1.	Record Nr.	UNINA9910453268103321
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	Titolo	Psychotherapy 2.0 : where psychotherapy and technology meet / / by Philippa Weitz
	Pubbl/distr/stampa	Boca Raton, FL : , : Routledge, an imprint of Taylor and Francis, , [2018] ©2014
	ISBN	0-429-90401-0 0-367-10225-0 0-429-47924-7 1-78241-209-3
	Descrizione fisica	1 online resource (273 p.)
	Collana	United Kingdom Council for Psychotherapy Series
	Disciplina	616.8914
	Soggetti	Psychotherapy Electronic books.
	Lingua di pubblicazione	Inglese
	Formato	Materiale a stampa
	Livello bibliografico	Monografia
	Note generali	Description based upon print version of record.
	Nota di bibliografia	Includes bibliographical references at the end of each chapters and index.
	Nota di contenuto	COVER; CONTENTS; ACKNOWLEDGEMENTS; ABOUT THE EDITOR AND CONTRIBUTORS; UKCP BOOK EDITORIAL BOARD PREFACE; PREFACE; FOREWORD; PART I PSYCHOTHERAPY EVOLUTION IN CONTEXT; CHAPTER ONE Psychotherapy 2.0: for better or for worse?; CHAPTER TWO How to think about psychotherapy in a digital context; CHAPTER THREE Thinking about training fit for the digital era; PART II THERAPY IN PRACTICE; CHAPTER FOUR The therapeutic alliance online; CHAPTER FIVE Challenges and dilemmas in the online consulting room CHAPTER SIX Lost in translation-meeting the challenges of language and regional customs when working online, cross-border, without visual cuesCHAPTER SEVEN Avatars-opening the virtual doors of therapy; CHAPTER EIGHT Establishing an online practice; PART III WORKING SAFELY ANDLEGALLY IN THE CONTEXTOF INTERNATIONAL LAW; CHAPTER NINE Developing ethical delivery of cross-border services; CHAPTER TEN Protecting children and young people-the "online" generation; CHAPTER ELEVEN The way forward; GLOSSARY; INDEX

Sommario/riassunto

The digital age is both exciting and challenging for psychotherapy, opening the door to clients groups previously not able to access psychological help, whilst also providing the challenges caused by social media and internet abuse and how these impact on the consulting room. Psychotherapy 2.0 blows open the consulting room doors and shows successful pathways for attracting new clients to gain access to psychological help, as well as demonstrating that despite initial scepticism, working online as a psychotherapist or counsellor can be as effective as 'face2face' work: the therapeutic relationship may be different but it remains the centrally important feature for successful psychotherapy. It follows therefore that all psychotherapists and counsellors need to be fully informed about the impact of the digital age on their clinical practice. Psychotherapy 2.0 covers the key issues for psychotherapists and counsellors who are, or are thinking of, working online, include thinking about psychotherapy in the digital age, the requirements to modify training both for working online and also the digital issues as they arise within the face2face consulting room.