THERAPY 2.0

Module Objectives

Upon completion of this course, the learner should

- know the additional minimum qualifications that are required to become an online advisor, counsellor or therapist;
- be aware how the same words can trigger different associations between professionals and clients and what that means for text-based interventions;
- understand the process of reaching a common understanding in text-based communication;
- be able to analyse a text-based enquiry according to the four-film method.

Module Outline

- Introduction
- Unit 8.1: Standards and additional qualification requirements
- Unit 8.2: Computer-mediated written communication
- Unit 8.3: Different horizons of understanding
- Unit 8.4: Hermeneutics – A theory of understanding texts
- Unit 8.5: The hermeneutical process of understanding in practice

Module 8: Psychological aspects and competences in online interventions

- The module explains the status quo of the standards in online counselling or therapy and lists the qualification requirements for counsellors and therapists. Etc.
- It draws attention to the fact that text-based forms of counselling and therapy are currently the most common form of online communication between professionals and clients. The associated requirements for reading and writing skills are explained.
- In order to deal professionally with written requests, the theory of hermeneutics provides some basic insights.
- A practical implementation of the theory is illustrated by the example of the so-called four-film concept.
- Learners have the opportunity to try out this concept in an exercise.

View online the slides from here.

Download slides from here.

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