

6. Bölüm

Online Terapiler

Suna SOĞUCAK¹

GİRİŞ

Hızla dijitalleşen günümüz dünyasında, internet kullanımı, gündelik yaşamın neredeyse her alanında olduğu gibi, sağlık alanında da etkin hale gelmiştir. İletişim teknolojisindeki yeni gelişmeler, klasik psikoterapi uygulamalarına alternatif yeni uygulamaların ortaya çıkmasına neden olmuştur. Bilgisayar ve internet kullanımının artmasıyla, internet tabanlı psikolojik hizmetler veya diğer adıyla online terapilerin kullanımı hızla yaygınlaşmıştır (1). Online terapilerin, klasik psikoterapi uygulamaları ile karşılaştırması, sınırlılıkları ve etkinlikleri ile ilgili literatür bilgisinin kısıtlı olmasına rağmen depresyon, anksiyete bozuklukları, alkol ve madde kullanım bozukluğu, yeme bozukluğu, uyum bozukluğu ve ilişki problemleri gibi birçok durum için hâlihazırda online terapi yaklaşımları bulunmakta ve sayılarının giderek artması beklenmektedir (2). Çeşitli online terapi uygulamalarında, geleneksel psikoterapi ve danışmanlık uygulamaları ve klinik görüşme teknikleri temel alınmış olup, kullanılan teknoloji farklılık göstermektedir. Bu terapiler kullanıldıkları dönem ve iletişim teknolojisine göre farklı isimler almıştır. Bunlar; siber terapi (cybertherapy), e-terapi (etherapy), bilgisayar aracılığı ile psikoterapi (computer-mediated psychotherapy), çevrimiçi psikolojik danışma (online counseling); çevrimiçi terapi (online therapy), web danışmanlığı (web counseling), internet tabanlı psikolojik hizmetler (online therapy), uzaktan psikolojik danışma (distance counseling)” olarak farklı adlarla ifade edilmiştir (3,4,5).

Bu bölümde online terapilerin tarihsel gelişimi, etkinlikleri, kullanımlarındaki çeşitlilikler, avantaj ve dezavantajları ve uygulama esnasında karşılaşılabilecek etik sorunlar ele alınacaktır.

¹ Uzm. Dr. Psikiyatri, Erzurum Bölge Eğitim ve Araştırma Hastanesi, sogucaksu@gmail.com

Yine hasta için tedaviye uyum ve bağlılık, online ortamda daha zordur. Tedaviyi bırakma; oturumu kapatma, telefonu kapatma veya bağlantıyı sonlandırma ile kolaylıkla gerçekleştirilebilir (52).

SONUÇ

Online psikoterapilerin bazı dezavantajlarına ve tüm belirsizliklerine rağmen, çağdaş teknolojilerin gündelik hayata etkisinin artışı ile birlikte daha çok kullanılmaya başlanacağı düşünülmektedir. Son dönemde özellikle 2020 yılında Covid 19 pandemisinin etkisi altında online psikoterapi ve danışmanlık hizmetlerine başvurunun hızla arttığı düşünülürse, etkinlik ve klasik psikoterapiyle karşılaştırma çalışmalarının yapılması, uluslararası ve ülkeler bazında ulusal mevzuatların oluşturulması, etik ilke ve standartlarının belirlenmesi gerekmektedir (53).

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