

Zoom Fatigue: Considerations For Psychodynamic Therapists

Presenter: Ellen L. Wright, Ph.D.

Location: Live Webinar- NOTE: Participants Should Be Aware That This Webinar Will Be Recorded

Meeting Dates/Time:

January 27, 2021 6:00-8:00 p.m.

February 24, 2021 6:00-8:00 p.m.

CE's: 4

Cost: \$60

WEBINAR DESCRIPTION:

Modern analytic theory has much to contribute to crafting new theory and technique when working in the virtual realm. One area of critical importance is understanding and combating "Zoom fatigue." This webinar will explore Zoom fatigue as a multi-layered phenomenon involving the stresses of creating a therapeutic environment virtually; the increasing complexity of maintaining the emotional alliance without the assistance of physical presence; increased activity required to fill in the voids created by a one-dimensional connection; and the complexity of working with intuition and countertransference reactions in the virtual realm.

Utilizing experiential and didactic formats, this webinar will explore and experientially demonstrate the following topics: 1) the impact of the loss of the leader's physical proximity on the relational connection; 2) methods that establish a virtual "holding environment" for virtual therapy; 3) important changes in the virtual therapy contract; and 4) unique countertransference reactions engendered by the virtual treatment setting.

WEBINAR OBJECTIVES:

This Webinar is designed to help you:

- 1) List 2 components of "Zoom fatigue";
- 2) Compare and contrast the in-person therapeutic contract and online therapeutic contract;
- 3) Analyze the role of physical proximity on the therapeutic alliance;
- 4) Analyze unique countertransference reactions that occur in the virtual treatment setting.

About the Presenter:



Ellen Lack Wright is a licensed Psychologist and Certified Psychoanalyst in private practice in Philadelphia. Dr. Wright pioneered the development of group techniques for patients with physical illnesses and expanded the scope of psychotherapy to previously therapeutically resistant populations.

Dr. Wright is a founder and faculty member at the Center for Group Studies in New York City and a Senior Supervising and Training Analyst at the Philadelphia School of Psychoanalysis. A dynamic and engaging instructor and supervisor, Dr. Wright has lectured nationally and internationally and authored papers on innovative applications of psychoanalytic techniques.