TRANSLATION FROM PL TO EN: Psychotherapy On-line: a challenge for ethics

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Psychotherapy On-line: a challenge for ethics

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psychotherapy on-line
ethics
the internet

On the basis of the available literature, the authors describe the major issues ethical psychotherapy conducted at a distance through instant messaging. The main difficulty that emerges in this mode of operation results the inability to determine the actual identity of the persons involved in the this dialogue. This may lead to significant misunderstandings, and even abuse on both sides of the web, as well as the blurring of borders responsibility in such a process.

Summary: The internet is the natural environment for many people. difficulties experienced (failures in personal life, crises, emotional discomfort) are first were entered as a query in the search engine. The search for answers often leads to sites offering online psychotherapy. e-psychotherapy is not very labor-intensive and is a fast way to get therapeutic help. The main goal we set upon ourselves is to look at the ethical issues related to the above-mentioned forms of providing psychotherapy services. in spite of its many advantages With (dry as comfort, ease of access to specialists, search speed), does this work allow for ethical behavior towards the patient and for taking the full advantage of the psychotherapy at the same time?

Using several electronic databases dry as Web of Science, PubMed, Medline Complete, Scopus, ProQuest Dissertations & Theses A & i, we have searched the Polish and foreign reference material from the years 2000-2016.

Obtained The result is a database consisting of 671 articles, abstracts Whose were checked for relevance. The inclusion criteria comprised reviews, scientific articles, and clinical reviews with some content on the ethics in online therapy. Ultimately, we have selected 31 works.

it is important to carry out mandatory training for e-therapists, introduce a certificate confirming Professional Qualifications, and create a public database containing the e-therapists' personal data. Lack of security mechanisms of the e-therapy poses a threat to the personal data of the patients, Which in turn can cause more problems than it would bring benefits.

admission

intensive development of the Internet has affected the social and cultural changes [1]. evolutionary luował on the experimental network, which combined a small number of computers in years 80, the global connection system referred to as a network of networks.

The advantages of advanced technology, including easy access to the Internet, had

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Given the clinical perspective, psychotherapy is a collection of techniques for healing
or supporting the process of treating various kinds of diseases and problems of nature
psychological. their common feature is direct contact between the therapist and the patient.
Psychotherapy on-line is a form of the provision of services by a specialist in the field of health
mental (eg. a psychiatrist, psychologist, psychotherapist) through
Internet. Contact is established, and subsequently continued in the virtual
Network [3]. This method of treatment includes the use of Internet communication in the form of
e-mail, chat sessions live video (using Skype), where
therapist sends the questions, and the participant is obliged to respond and explain your
feelings. so as to establish a dialogue therapeutic which is a transcript analysis
mented by the therapist in order to send new questions to the patient [4].

e-psychotherapy, known as e-therapy, cyberterapią or interapią turns out to be a fast and low
labor-intensive way to get therapeutic help. It offers many possibilities,
helping people with mental health problems, such as:
- anxiety disorders,
- alcohol abuse,
- chronic pain,
- depression,
- panic attacks,
- post traumatic stress disorder (PTSD)
- psychosomatic disorders,
- social phobia.

in the on-line there are several important factors of safety. they can be
assigned to two groups: (1) the qualifications of the therapist, and (2) on this article
ethics.

method

Using electronic databases Web of Science, PubMed, Medline Complete, scopus,
ProQuest Dissertations & Theses A & searched and Polish literature and foreign years
2000-2016. The terms used in view of the abovementioned databases include:
"Online therapy", "e-therapy", "psychotherapy on-line", "e-therapy", "web-based therapy"
"ethics". In the analyzed period were found 671 articles containing the password used.
to identify reports that meet your criteria selection process used
choice, and then subjected to a critical evaluation of the work. Inclusion criteria included reviews
scientific articles, websites and opinions clinical containing content about
ethics in the treatment of on-line. Finally selected 31 items that meet all critical
teria.

ethical concerns

therapeutic interventions on-line are not fully included in the traditional system of care
health, therefore it is necessary to make adjustments to legal, ethical
and professional in this field [5, 6].

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e-therapist

The psychotherapist is obliged to inform patients about their education
and professional experience. It is difficult to position it in contact with the web due to the
the inability to verify the authenticity of the e-therapist by the patient [1, 3,
7]. This may expose the patient to the risk of being cheated. Therefore, the au-
They postulate disclosure of the details of the therapist on the website: name
and last name, city, country, telephone number, qualifications [8, 9].

