



## Telephone and Internet Counselling Interest Group

# UPDATE

10 September 2005

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Will the internet change the way we provide Psychological Therapy?

**1) New internet reporting Laws** - [www.netaalert.net.au](http://www.netaalert.net.au) ISPs (Internet Services Providers) in Australia will soon face large fines if they are aware their computers are being used in relation to child pornography and they do not report the details to the police.

The penalties range from \$11,000 (individual) and \$55,000 (body corporates) if they do not make the report in a reasonable amount of time.

**2) I/O psychologists get wired** - Presenters explored the possibilities--and limitations--of new assessment technology at the Society for Industrial and Organizational Psychology conference [www.apa.org/monitor/julaug05/wired.html](http://www.apa.org/monitor/julaug05/wired.html)

Emerging technologies, such as computer-based simulations and personal digital assistant-administered surveys may change the way businesses provide training and job-candidate assessments, said presenters at the annual conference of APA Div. 14--the Society for Industrial and Organizational Psychology (SIOP)--held in Los Angeles, April 15--17. However, whether such technologies improve on older, pen-and-paper techniques depends on I/O psychologists' involvement and expertise, said SIOP President Fritz Drasgow, PhD, a psychology professor at the University of Illinois at Urbana-Champaign.

**3) Patients records at risk from computer hackers** (Ozdoctor 23 8.05)  
The patient records belonging to GPs signed up to Broadband for Health could be vulnerable to hackers, computer viruses and spy software, a primary care IT expert has warned. For details see:  
<http://www.australiandoctor.com.au/articles/60/0C035F60.asp>

**4) Interest Group – AGM Breakfast Meeting**

Time: 8 am – 10 am

Date: Wednesday, 30 November 2005

Place: Sydney Counselling Centre Meeting Room – Parramatta  
(Goth Whitlam Plaza: Level 1, 20 Wentworth St. Parramatta)

Presenter: **Bill Campos**

“Future Directions of Psychological Services provided via technology mediums” **Presentation/ discussion.**

**Nominations now open: You will receive a nomination package, if not please see APS interest group webpage for details**

**5) Member Resources now available from TICPIG webpage:**

Group Updates and the article about the group's formation are on the Publications page:  
[http://www.psychology.org.au/units/interest\\_groups/tibcp/publications.asp](http://www.psychology.org.au/units/interest_groups/tibcp/publications.asp)

New content is also available from the Member Resources page,  
[http://www.psychology.org.au/units/interest\\_groups/tibcp/member\\_resources.asp](http://www.psychology.org.au/units/interest_groups/tibcp/member_resources.asp)

**6) e-counselling – Relationship Australia:** Since there's no body language online, people often use smilies to show their emotions, or narrate their actions. Here are some useful symbols that you or your counsellor may use during a chat session.  
[www.relationshiphelponline.com.au](http://www.relationshiphelponline.com.au)

- ... (elipsis) If you have more to say, but want to get part of your thoughts on screen, end your post with ..., press SEND, then continue with your post.
- WB = Welcome Back
- BTW = By The Way
- IMO = In My Opinion
- BRB = Be Right Back
- AFAIR = As Far as I Remember
- B4N = Bye For Now
- DK = Don't Know

Most common smilies: :) = smile      :( = frown      :'( = crying

You and your counsellor should wait for each other to finish before replying. Getting into a good rhythm prevents you going off-track

**7) Professor Gerhard Andersson, Linköping University, Sweden**

**Will the Internet change the way we provide psychological therapy?** Researchers who study the effects of cognitive-behavioural therapy have a longstanding tradition of exploring self-help approaches. However, an early observation was that effective delivery of self-help required some kind of guidance, often in the form of telephone support.

Since the advent of the Internet, and its spread into the daily life of patients and clinicians, the notion that the Internet might be used to deliver minimal contact therapy interventions has been researched, and the results are difficult to ignore as they show very promising outcomes. More info: [www.apsconference.com.au](http://www.apsconference.com.au)

We welcome any feedback regarding this UPDATE, which you can provide by replying to this e-mail.

Kind Regards  
Bill Campos  
Group Convener

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