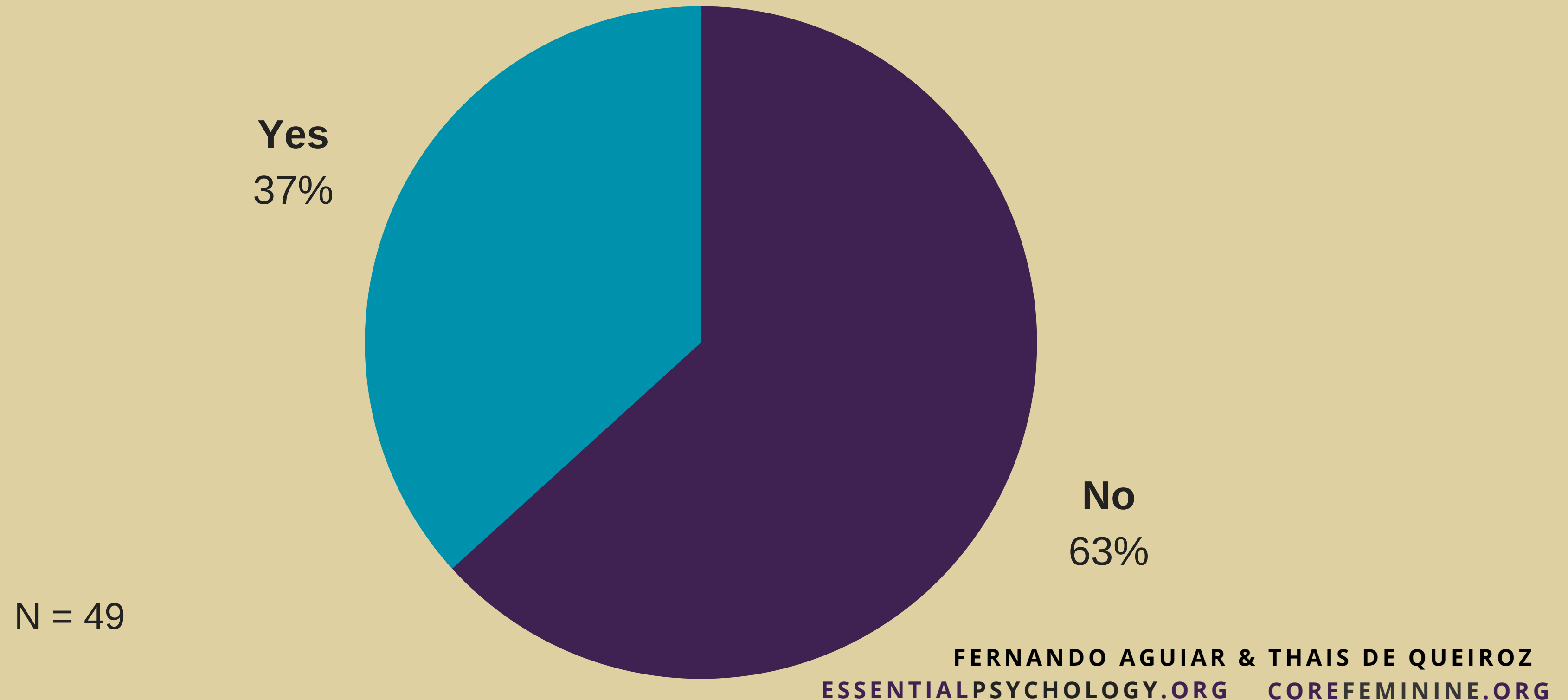


YES, I ALREADY HAVE

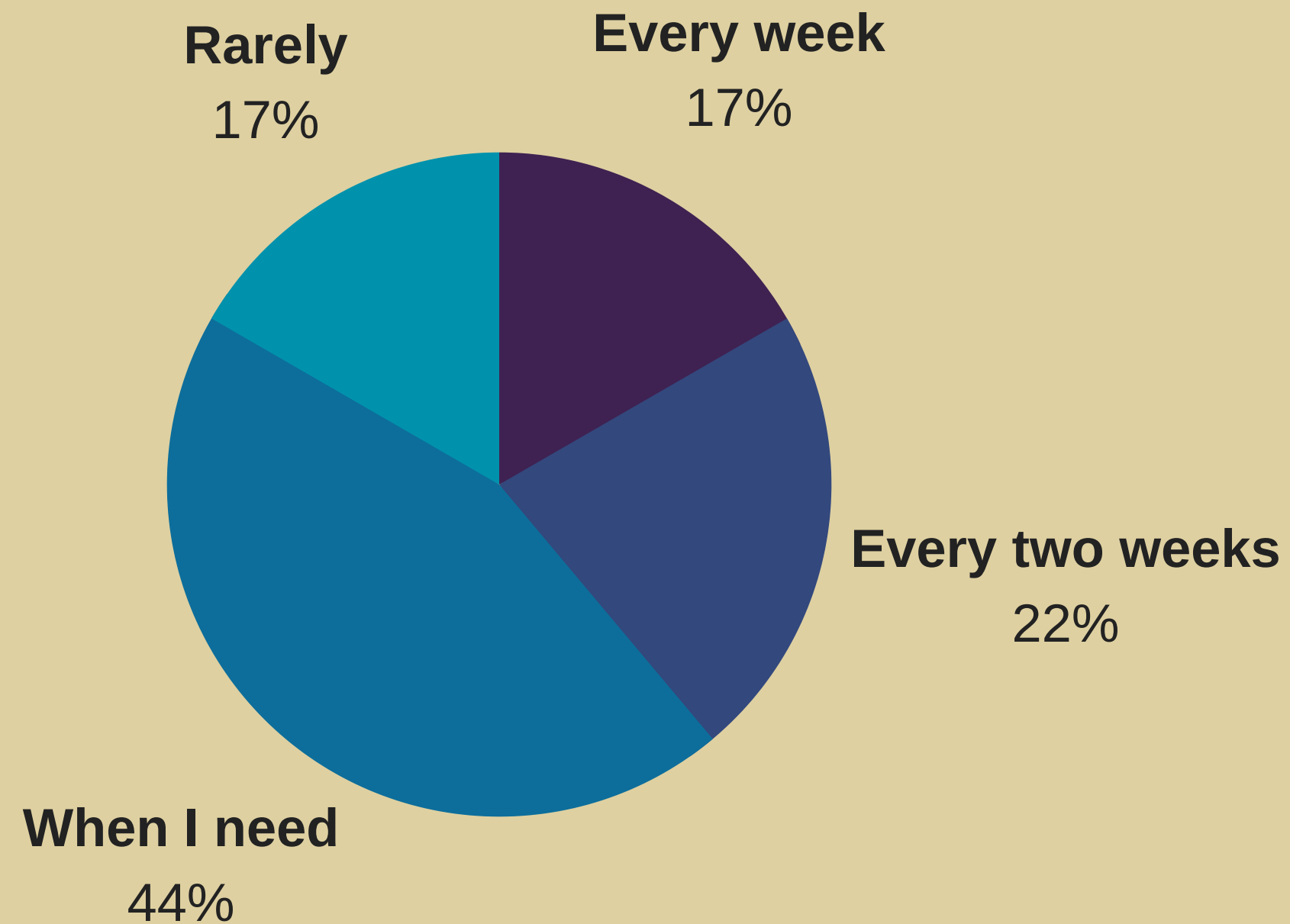


NO, I NEVER HAVE

AS A CLIENT, HAVE YOU DONE ONLINE CORE THERAPY?

