

CORONAVIRUS: CONSIDERING OUR RESPONSES AND RESPONSIBILITIES (WEEK 7)

- KATE DUNN & CAROLE FRANCIS-SMITH



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**Index of themes covered in - Coronavirus:
Considering our Responses and Responsibilities**

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About Kate Dunn

I am a psychotherapeutic counsellor, supervisor, and consultant/trainer currently working in private practice both online and face-to-face. Whilst working as a counsellor in a university setting, I established an online service and subsequently carried out research into the Online Therapeutic Relationship, supported by Seed Corn Funding from BACP.



I have shared ideas resulting from this research in journal articles (including Therapy Today, Counselling and Psychotherapy Research Journal, and TILT

magazine) and in the book: "Psychotherapy 2.0: Where Psychotherapy and Technology Meet", Edited by P Weitz, Karnac Books 2014.

About Carole Francis-Smith

I am a counselling psychologist working in private practice.

I currently provide therapy and supervision both face-to-face and online, run trainings for therapists considering working online (and other mental health/staff resilience areas), and business coaching for therapists setting up an online practice.

My doctoral research was in the Online Therapeutic Relationship from which I also became fascinated by online communications in broader contexts, especially where these impact on the work of therapists and the experiences of clients.

I have recently been taking a look at what can happen to compassion when communicating in online contexts and after a personal experience produced a set of Netiquette guidelines which have been adopted by several organisations. I

research and write articles which particularly focus on the therapeutic relationship in online spaces, and I look to support fellow therapists by keeping up with current dilemmas.



RESOURCES

COVID-19 (Coronavirus) Advice from ACTO for CLIENTS and NON-ACTO THERAPISTS

BPS - Responding to Coronavirus: Resources and Support

HCPC - COVID-19 hub

Brene Brown - Our adrenaline can't outpace Covid 19 advice (audio interview)

Safeguarding and Managing Risk through Digital Media BACP Online Interview:

RESOURCES

Netiquette Guidelines - Carole Francis-Smith

Compassion in a Time of Coronavirus Crisis: How Psychotherapists and Counsellors Can Help Clients Without Losing Themselves During the Pandemic

The reason Zoom calls drain your energy.

POEM - She Let Goby Safire Rose

The Chocolate Meditation



COVID 19 Telehealth course

Moving Your Practice Online

Training with Online Therapy Institute

Kate Anthony and Stephen Goss

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acadtherapy.online

onlinetherapyinstitute.com

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