THERAPY 2.0

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.

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