

Computer-mediated psychotherapy: Present and prospects

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Computer-mediated psychotherapy (CMP) covers a large range of practices, distributed on a continuum from computer therapy (when a client interacts only with digital media) to computer-assisted therapy (when traditional psychotherapy is arguably enhanced by the client's interaction with computer-systems, during or between traditional psychotherapeutic sessions). We claim that CMP is not only a technological innovation but it has profound implications for the theoretical foundation of psychotherapy, the training of psychotherapist and the ways psychotherapy is delivered. It could be much better integrated in a stepped-health care system. We argued that e-learning and blended-learning are "illuminating metaphors" for the understanding and development of CMP. We illustrate through a multi-users platform for prevention and psychotherapy of anxiety (PAXonline) the architecture, content, and usability of a CMP system. Future challenges for the CMP research and practice are carefully put under scrutiny.