

TECHNOLOGY AND SELF: MAINTAINING OUR HOLISTIC SELF IN CLINICAL PRACTICE AND PERSONAL RELATIONSHIPS WHILE LIVING IN A FAST-PACED, CYBER-CONNECTED WORLD

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OBJECTIVES

- ▶ 1. Identify the roles of CHD and OT in mental health practice.
- ▶ 2. Explore research related to the impact of technology and address the intrapersonal challenges for both society as whole and therapists.
- ▶ 3. Discuss recommendations for maintaining therapist/client relationships and a healthy sense of self in today's technology driven world.
- ▶ 4. Identify key ethical considerations with treating clients virtually.
- ▶ 5. Discuss supervision strategies that integrate technology and/or interprofessional collaboration.
- ▶ 6. Explore interdisciplinary collaboration techniques in a virtual world.

Counseling Human Development (CHD)

Operates from wellness and strength-based model

Positioned to diagnose and treat

Trained to operate in variety of settings

Facilitates client's deep exploration of biopsychosocial cultural and spiritual factors and how they impact client's mental health and wellness.

Occupational Therapy (OT)

Operates from wellness and strength-based model

Evaluate and treat clients (do not diagnose)

Practice in variety of settings

Focus on improving performance in daily activities.

Utilizes knowledge of trauma and past experiences to develop interventions to maximize level of function.

ROLES AND RESPONSIBILITIES

Let's Dialogue

- How has technology impacted your perception of therapy?
- The therapist/ client relationship ?
- Positives of being a therapist in a technology embedded world?
- Challenges of being a therapist in a technology embedded world?

Kraut et al. (1998) reported negative effects of using the Internet on social involvement and psychological well-being among new Internet users in 1995–96.

Internet connection brings a “paradox” since participants used the Internet heavily for communication, which generally has positive effects.

A 3-year follow-up of 208 participants found that negative effects dissipated. We also report findings from a longitudinal survey in 1998–99 of 406 new computer and television purchasers.

Another sample of 406 participants found that extraverts experienced better outcome and more social support when using Internet but worse for introverts.



THIS WAS A 1998 STUDY.....

HAVE WE IMPROVED OVER
TIME?

BETTER AT SELF-
REGULATING?

A NEW "NORMAL"?

“SO, WHILE WE’RE
COMMUNICATING
MORE, WE MAY NOT
NECESSARILY BE
BUILDING
RELATIONSHIPS AS
STRONGLY,”
(BOOTH AS CITED
BY KELLER, 2013)

- People are becoming more social and more interactive with others.
- ▶ Style of that communication has changed away from meeting face-to-face.
- ▶ Our interactions on social media tend to be less personally connected to the people at the other end of our communication as we do when we’re face-to-face.

Journal of Social and Personal Relationships 2013

- Focused on the extent to which the mere presence of mobile communication devices shape relationship quality in dyadic settings.
- In both samples they found that presence of mobile device can have negative effects on closeness, connection, and conversation quality.
- These results demonstrate that the presence of mobile phones can interfere with human relationships, an effect that is most clear when individuals are discussing personally meaningful topics (PRZYBYLSKI & WEINSTEIN, 2013)

- ▶ This study examined the relationship between the presence of mobile devices and the quality of real-life in-person social interactions.
- ▶ The found that conversations in the absence of mobile communication technologies were rated as significantly superior compared with those in the presence of a mobile device, above and beyond the effects of age, gender, ethnicity, and mood.
- ▶ People who had conversations in the absence of mobile devices reported higher levels of empathetic concern (Misra et al., 2016)

The iPhone Effect (2016)

- ▶ “A majority agreed/strongly agreed that telehealth provided an opportunity to build rapport with patients.”
- ▶ “Clinicians noted telehealth improved access to care for patients with logistical barriers, competing demands, mobility difficulties, and medical concerns.”
- ▶ Therapists reported “more challenging to care for patients with certain psychiatric characteristics (e.g., psychosis, paranoia, catatonia, high distractibility, and avoidance), high symptom severity, or who needed to improve social skills.”
- ▶ “Telehealth influenced the therapeutic process (e.g., observations of family dynamic, increased patient/clinician therapeutic alliance)” (Sugarman, et al., 2021)

