

Psychotherapy 2.0

Where Psychotherapy and Technology Meet

Checklist: key considerations for an online practice

<h4 style="margin: 0;">PROFESSIONAL PRESENCE</h4> <ul style="list-style-type: none"> <input type="checkbox"/> The image we wish to portray, identity <input type="checkbox"/> Choosing your online social media <input type="checkbox"/> Managing your online presence <input type="checkbox"/> Information we wish to share online <input type="checkbox"/> Adhering to a suitable code of ethics or ethical guideline <input type="checkbox"/> Contracting that is fit for purpose, including communication between sessions <input type="checkbox"/> Pre- and post-qualification specific training for working online and CPD <input type="checkbox"/> Promotion of cybersafety <input type="checkbox"/> Policy when the technology breaks down <input type="checkbox"/> Supervision 	<h4 style="margin: 0;">BUSINESS PRINCIPLES</h4> <ul style="list-style-type: none"> <input type="checkbox"/> Banking and finance <input type="checkbox"/> Billing and payments <input type="checkbox"/> Accept international currency <input type="checkbox"/> Ensuring your tax status <input type="checkbox"/> Legal structure <input type="checkbox"/> Legal knowledge of the country you will be “practising” in <input type="checkbox"/> Business and Professional Indemnity Insurance <input type="checkbox"/> Security on and offline <input type="checkbox"/> Administration on and offline <input type="checkbox"/> Data storage and protection <input type="checkbox"/> Publicity, PR, advertising, and marketing
<div style="border: 2px solid black; border-radius: 50%; width: 30%; margin: 0 auto; padding: 10px; background-color: #e0e0e0;"> <p style="text-align: center; margin: 0;">Key considerations for an online practice</p> </div>	
<h4 style="margin: 0;">THERAPEUTIC RELATIONSHIP</h4> <ul style="list-style-type: none"> <input type="checkbox"/> Establishing the online therapeutic alliance <input type="checkbox"/> The role of telepresence <input type="checkbox"/> The use of language, text and emoticons <input type="checkbox"/> Boundaries - relationship, session, jurisdiction <input type="checkbox"/> Establishment and maintenance of trust <input type="checkbox"/> The online consulting room <input type="checkbox"/> The online therapeutic relationship and its negotiation <input type="checkbox"/> Disinhibition <input type="checkbox"/> Transference and counter-transference <input type="checkbox"/> How different the relationship might be online <input type="checkbox"/> Advantages and disadvantages <input type="checkbox"/> The role of fantasy, second life and avatar <input type="checkbox"/> Working without being physically present <input type="checkbox"/> Identity – who are we really? <input type="checkbox"/> The link between personality traits and Internet usage <input type="checkbox"/> Facilitating a difficult moment for the client 	<h4 style="margin: 0;">CONTEXT, SETTING & FORMAT</h4> <ul style="list-style-type: none"> <input type="checkbox"/> Your choice of online therapeutic communication <ul style="list-style-type: none"> Synchronous Asynchronous <li style="margin-left: 20px;">Video conferencing (e.g. VSee) <ul style="list-style-type: none"> <input type="checkbox"/> Text <input type="checkbox"/> Secure website <input type="checkbox"/> Second Life <li style="margin-left: 20px;">Email <input type="checkbox"/> Ground rules for how the sessions will take place <input type="checkbox"/> Your choice of technology <input type="checkbox"/> Issues relating to the specific technologies <input type="checkbox"/> Differences between online & F2F therapeutic relationship <input type="checkbox"/> Security and encryption <input type="checkbox"/> The assessment process <input type="checkbox"/> Setting out and agreeing the contract, informed consent <input type="checkbox"/> Confidentiality <input type="checkbox"/> Record keeping <input type="checkbox"/> Your choice of software <input type="checkbox"/> Netiquette