

## "BEHIND THE SCREEN":

AN INTRODUCTION TO A SERIES OF EVENTS RUNNING THROUGH  
OCTOBER AND NOVEMBER RELATING TO LIVING AND WORKING AS  
A THERAPIST IN A WORLD OF ONLINE COMMUNICATION

- KATE DUNN & CAROLE FRANCIS-SMITH



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Learning Together Online

# Resource Guide

# About Kate Dunn

I have worked as a psychotherapeutic counsellor in a number of settings, including local authority groups and charitable organisations. Much of my time has been spent working in Higher Education, counselling students at the Universities of Sussex and Portsmouth. I have been privileged to work with people of all ages who come from a very wide range of backgrounds and from many different parts of the world. Prior to becoming a counsellor I was a teacher, working in primary and early years education. More recently, I have taught psychology and counselling skills in further and higher education and for therapy training organisations.

I have a special interest in the needs of families impacted by disability and offer informed therapeutic support in this area, having worked for some time within a Social and Caring Services Disability Team.

I have also worked in a Pain Clinic and have a particular interest in the value of mindfulness-based approaches when addressing either psychological or physical pain and suffering and I teach mindfulness techniques both to groups and one-to-one. These techniques can be helpful whether they form a part of counselling and psychotherapy or are learned separately.



**Kate Dunn**

[katedunncounselling.co.uk](http://katedunncounselling.co.uk)



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# About Carole Francis-Smith

Carole Francis-Smith is a counselling psychologist working in private practice. Carole currently provides therapy both face-to-face and online, runs trainings for therapists considering working online (and other mental health/staff resilience areas), and business coaching for therapists setting up an online practice. Her doctoral research was in the Online Therapeutic Relationship from which she also became fascinated by online communications in broader contexts, especially where these impact on the work of therapists and the experiences of clients.

Carole writes articles on the subject, gets involved in debates and writes reviews for/advises other private practitioners through an online resource called The Private Practice Hub.



**Carole Francis-Smith**

[carolefrancis-smith.co.uk](http://carolefrancis-smith.co.uk)



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# Event Details

This session will offer an introduction to a series of 4 events that will follow during October and November 2017. The aim of the events is to provide an up-to-date overview of the opportunities and challenges that exist for therapists working in a technological age in 2017.

Each individual session will respond to a different theme. The complete series will help therapists to make informed choices about the use of computerised technology within their work, explore safety concerns, reflect on ethical challenges and direct them to sources of support, advice and further training.

The events will be of interest to counsellors who incorporate a variety of technological approaches into marketing their services, managing their practices etc. They will also be aimed at practitioners who are offering (or considering offering) online therapy, perhaps through web-cam/video sessions, audio or telephone communication, via instant messenger (IM) or through email.

Kate and Carole aim to make the events interactive. At this first session, they will introduce themselves, describing their backgrounds and interests within the field, as well as setting the scene for the programme ahead. Those attending live will have a chance to raise points of interest for inclusion in the subsequent sessions.



# Dates of Events

**October 2nd 7-8PM** - Event 1: Online Presence and Social Media for Therapists: Setting Up an Online Practice in a Technological Era

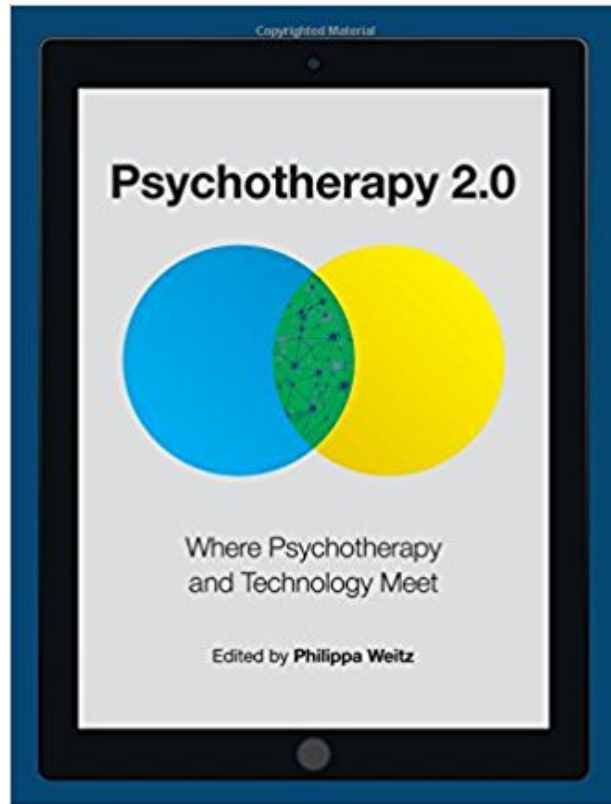
**October 30th 7-8PM** - Event 2 – Ethical Issues, Boundaries, and Contracting: Exploring Matters of Safety for Practitioners and Clients

**November 13th 7-8PM** - Event 3 – Working Therapeutically From a Distance Using Email or Other Methods Involving Asynchronous Communication