RADICAL CHANGES IN SHORT PERIOD

10 Disadvantages of Social Networking

- 1. Lacks Emotional Connection
- 2. Gives People a License to be Hurtful
- 3. Decreases Face-to-Face Communication Skills
- 4. Conveys Inauthentic Expression of Feelings
- 5. Diminishes Understanding and Thoughtfulness

6. Causes Face-to-Face Interactions to Feel Disconnected

7. Facilitates Laziness

8. Creates a Skewed Self-Image

9. Reduces Family Closeness

10. Causes Distractions

- ▶ **The previous slides were based on Price-Mitchell's 2014 article reviewing themes from 10th graders' essays.**
- ▶ **But are we as therapists truly “protected from the disadvantages of social media and technology”????**
- ▶ **Human connection and engaged genuine social connection are vital for effective healthy therapy relationships, but are “we” / therapists becoming more challenged and less equipped to be truly engaged and present in and out of session?**

REFLECT ON WHAT
IMPACTS YOU MOST?

WHAT LEAVES YOU FEELING
COMPROMISED?

- ▶ Facebook ?
- ▶ Twitter?
- ▶ TikTok?
- ▶ Flooding from tragedies
and crimes from news?
- ▶ Cell phones? Texting?
- ▶ Email?
- ▶ Zoom?
- ▶ Other?

IDEAS FOR REDUCING THE IMPACT OF TECHNOLOGY ON YOUR "SELF"

Let colleagues/ peers / family know you will be "off-line" or "unplugged"

Note what makes you most vulnerable,,,, is it checking Facebook? Emails? Watching the news?

Set realistic expectations...unplug a day a week? An hour a day?

Practice mindfulness? Meditation? Prayer?


Putting the "device" away (truly away) when engaged in conversations..... Ask the same from others

Consistently ask yourself when plugged in Is my current tech activity healthy or harmful?

Think wellness.....unplug while eating a healthful meal and before sleep

Complete a one-week tech activity log. Document how long you were actively plugged in each ? How did you feel physically? Mentally? Interpersonally? Is your sense of wellbeing connected to your use or specific tech activity?

ETHICS WITH USING TECHNOLOGY

- ▶ CHD- Rules for Telehealth- appropriate documentation, first one is in person
 - ▶ Full attentiveness to client/ distraction
 - ▶ HIPPA Compliant platforms with secured session
 - ▶ Group privacy with others in the room- what are some proactive things; how would you manage?
 - ▶ Telehealth for out of state/ out of country laws
 - ▶ Appropriate informed consent
 - ▶ What happens if there is a crisis/ emergency?
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ETHICS OF STUDENT SUPERVISION USING TECHNOLOGY



Is it acceptable to text?



What about email feedback?



