

Bölüm 10

Terapist ve Yazılım Destekli Çevrim İçi (Online) Psikoterapi Uygulamaları

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Giriş

Teknolojinin gündelik yaşantımızın hemen her alanında yer alması ve bilginin daha kolay ulaşılabilir hale gelmesi, internet teknolojisinin diğer gelişmeleri de kapsayıcı bir hızda gelişimi ile dijital bir çağda yaşadığımızı her gün yeniden fark ediyoruz. Dijital sağlık uygulamalarının yaygınlaşması, hekimlerin tanı ve tedavi sürecinde kolaylaştırıcı rol oynamanın yanı sıra hekim-hasta iletişiminde ve çoğu branşta birçok klinik uygulamanın düzenlenmesinde teknolojinin yaygın olarak kullanılmasını da beraberinde getirmiştir (19).

Teknolojik gelişmelerin ruh sağlığındaki yeri ve kullanım alanları ise teletıp hizmetleri içerisinde genel anlamda daha az bilinen bir yerde durmaktadır. Terapistlerin danışanlarıyla iletişim kurmak adına e-mail, SMS (kısa mesaj servisi), eşzamanlı video paylaşımı ya da görüntülü görüşme imkanı sunan uygulamalar gibi yöntemlere başvurması günümüzde olağanlaşmış olsa da internet üzerinden yapılandırılmış bir görüşme yapmış olma olasılıkları daha azdır (1, s. 176).

Değerlendirmenin vazgeçilmez parçası olan fizik muayenenin yerini tam olarak alamasa da, telepsikiyatri ve online psikoterapi

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