

Creating Connection From a Distance: Making Virtual Psychotherapy a Relational Experience

Presented by
Janina Fisher, PhD

Wednesday, April 8, 2020 *VIA LIVE INTERACTIVE WEBINAR* 10a.m — 12 noon EST

Overview

In this 2- hour webinar, Janina addresses the challenges for therapists and clients in embracing virtual therapy. In the current climate of fear and isolation that equally affects us all, therapist and client are often struggling with the disconnected experience of online therapy. Without the relational contact that is the heart and soul of psychotherapy, virtual sessions can feel distant and impersonal. Janina maintains: “telehealth” does not HAVE to feel distant!

You will learn how to overcome the limitations of online technology to make virtual sessions a warm and relational experience. You will gain insight into how even body-based modalities like Sensorimotor Technique and EMDR can be effectively practiced online.

This webinar offers:

- Practical tips for making virtual psychotherapy feel personal and connected
- Interactive neurobiological regulation strategies: using our nervous systems to regulate the client’s nervous system
- Resources for helping clients tolerate fear and loneliness

Continuing Education Certification - 2 hours No Post-Test

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Objectives: Participants will be able to describe :

- • Challenges for clients and therapists of virtual psychotherapy and how to overcome them
- • 3 helpful ways to decrease technophobia
- • Effective interventions for regulating autonomic dysregulation
- • Techniques that increase tolerance for fear and stress
- • Social engagement systems and how to leverage these for virtual therapy sessions

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- Rehabilitation Counselors
- Graduate Students

Janina Fisher, PhD

Janina Fisher, PhD, is a licensed clinical psychologist and an instructor at the Trauma Center, an outpatient clinic and research centre founded by Bessel van der Kolk.

Known for her expertise as a therapist and consultant, she is also past president of the New England Society for the Treatment of Trauma and Dissociation, a faculty member of the Sensorimotor Psychotherapy Institute and a former Instructor of Harvard Medical School.

Her publications include *Healing the Fragmented Selves of Trauma Survivors: Overcoming Internal Self-Alienation*. Dr. Fisher lectures and teaches nationally and internationally on topics related to the integration of research and treatment and how to introduce these newer trauma treatment paradigms in traditional therapeutic approaches.