

# **CORONAVIRUS: CONSIDERING OUR RESPONSES AND RESPONSIBILITIES (WEEK 14)**

- KATE DUNN & CAROLE FRANCIS-SMITH



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Learning Together Online

## **RESOURCE GUIDE**



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# BEHIND THE SCREEN SERIES

**WATCH WEEK 1 - 14 REPLAYS**

# 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.



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# ONLINE RESOURCES

**BLOG: COVID-19: The three stages of posttraumatic growth**

**Its not only about social distancing: the importance of airborne spread of Covid-19**

**Netiquette guidelines**

**HCPC - Applying our standards**

**BACP - FAQs: Coronavirus and your practice**

**BACP - FAQs: Coronavirus and counselling services**

# ONLINE RESOURCES

**BPS - Resilience and coping: supporting transitions back to school**

**BPS - Back to school: Using psychological perspectives to support re engagement and recovery.**

**BPS - Taking trauma related work home: Advice for reducing the likelihood of secondary trauma**

Online disinhibition Benign - Toxic

Suler, J (2016) Psychology of the Digital Age Cambridge: Cambridge University Press pp. 96-98

**[Write It Out Groups with Kate Dunn](#)**



# COVID 19 Telehealth course

## **Moving Your Practice Online**

Training with Online Therapy Institute

*Kate Anthony and Stephen Goss*

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# ONLINE TRAINING PROVIDERS

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

[acadtherapy.online](http://acadtherapy.online)

[onlinetherapyinstitute.com](http://onlinetherapyinstitute.com)

[onlinetrainingforcounsellors.com](http://onlinetrainingforcounsellors.com)





# Contact Kate & Carole / Website / Social Media

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