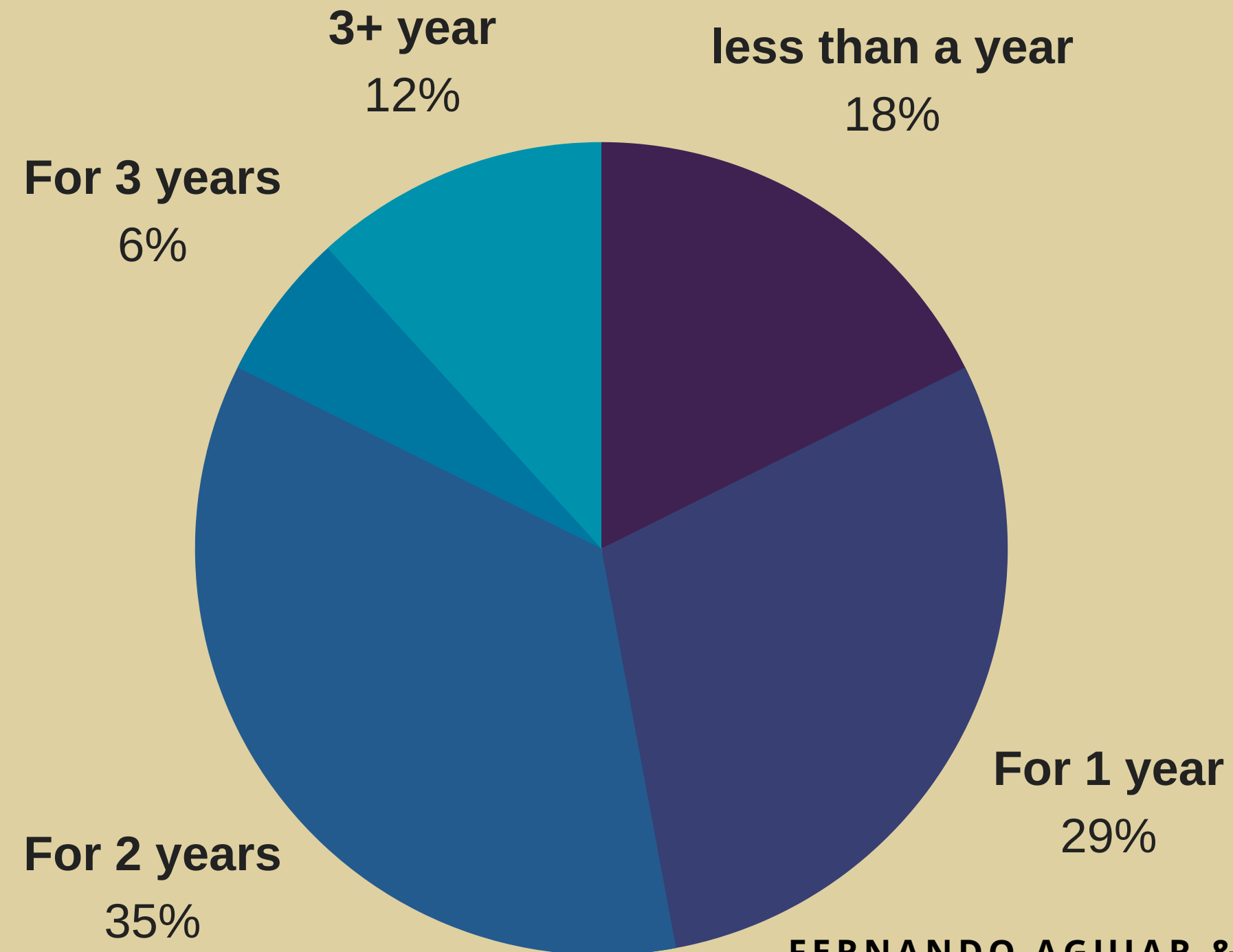


HOW OFTEN DO YOU SEE (OR USED TO SEE) YOUR THERAPIST ONLINE?



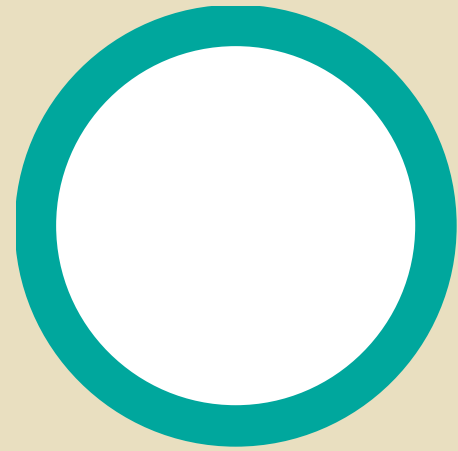
N = 18

FOR HOW LONG HAVE YOU BEEN DOING (OR HAVE YOU DONE) ONLINE CORE THERAPY?