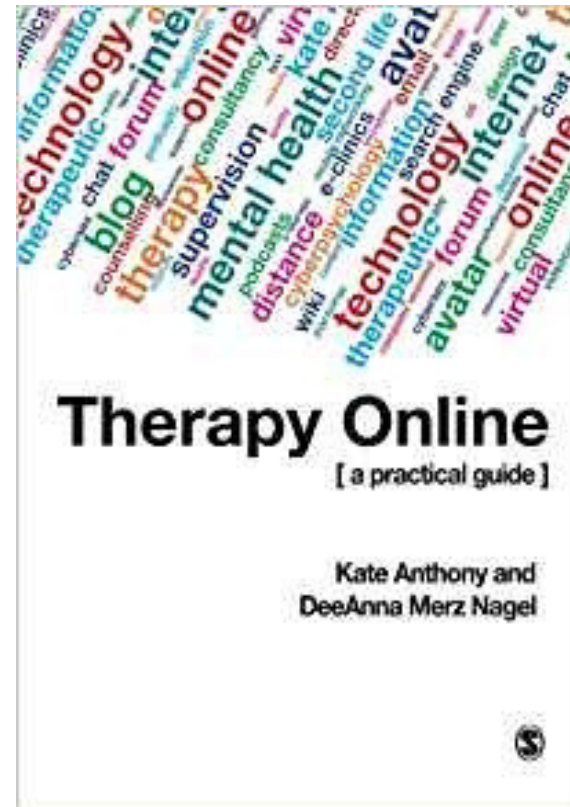
**November 27th 7-8PM** - Event 4 - Working Therapeutically From a Distance in Real-time or Synchronously

**Don't worry if you miss the events .....we will be adding all of the resources [HERE](#)**

# Reading

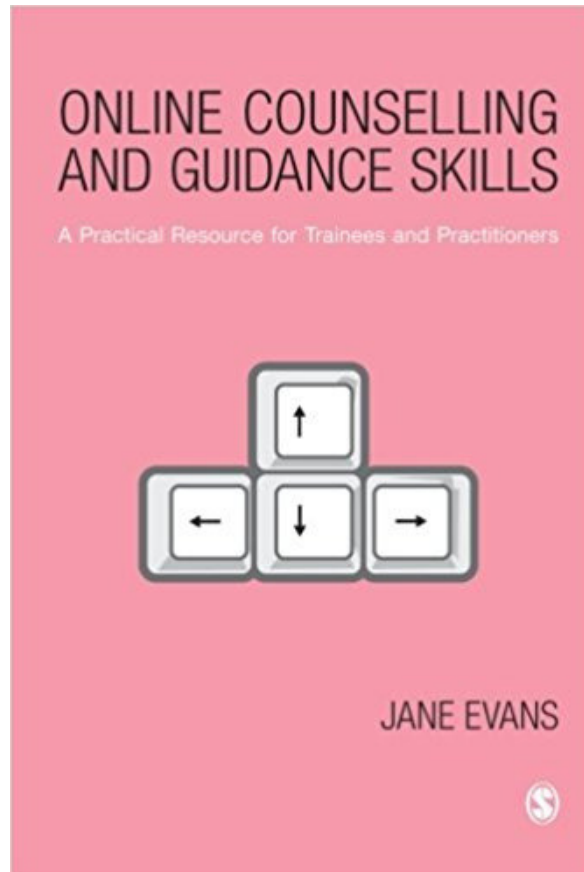


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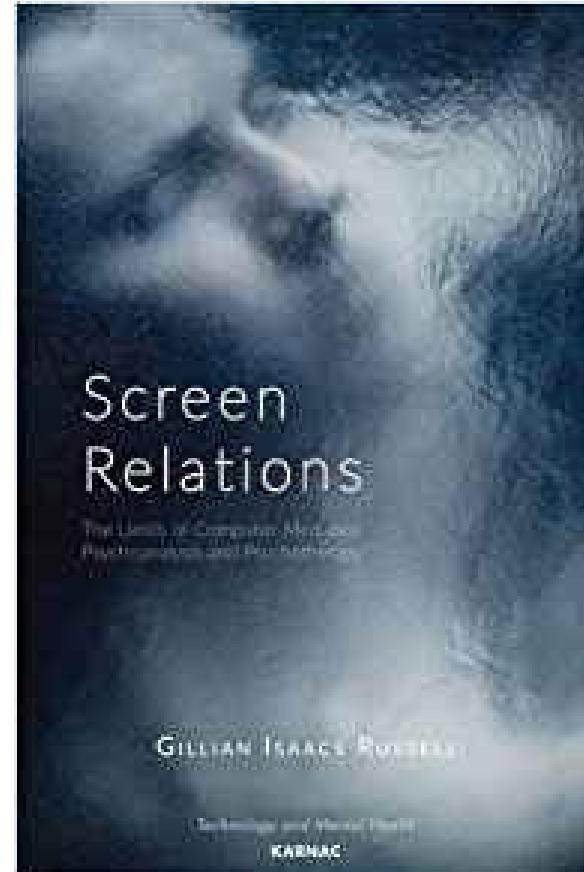


[MORE INFORMATION](#)

# Reading



[MORE INFORMATION](#)



[MORE INFORMATION](#)

# Resources

Kate's Journal

**Dunn, K (2012) A qualitative investigation into the online counselling relationship: To meet or not to meet *Counselling and Psychotherapy Research* 12 (4) pp 316 -326**

Carole Francis-Smith's Guest Blog Post

**Therapy through the looking glass; implications for training and beyond....**



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# Contact / Websites

[www.katedunncounselling.co.uk](http://www.katedunncounselling.co.uk)

[www.carolefrancissmith.co.uk](http://www.carolefrancissmith.co.uk)



[enquiries@carolefrancissmith.co.uk](mailto:enquiries@carolefrancissmith.co.uk)



[/drcarolefrancissmith](https://www.facebook.com/drcarolefrancissmith)



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- 1 What did you learn?
- 2 How do you intend to apply this in your practice?
- 3 Do you have any further action for your next CPD cycle?

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