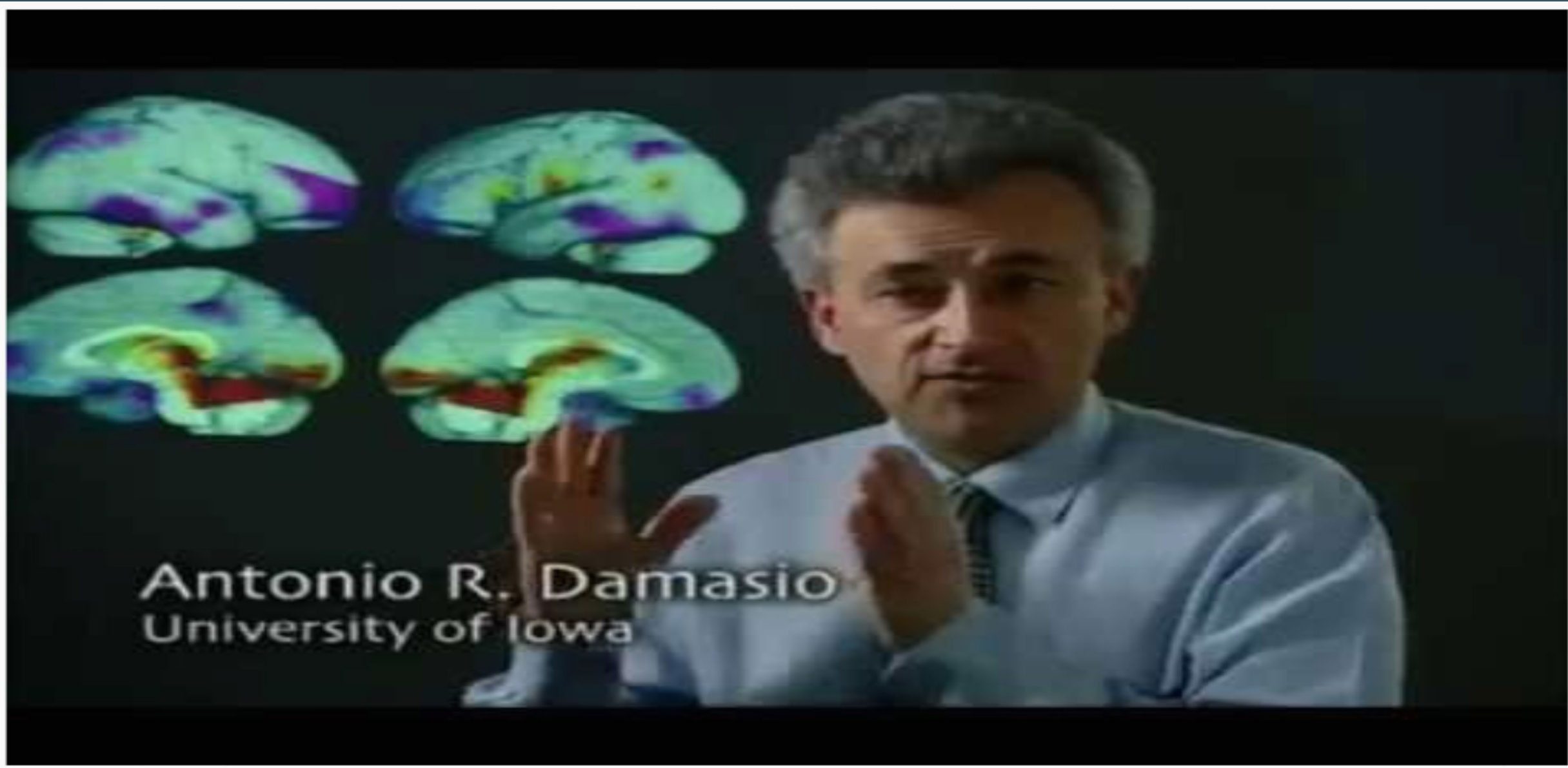
Students- how do you get the information you need to help in decision making?



Supervisors- how do you ensure the student is communicating their concerns?



Supervisors- do you feel that you have been trained to provide supervision through a technology-based platform?



Antonio R. Damasio
University of Iowa

THE SECRET LIFE OF THE ADULT BRAIN

INTERPROFESSIONAL DISCUSSION

Marvin lives in a rural area how could telehealth be used to help him?

If Marvin was your client, what would be your goals and ideas for interventions?

If Marvin's wife was your client, what would be your goals and ideas for interventions?

After reflecting on the roles of occupational therapists and mental health counselors, what other professionals would you consider vital on your team to assist Marvin and his wife move towards wellness?

LINKS

- ▶ **Social Media: 10 Tips for Professional Counselors**, https://www.counseling.org/docs/default-source/ethics/ilt-10-social-media-dos-and-don-ts-for-professional-counselors.pdf?sfvrsn=198e572c_2
- ▶ **DEMYSTIFYING ETHICS AND LAW FOR TELEBEHAVIORAL HEALTH**, - <https://imis.counseling.org/store/detail.aspx?id=PECO19001A>
- ▶ **Counseling Code of Ethics- (Section H Distance Counseling, Technology, and Social Media)** https://www.counseling.org/docs/default-source/default-document-library/2014-code-of-ethics-finaladdress.pdf?sfvrsn=96b532c_2
- ▶ **The American Occupational Therapy Association Advisory Opinion for the Ethics Commission** <https://www.aota.org/~media/Corporate/Files/Practice/Ethics/Advisory/telehealth-advisory.pdf>
- ▶ **The American Occupational Therapy Association Telehealth Resources**- <https://www.aota.org/Practice/Manage/telehealth.aspx>

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