

Module Objectives

Upon completion of this course, the learner should be able to

- know the user groups that prefer flexibilised framework conditions;
- understand how classic interventions can intimidate clients;
- know how psychological inhibition thresholds can be lowered by ICT;
- understand the relation between computer-mediated distance and psychological closeness, openness, honesty and commitment;
- elaborate the benefits of text-based counselling and therapy;
- understand the benefits of blended approaches.

Module Outline

- Introduction
- Unit 3.1: ICT as a bridge between clients and professionals
- Unit 3.2: Degrees of freedom in computer-mediated relations
- Unit 3.3: Benefits of text-based counselling and therapy

Module 3: Characteristics of computer-mediated communication in counselling and therapy

- The module explains how new target groups - especially digital natives - can more easily participate in counselling and psychotherapeutic interventions through the use of ICT.
- It will be shown how both external access barriers and internal inhibition thresholds can be overcome by means of ICT.
- Frequent fears of advisors, counsellors and psychotherapists with regard to computer-mediated client relationships are discussed with reference to both scientific research results and practical experience.
- The module concludes with an advocacy for blended approaches in counselling and therapy.

[View online the slides from here.](#)

[Download slides from here.](#)



CC - Attribution-NonCommercial-ShareAlike
<http://creativecommons.org/licenses/by-nc-sa/3.0/>

Evelyn Schlenk – Innovation in Learning Institute . *Module 3: Characteristics of computer-mediated communication in counselling and therapy*. Retrieved on Thu June 18, 2026 from <https://ecounselling4youth.gunet.gr/online-material/courses/TM105/>



Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

<https://www.ecounseling4youth.eu/project/>