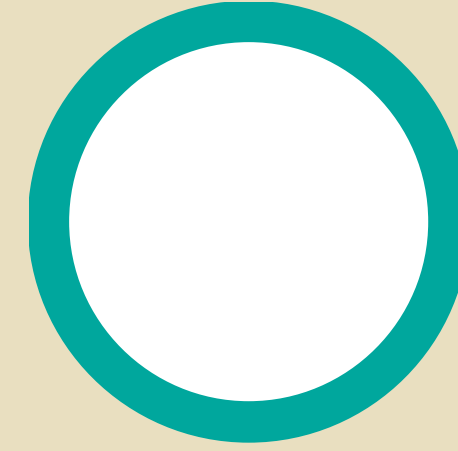


N = 17

AS A THERAPIST,
HAVE YOU WORKED WITH ONLINE THERAPY?

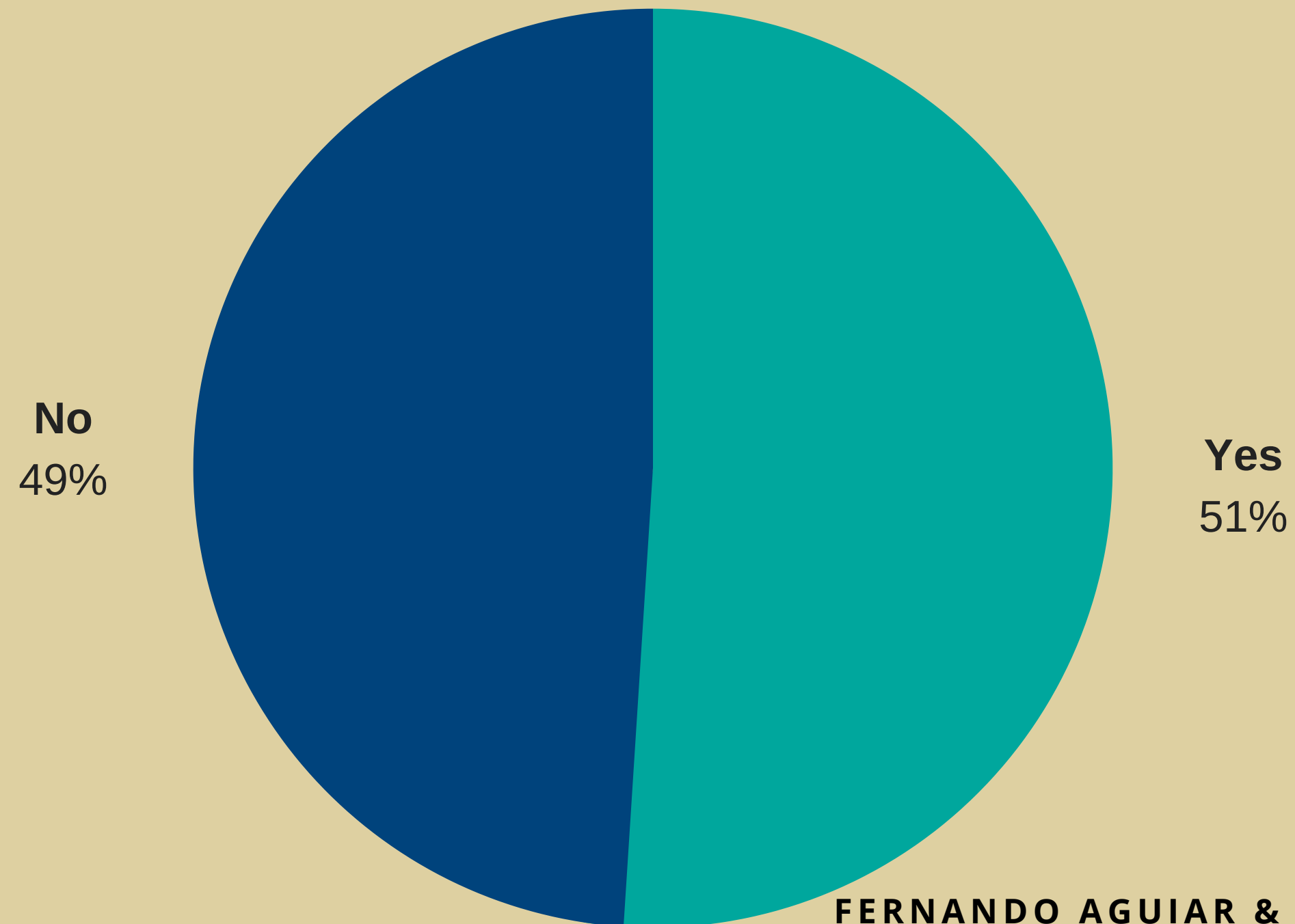


