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Staying Connected (or not) in a Digital  
Psychotherapeutic Context:  
Opening Windows and Creating  
Opportunities  
for Different Connections

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**IN·EV·I·TA·BIL·I·TY**

noun;

the quality of being certain to happen.



**Choice**

FEELINGS



good



bad



happy



sad



angry



tired



surprised



energetic



hungry



thirsty





To open a dialogue on how

I, the therapist, with  
the help with the **counselees**  
managed to **maintain**  
our therapeutic **relationship**

and

**flourish** through it

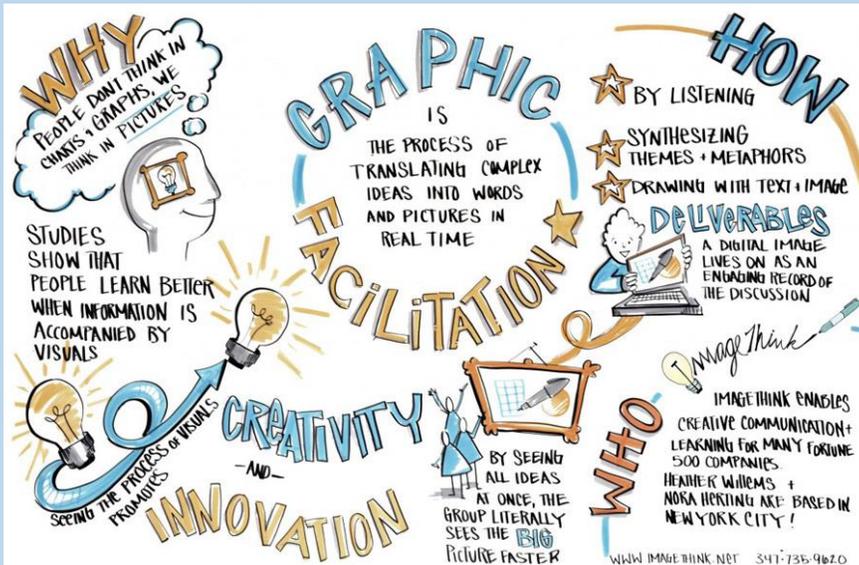
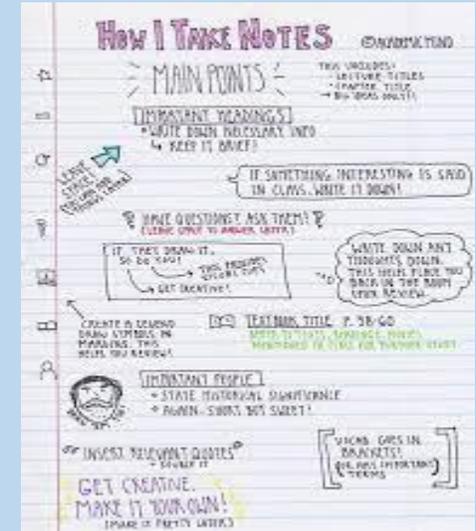
# The Grand “How” Question

That is, how staying home  
staying in front of the computer  
**did not** snatch away the opportunity  
to stay in connection with each other.



# The Process

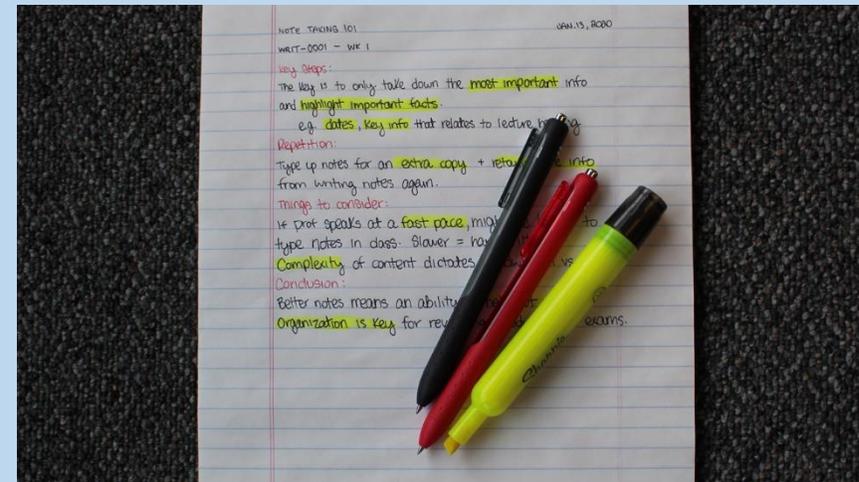
To understand the process better, I started taking notes on **what** was happening and **how** it was happening in session.



# The Process

Invited my clients to do the same.

Thirty (30) clients agreed to participate in this connection-tracking process.



# The Process

We would keep track of our therapeutic connectedness and share notes after each session ended.



# The Process

We would compare our **thoughts, feelings, bodily reactions,** trying to figure out **our** connecting patterns.



We were interested in the **connection process itself** and how we managed to maintain a multi-dimensional context within a digital environment.



# The Process



The notes created agreed-upon **thematic categories** and those categories created further windows for conversation.



And those windows cleared the way of how we understood each other or missed to do so, felt for each other or missed to do so, listened to each other or missed to do so.

# Emerg-ing Grand Categories

1. Connecting Understandings
2. Connecting Feelings
3. Connecting Listenings

# Examples

## 1. Connecting Understandings

### Subcategories:

#### a. “Investigating step”

how do we understand each other?

(investigating questions) i.e. How do you mean that? Could you repeat that?

How do you connect that with your present life phase? Where does it take you?

What is your meaning of that?



#### b. “The missing knot”

What is it that I am missing that if I were to magically grasp it, you would feel completely understood



#### c. “Meta-understanding”

Understand the “difficulty of (one’s) difficulty”



# Examples

## 2. Connecting Feelings

The seesaw process: staying in the loop  
from a different position



### Subcategories

#### a. “Back to the basics”

staying in the present: Feelings in the here and now  
(and if appropriate) connecting them with other life phases

here&  
Now

#### b. “-ing”: Normalizing, verifying, reassuring



# Examples

## 3. Connecting Listeners

Connecting the listening tubes:  
How do we listen to each other



### Subcategories



#### a. “Checking points”

i.e., is that what you meant?, are we together on this?)

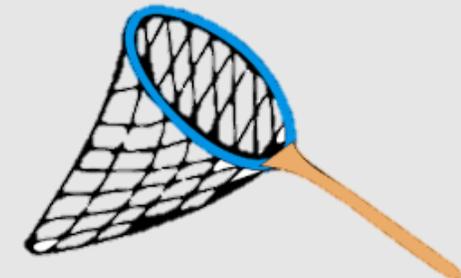


#### b. “Expressing curiosity”

How did you manage? How did you do it?

#### c. “Expanding the listening net”

Tell me more”/”let me tell you more



# Pending Results

- It is widely accepted through research that therapeutic relationship goes far and beyond skills, techniques and therapy schools.
- I, for sure, a pre-covid digital skeptic can affirm that tx relationship goes far and beyond skills, techniques, tx schools *and* digital parameters.
- Inevitability made me move back to the basics with pauses, question marks on our mutual understandings, feelings and listenings by taking the time to not take the Tx process for granted.

# Pending Results

- The context has indeed changed. As long as we wanted to maintain the vibrant value of Tx relationship, my clients and I needed to take care of the context by paying attention to our *connecting patterns* with it, with ourselves, and with each other.
- *Connectedness* is the tool that makes the difference and we need all the difference we can create in order to stay connected.

THANK  
YOU!

