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Technology in Counselling and Psychotherapy - Reflecting on its impact

The influence of technology means we are all part of a new and much wider matrix of several complex and fast changing networks of communication. Understanding the effect of the internet and social networking websites can be confusing: nonetheless as therapists and counsellors we need to be aware of how these may impact on our therapeutic work.

The aims of this workshop are to:

- Create a space within the experiential setting of a group in which to reflect on this topic.
- Consider some of the implications which technology may have on therapy and counselling.
- Reflect on our position as to whether and how far we may want to incorporate technology in our therapeutic work.
- Consider boundaries and privacy.
- Look at related literature.

Workshop format

The main thrust of this workshop is experiential, with some teaching included. Participants are invited to bring their own experiences and questions which will be explored within the group.

Target Audience

This workshop is open to qualified and trainee counsellors and psychotherapists who are interested in this topic. Practitioners from all modalities are welcome to attend.