
Abstract

The psychotherapeutic process of an adolescent male with social anxiety disorder shifting from remote to face-to-face sessions

NAGATA, Shinobu
Shujitsu University

This paper discusses a face-to-face cognitive behavioral therapy (F2F-CBT) interview process with an adolescent male who had difficulty attending college due to social anxiety. The client had received remote CBT before interviewing with the author but had not improved. The client was switched to a F2F-CBT interview and practiced the same behavioral tasks as those in remote CBT. Through F2F communication with the therapist, he became aware of his perfectionist thinking and was able to become more assertive toward his parents. When asked in the final interview whether he would prefer remote or F2F-CBT to address other problems, he said he would start with F2F therapy to get to know the therapist and then move to remote treatment. Therapists practicing remote or F2F-CBT should be aware of the benefits and limitations of both methods and the impact of changing the interview process. They should also be skilled in explaining the functions of each to the client. Furthermore, a system that allows clients to choose between remote and F2F therapy is a future requirement.

Keywords: cognitive behavioral therapy, remote and face-to-face, social anxiety disorder