The issue is also a way to verify the qualifications of the therapist to conducting
therapy equipment on-line. in Poland, there is an opportunity to gain a certificate advisor on-line,
which confirms the skills of counseling, psychological support and
psychosocial rehabilitation [10].

e-patient

there is a need to determine which model of e-therapy corresponds to specific treatment
disorders. conversation in the chat may not work therapeutically for patients with thoughts
suicidal, who expect anonymity when discussing their difficulties.
while those suffering from chronic depression may benefit from carried
stutter anonymity (initially via the Internet), and thus the therapist is able to
better know them [11]. in literature, you can find the information that people with
psychotic disorders should seek the help of the network [3, 12]. Therapist
So should select applicants to patients. The situation is similar
patients with minors, where written consent is required of the parent /
guardian - impossible to get in touch online.

The identity of the individual is an integral part of communication. the essence of that communication
cation is to know the true identity of the partner of interaction [13]. Communicating in
network easily manipulating identity. This allows both to hide important for
information itself, as well as falsification of them [13]. Therefore, it is difficult to be sure what
to real personal details e-patient. anonymity of the patient in the network thus becomes
both strength and barrier [14, 15].

technical matters

e-therapy requires the therapist's knowledge of the technical basis for e-therapy [16-18].

While the patient should get information about an alternative way communication
tion useful for him at the moment when an unexpected computer failure.
it is important to inform the patient about the inability to maintain total anonymity
the network caused by sending an e-mail to the wrong address, activity
hackers, chat with a person pretending to be someone else [1, 19-23].

The therapist should both familiarize the patient with the above-mentioned threats,
as well as himself to take care of the security of storing the contents of the session. It is therefore necessary
to store the data encrypted on a computer that is not connected
Internet [24]. Patient during the session should be around a well-known, eg. In
home, not in a public place (eg. in the workplace or at an internet cafe).

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professional secrecy

Writing Code of Ethics psychotherapist Polish Psychiatric Association
He says: "The secret of therapy may be revoked only when it is in any
bro higher (eg. in case of a serious threat to life or health or other life
patient) and only to persons or institutions to the appropriate "[25]. in connection with the RESTORE
toczonym above record there is a lot of questions concerning professional secrecy
in psychotherapy on-line. The therapist is obliged to ensure the confidentiality of the content of the session
treatment [26-28], but in case of threat to life or health of the patient, difficult for him
decide on crisis intervention, if not familiar with all specified by the patient
data, or is not sure of their authenticity. [29]

Codes of ethics e-therapy

the most efficient development of e-therapy observed in rich countries, with all-
the current access to the Internet. These include, among others, great Britain, the USA, Norway,
Canada, Sweden.
in the United States developed codes of conduct for e-therapists:
- isMHO (ang. International Society for Mental Health Online)
- NBCC (ang. National Board for Certified Counselors)
- APA (ang. American Psychological Association)
- aCa (ang. American Counseling Association).
according to the aforementioned codes of e-therapist, the same rules,
as in the case of conventional contact with the patient in the study.
Poland is available only code of ethics among psychotherapist Polish To-
Society of Psychiatric, in which there is no mention of psychotherapy on-line.

Is psychotherapy on-line is consistent with the ethical principles traditional psychotherapy?

Pursuant to the provisions of the Code of Ethics psychotherapist Polish Society
Psychiatric "unethical behavior without the use of special consideration and
prudence and care for the interests of the patient and respect the dignity of all
kind of techniques or procedures, which may be unconventional, spectacu-
kularny or have an overtone handling "[25]. The Code of Medical Ethics permits
making treating a patient after being personal examination.
In summary, it is best to offer e-therapy after personal contact with pa-
ciary, while adhering to the principles of the Code of Ethics psychotherapist PTP.
at the end of the analysis it is worth noting that in terms of ethical issues is driven
the problem there are doubts about the quality of the therapeutic alliance formed
matic network. e-psychotherapy usually is conducted in writing, which prevent
It makes the observation of non-verbal communication sent by the patient. Maybe
affect the misunderstanding of the words of the patient, the therapist and prevent recognition
emotional state [30-31], and hinder the process of diagnosis [3].

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Conclusions

Due to the lack of understanding on the international psychotherapy on-line existence
Her need to determine the extent of such practices, taking their legal norms and
supervised by professional institutions. There are no clearly defined measures safety
States poses a threat to the personal data of patients and can cause more
problems than benefits. ethical considerations, such as, among others, Licensing e-therapists
and the appropriateness of the use of e-therapy, remain unresolved. it is important to carry out
the necessary training for future e-therapists, the introduction of a certificate confirming
overuse gained their qualifications (in Poland certified counselor on-line, not mental
choterapeuty) and the creation of a public database of their personal data. also
a form of therapy to provide on-line (in the form of e-mail, instant messaging, video conferencing) is an important
issue due to the fact that not every treatment will be positively influenced the
all patients.

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