YES, I ALREADY HAVE



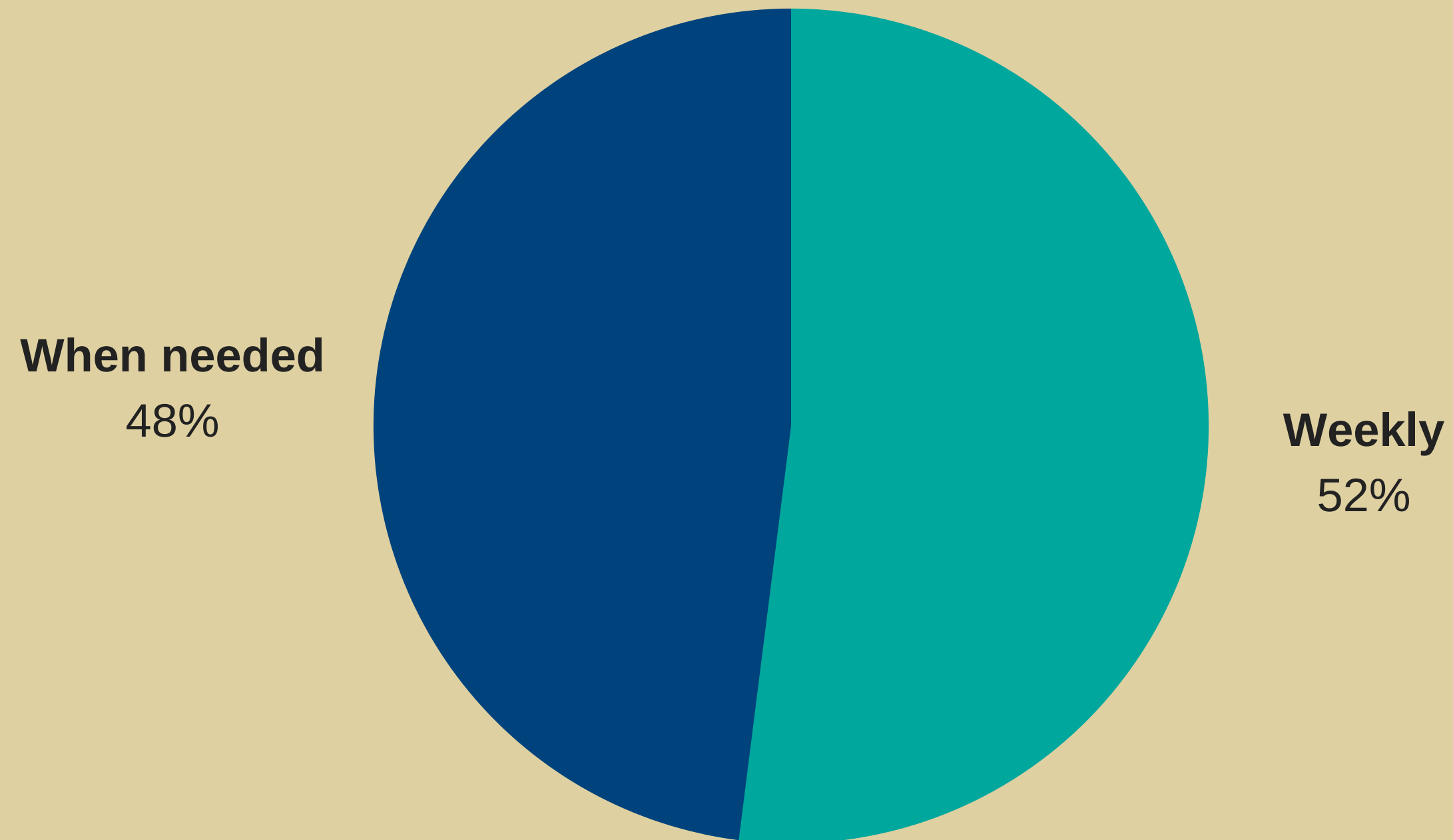
NO, I HAVE NOT

AS A THERAPIST, HAVE YOU