THE FUTURE OF PSYCHOTHERAPY
USING COMPUTER TECHNOLOGY AND SOCIAL MEDIA

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This discussion focuses on ways social media and Internet technology can be used to help children, adolescents and their families get through everyday problems and tough times including ways to bolster resilience and well-being.

Several papers on these topics are available. Please see the following:

Meichenbaum Roadmap to Resilience (*www.roadmaptoresilience.org*)

"A Look into the Future of Psychotherapy: The Possible Role of Computer Technology"

http://melissainstitute.org/documents/Meichenbaum_A_LOOK_INTO_THE_FUTURE_OF_PSYCHOTHERAPY.pdf

> This paper describes illustrative applications of computer technology designed to address a wide variety of mental health needs. It reviews the "state-of-the-art" of Internet-based interventions <u>versus</u> face-to-face psychotherapeutic interventions and discusses issues of safety, privacy and security concerns.

A list of Websites is included on an earlier presentation entitled:

"Child and Adolescent Depression and Suicide: Promising Hope and Facilitating Change"
> **http://melissainstitute.org/documents/Conf2010_Adolescent_Depression.pdf**

> Also see *http://www.learnpsychology.org/suicide-depression-student-guidebook*

Ways to bolster resilience in (1) Victims of Human Trafficking and (2) LGBTQ Youth (Lesbian, Gay, Bisexual, Transgender and Questioning)

> **http://melissainstitute.org/documents/Conf19-1-2015-Human-Trafficking.pdf**

> **http://melissainstitute.org/documents/Conf19-2-2015-WaystoBolsterResilience.pdf**

Additional websites that address the needs of LGBTQ Youth include:

University of Alberta, Canada: Institute for Sexual Minority Studies and Services

> *www.ismss.ualberta.ca*

> This website describes how hundreds of sexual and gender minority youth have been helped by "Camp fYrefly" and other programs.

APA Respect Workshop for working with LGBTQ individuals.

www.apa.org/pi/lgbt/programs/safe-supportive/training/respect-online-course.aspx

APA Practice Guidelines for Working with Transgender Patients.

www.apa.org/practice/guidelines/transgender.pdf

Additional websites about youth and teens:

Young and Well Cooperative Research Centre

http://www.youngandwellcrc.org

Download PDF
Intergenerational Attitudes towards Social Networking and Cybersafety-A Living Lab
http://www.youngandwellcrc.org.au/wp-content/uploads/2014/03/Third-et-al_2011_YAW-CRC_Intergenerational-Attitudes-Towards-Social-Networking-Cybersafety.pdf

Reach Out Program for Teens

www.Reachout.com

This is Australia's leading online youth mental health service that is accessed by more than 110,000 Australians each month. It addresses how young people can better handle everyday troubles through really tough times. There is now a similar U.S. program.

The potential of such websites to address child mental health issues is illustrated by the following meta-analytic review:

Rooksby, M., Elouafkaoui, P. et al. (2015). Internet-assisted delivery of cognitive behavioral therapy (CBT) for childhood anxiety: Systemic review and meta-analysis. Journal of Anxiety Disorders, 29, 83-92.

See Ken Pope's Website

http://kpope.com/telepsychology.php

Scroll to Telepsychology and Internet-based Therapy.

CLINICAL CONCERNS ABOUT THE USE OF SMARTPHONES

There is a need to assess for the youth's motivation for excessive and habitual use of smartphones and other forms of social media. What is youth's motivation or the needs that are being met by such habitual use?

Are they online to:

a) address boredom and a way to entertain themselves;

b) to establish and maintain social contact;

c) allay dysphoric emotions such as depression and anxiety?

Research indicated that the habitual and frequent use of smart phones can result in avoidance of face-to-face interactions and can exacerbate depression making things "even worse."

Youth should be asked the following questions:

Do you think that your academic (school) work has been negatively affected by your cell phone use?

Do you think that your relationships and communication with your family members have been negatively affected by your cell phone use?

HOW CAN SOCIAL MEDIA AND INTERNET TECHNOLOGY HELP?
A LOOK TO THE FUTURE

❖ **A Constructive Narrative Perspective - "Homo-narrans"- Value of story-telling.**

(See Meichenbaum **Roadmap to Resilience** book pages 127-128 and 136-137 for examples.)

❖ Teach adolescents the differences between "thinking fast" and "thinking slowly."
   Examples of how to deal with challenging situations and tough times.

❖ Use cognitive and emotional coping models.

❖ The need to build in generalization guidelines –
   What to do before, during and after "training" (Internet exposure) to increase the
   likelihood of "lasting changes."

❖ See page 15, Table 3 on **Ways to Implement Generalization Procedures**
   http://melissainstitute.org/wp-content/uploads/2015/12/Meichenbaum-
   PreventativeInterventions.pdf

❖ The modeling of meta-cognitive verbs embedded in story-telling.
   (Cognitive modeling of executive frontal lobe verbs- "notice, catch, self-interrogate, plan,
   monitor," etc.)

❖ Modeling of "RE" verbs, "Regulate, Regain, Re-story, Rebuild," etc.