

A Global E-psychology guide

A.S.DRIGAS, L.G.KOUKIANAKIS, J.G.GLENTZES

Abstract: The usage of ICTs' which are considered as a new alternative for teaching/learning processes, assessment, counselling, intervention, personal, emotional, vocational training etc, and which are focused on psychological-related problems creates what is known as E-psychology. E-psychology offers access to large end user communities and is appropriate for large screening of population, offering access via a more personalized and adaptive way to single end user-supported person. On this article we present an e-course platform and e-guide, related with e-psychology services. The present e-course provides integrated and structured information content, organized in three broad categories. The first one is concerning published scientific papers which analyze and present the current offered e-psychology services (diagnosis, assessment, therapy, counseling and intervention) via exploitation of ICTs'. The second one respectively, presents a set of Internet resources concerning e-psychology and its services in a general level. Particularly, in this category the included information is focused on the history of e-psychology, the e-communities available and the academic institutions offering either online courses or conventional studies. Furthermore, related journals and useful internet links which offer services such as e-psychological tests, e-therapy and e-counseling are presented. The third of the three categories has to do with the material about e-psychology and mental health like: general information, magazines, academic/non-academic institutions and software.



26th
International
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Psychology

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International Association of Applied Psychology
Hellenic Psychological Society - Association of Greek Psychologists

Under the aegis of the President of the Hellenic Republic, Mr. Karolos Papoulias

“ A Global E-psychology Guide ”

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Net Media Lab Activities

- Is involved in the development of the **academic and research network** of Greece since 1985
- E-services such as **e-learning, e-culture, e-commerce, e-business, e-procurement, e-testing, e-government, e-health and e-psychology**
- Has been running more than **30 Projects** in the last 5 Years at National and International Level
- Is active as a **counselor for e-services** (design, development & running) for various organizations and Ministries of Greece since the early 1990s



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The use of ICTs which are considered as a new alternative for teaching/learning processes, assessment, counseling, intervention, personal, emotional, vocational training etc, and which are focused on psychological-related problems creates what is known as e-psychology.

E-psychology offers access to large end user communities and is appropriate for large screening of population, offering access via a more personalized and adaptive way to single end user-supported person.

Today we present an e-course platform and e-guide, related with e-psychology services. The present e-course provides integrated and structured information content, organized into three broad categories.



“A Global E-psychology Guide”

1. Published **Scientific Papers** which analyze and present the currently offered **e-psychology services** (diagnosis, assessment, therapy, counseling and intervention) via the exploitation of ICTs
2. A set of **Internet resources** concerning e-psychology and its services at a general level. In particular, the information that is included is focused on the **history of e-psychology**, the **e-communities** available and the **academic institutions** offering either **online courses** or **conventional studies**. Furthermore, related **journals** and useful Internet links which offer services such as **e-psychological tests**, **e-therapy** and **e-counseling** are presented
3. Material about e-psychology and **mental health** such as: **general information**, **magazines**, **academic/non-academic institutions** and **software**



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1. E-Psychology and Tele-psychology

For better understudying of what **tele-psychology** and **e-psychology** is, we must first say what psychology is: Psychology is the scientific study of the brain and behavior. It is a **science** and a **practice**.

As **scientists**, experimental psychologists conduct research to help understand why **people think, feel, and behave** the way they do. As clinicians, counselors, or other practitioners, psychologists apply scientific **understanding** towards helping individuals, institutions, and society to deal with issues relating to **human behavior** and **happiness**.

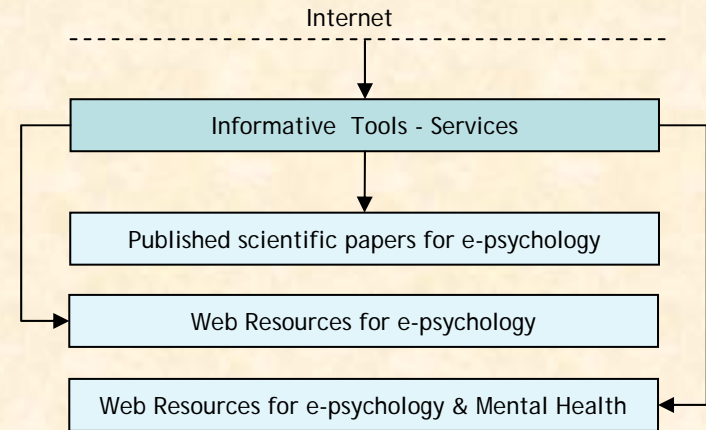
Now tele-psychology and e-psychology is the **use of Information and Communications Technologies (ICTs)** to enable the practice of diagnostic psychology between geographically separated individuals.



