



# Technology in Counselling and Psychotherapy: A Practitioner's Guide

*Stephen Goss*

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Over recent years information technology has become an increasingly important part of counselling and psychotherapy. This innovative and broad-ranging text, with contributions from internationally leading figures, provides an up-to-the-minute, precise and practical guide to the different ways in which technology can be used in therapeutic work, including e-mail and internet relay chat; telephone; video-link and stand-alone software packages. As well as discussing vital ethical, theoretical and practical considerations for practitioners, the authors look at the likely impact of these technologies on therapeutic relationships and the outcomes that can be expected. Technology's impact is explored from the perspectives of both therapists and clients, including individual therapy, groups, supervision and training, and supported by extensive case studies.



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