WORKED WITH ONLINE CORE THERAPY?



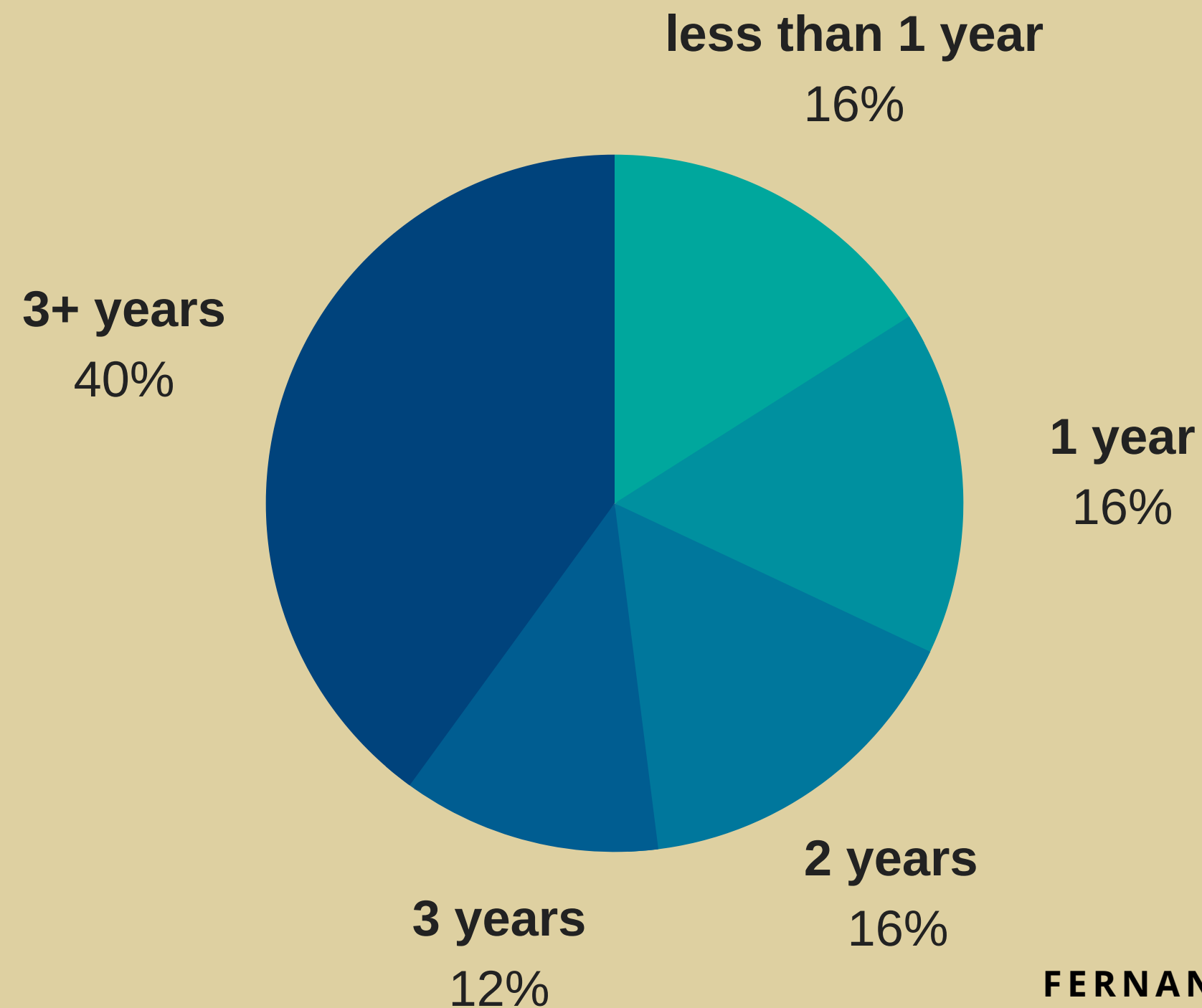
N = 49

HOW OFTEN DO YOU SEE CLIENTS ONLINE?