2. The E-course Platform Structure

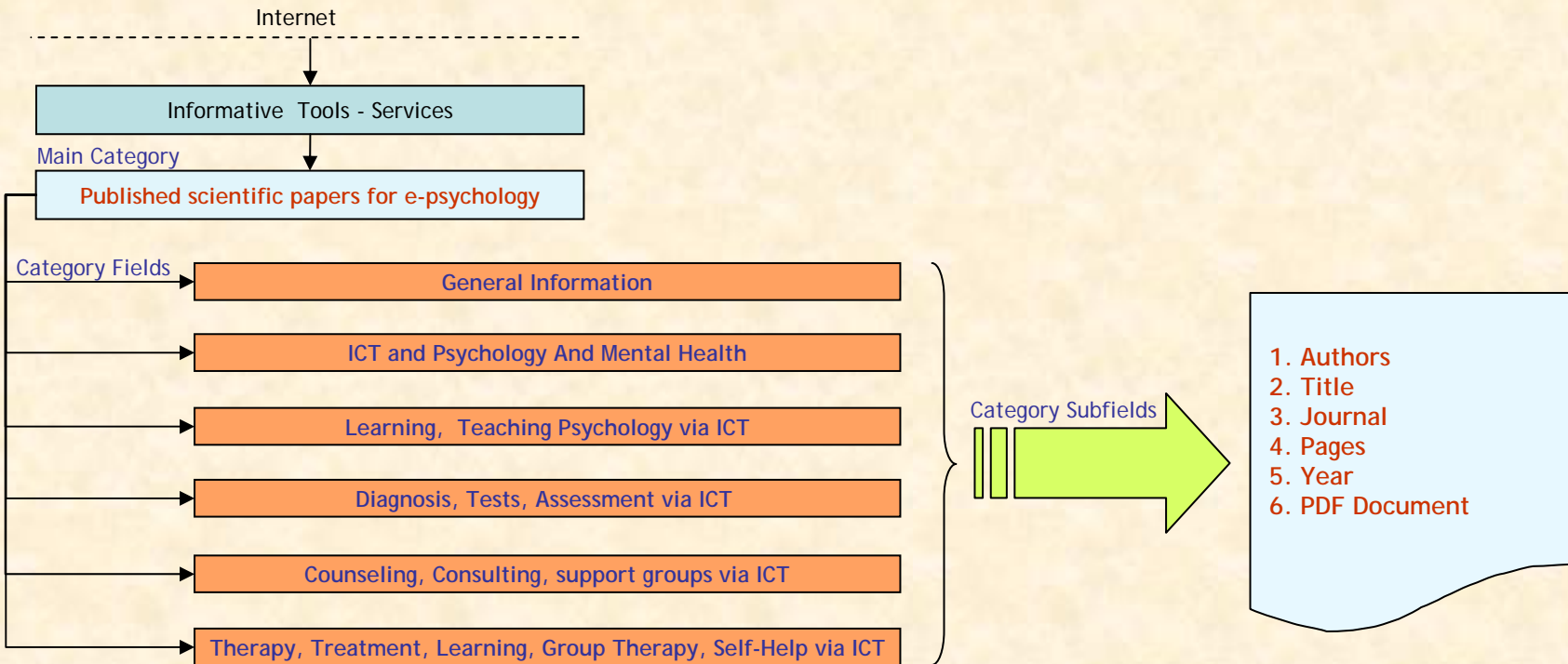
The environment includes three general services categories, namely,

- Published scientific papers for e-psychology
- Web Resources for e-psychology &
- Web Resources for e-psychology & Mental Health





3. Description of the Thematic Sections





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3. Description of the Thematic Sections





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4. Conclusions

Advances in computer technology and the Internet will continue to revolutionize patients' access to information. This study suggests that the Internet shows promise of being an **educational** and **therapeutic tool** for supported persons. Finding effective and accessible ways of working with **small groups**, **individuals** and their **families** so that they benefit from the **information available** is one of the challenges facing the health care team.

Libraries in general are currently enjoying a renaissance of public interest due in large part to the Internet. The advantages of the presented system can be summarized as follows:



4. Conclusions

- It is a **new alternative** for the teaching-learning processes.
- Access to the Internet is **available** through **home, institutional, or public** computers.
- Frequently **updating** the web page motivates users.
- This is an **efficient tool** to assess aptitudes, interests, values, and to identify occupational alternatives and collect information on the occupational marketplace.
- It allows **offering academic services** that support career election and decision.
- **Virtual orientation and counseling** are provided through chat and e-mail modes.
- The **Virtual Psychological Consultation** is a preventive, rapid and free alternative service.
- Implementation of Virtual Psychologist Consultation depends on **pre-established strategies** that guarantee their effectiveness.
- Virtual Psychologist providers **require specialized** instruction and training.
- The Internet is a tool that could be used to address the massive **worldwide impact of behavioral health problems** such as smoking.



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