
ABSTRACT

Online therapy as an option for therapeutic structure in dynamic psychotherapy

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In recent years, psychodynamic psychotherapists have begun to conduct online therapy. However, because being together is considered to be an important factor that drives dynamic psychotherapy, many analysts are critical of online therapy. Many take the stance that it is only a temporary alternative method to face-to-face interviews. In this paper, I examine the meaning of online therapy in terms of the theory of therapeutic structure. The results suggested that online interviews have the power to create the illusion of a sense of togetherness. In addition, from the perspective that “good enough violence” and “good enough distance” are necessary for a lively intention towards life, it was shown that there is no uniform therapeutic structure suitable for all people, and that there are clients for whom online therapy is “good enough.” Therefore, it was concluded that online therapy is not just an alternative in psychodynamic psychotherapy, but an option that should be considered as a positive prescription.

Key Words: dynamic psychotherapy, online therapy, therapeutic structure, sense of togetherness, good enough distance