N = 25

FOR HOW LONG HAVE YOU BEEN OFFERING ONLINE CORE THERAPY?



N = 25

WHY HAVE YOU NEVER TRIED ONLINE THERAPY

I like having the therapist's physical presence.

I have never needed.

Does it exist?

I don't think it works.



LIMITATIONS

CLIENTS

- Not physical presence. **No touch** and deeper eye/energetic contact.
- Not possible with new clients.
- I don't believe it works.
- Not possible to do exercises.
- Lack of Core tools
- Limited emotional and sound expression.
- **Internet fluctuations.**

THERAPIST

- Technical problems: **internet**, lack of tools, space limitations. **Not being able to do certain interventions.**
- Sensory and perception limitations.
No touch.
- Easier to go into talking.
- Not possible for clients in crises, risk of flooding and overwhelm.

BENEFITS

CLIENTS

THERAPIST

- **Practical and Convenient:** resource saving and flexible.
- **Not restricted by location:** I can move and travel. I can have a therapist from abroad.
- Supervision works really well.


- **Work with traveling clients and those who live far away.**
- Work from home. Creativity.
- Some clients disclosure more and become more consistent.
Empowering clients.
- Convenient for clients.
- You can also feel energy online.
- Insight into the clients real life and environment.
- Saves time and money - resources

Discussion in pairs



Concept of presence

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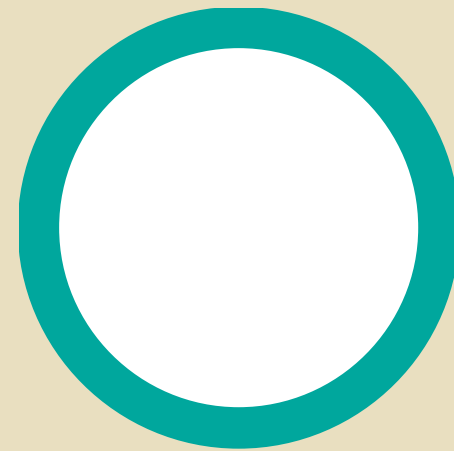


Do we need to include online
therapy in our training?

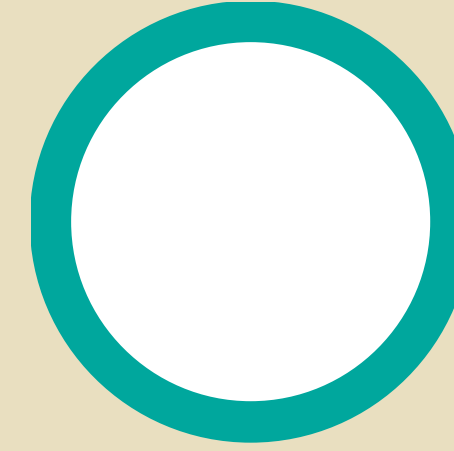
Group discussion

Q&A

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I AM AGAINST

WHAT'S NEXT?

- **Avatar Therapy**
- Cyberpsychology
- **Second Life Consultancy**
- Virtual Reality
- **Therapy with Robot (Eliza)**
- **Gadgets**



REFERENCES

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- OnlineTherapy:Review of Relevant Definitions, Debates, and Current Empirical Support - https://wercury.ch/wp-content/uploads/2018/03/ROCHLEN_2004_online_therapy.pdf
- The future of online therapy, Y. Amichai-Hamburger et al./Computers in Human Behavior (2014). http://portal.idc.ac.il/sites/communications_new/he/communications/research/avl/documents/publications/the_future_of_online_therapy.pdf



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