Virtual Conference: Call for Posters-AshCL12WK3D2

Student’s Name:

Institution:

Lecturer:

Poster Title: The Impact of Digital Technology in Psychotherapy

Author Information:

Abstract

The objective of this poster presentation is to establish how the digital technology impacts the psychological treatment and dissemination. The research study by Richards et al. (2018) evaluates diverse perceptions from different therapists regarding the use of such innovations, as compared to the traditional therapeutic techniques. The investigation employed the posttest experimental research design to collect and to analyze the views from different care providers (Richards et al., 2018). In this case, the researchers adopted the random sampling technique to assemble six psychotherapists and seven patients as the most appropriate participants for the investigation. The findings from the research showed that the use of digital technology in psychotherapy increases connection with the clients, regardless of their locations. Besides, it boosts the therapeutic intervention, as it inspired guided empowerment (Botaitis & Southern, 2020). Nonetheless, the investigators established that the adoption of such techniques depends on the therapist preference and compatibility with the client needs and desires.

The literature review establishes the relevance and the reliability of the digital technology in therapeutic interventions. The researchers found out that the advanced mobile and web‐based interactive technologies heighten the engagement with the patient. Fairburn & Patel (2017) argue that digital interventions have had significant impact in addressing various psychological issues such as depression, anxiety disorders, and insomnia. The psychologists are finding it easier to interact with patients from remote locations due to the increased accessibility of the internet and digital gadgets such as Smartphones and computers (Fairburn & Patel, 2017). The implication of the study is that it reveals the limitations of the traditional face-to-face therapeutic interventions. The investigators establish that the in-person treatment is time-consuming and expensive. Besides, it is inconvenient for people from minority social backgrounds, as it limits the adolescents, elderly, and the disabled from voluntary access to treatment.

How are conference presentations professionally relevant?

The conference presentations are professionally relevant, as they provide the opportunity to learn and to acquire new information. In increases the availability of data and research findings on certain topics, which could take long in developing peer reviewed publications. Besides, the conference presentations provide room for knowledge acquisition and expansion as individuals improve their understanding of critical issues within their career fields. It allows the colleagues to critic, ask questions, and to make recommendations about your presentation. Lastly, it creates a platform for collaboration with other professionals and scholars; hence, increasing the exploration of the trends within your career field.

What elements of the proposal process were most difficult for you, and why?

The most difficult element of the proposal was to establish an appropriate abstract that constitutes the objectives, method, results, conclusions, and implications. It is a stage that demands for critical analysis of multiple issues regarding the research topic, to formulate a comprehensive conclusion. Besides, I was anxious when presenting the proposal to my colleagues, due to the fear of contradicting questions and responses to my presentation. The difficulty is attributed by the capacity to convince the audience about relevance and accuracy of the research findings. Therefore, it demanded that I include evidence-based and practicable information that increase their understanding of the presentation.

What positive outcomes do you anticipate will come from this process, which may be applied to potential work settings and/or doctoral programs?

I anticipate positive outcomes from this process, to enhance the potential work setting on psychotherapy and the doctoral programs. Therefore, I expect that the practice will inspire collaborative and integrative care, where the clinical professionals share knowledge and skills in their practice (Raney, 2015). Besides, I anticipate that the process will disseminate critical information on psychological interventions.

References

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