

## **The Psychodynamics of Online Relating: what therapists need to know**

**Dr Aaron Balick**

**October 17 2015**

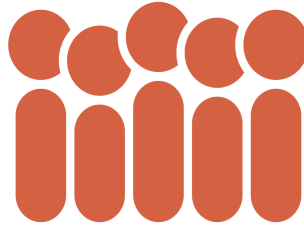
National Council for Voluntary Organisation N1 9LR

Today, all of us are extended, in some way, into the digital world. Whether it is something as banal as having an email address or a smart-phone, to something more complex like activities on social media (Facebook, Twitter, LinkedIn), we find that this technology has serious implications for ourselves and our clients. As psychotherapists, we are particularly sensitive to the consequences of digital technology as we experience them in relation to our own choices and those of our clients - not to mention how these technologies are used between therapist and client. There is also the issue of the therapeutic frame being threatened by the way technology has the potential to expose us while at the same time making us “contactable” between the traditional boundaries of the therapy session.

Whether you are an active user of social media or not, you are still “online” if you use email to communicate with clients, engage with the odd Skype session, have a website, or are searchable on Google. In the context of this, we need to better understand the impact of online relating on our clients and ourselves in relation to attachment, intimacy, immediacy, dependency, distraction, and the capacity to be alone. It is also crucial that we use our psychotherapy thinking to understand how this impacts our work.

Through both experiential exercises and theoretical models, this workshop will guide therapists and counsellors to better understand issues which may arise in their relationships with their clients as well as their role and responsibilities in the face of the digital world. There will be the opportunity to develop a draft digital policy. This workshop will be useful to anyone looking to manage online boundaries in the context of confidential work.

**Aaron Balick**, PhD, is a psychotherapist, supervisor, and cultural theorist specialising in the understanding of modernity through depth psychology. Aaron is an honorary senior lecturer at the Centre for Psychoanalytic Studies at the University of Essex and is a founding member and chair of The Relational School, UK. In addition to his academic and clinical work, Aaron is a media spokesperson for the UKCP, a contributor and consultant to the media, a blogger, a mental health writer, and a regular voice on BBC Radio 1. Aaron is the author of two books, *The Psychodynamics of Social Networking: connected up instantaneous culture and the self* (2014, Karnac) and the children’s book *Keep your Cool: how to deal with life’s worries and stress* (2013, Hachette)



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**Application Form**

Please print clearly.

Name:

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Address:

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Postcode:

Telephone Number:

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E- mail Address:

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Dietary requirements:

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Other requirements:

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Please send me details of access

**Registration Fees:** Inclusive of lunch and coffee/tea. Please tick **one** option

Early Booking Fee (before September 4)

Ukapi and Relational School members: £100

Non members: £115

Standard Booking Fee (from September 5)

Ukapi and Relational School members: £115

Non members: £130

Application forms & cheques made payable to **UKAPI** should be sent to:

**Cynthia Ransley**, 3 Binden Road, London W12 9RJ.

Please email [enquiries@ukapi.com](mailto:enquiries@ukapi.com) if you have any queries.