AVATAR IDENTITIES

Dr Kate Anthony, FBACP

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The Online Therapeutic Relationship
- Presence
- Disinhibition
- Anonymity
- Fantasy

Applicable to all technologies at different levels
Creating an education programme that doesn’t send practitioners running for the hills
Why use VR for Mental Health?

- Disinhibition – away from what we hear in the media – has positive, freeing, effects.
- Able to explore the psyche and the often hidden parts of ourselves in order to grow
- Able to find the person behind our defences
- Able to reach those who are – or feel – unreachable by traditional means
- Understanding how people behave and why they use VR (and how it affects them) allows us to empathise, model and explore safely
"Has Kate Anthony lost the plot?" (2002)
Understanding Cyberculture

- Society has changed in ways that are often uncomfortable for those who remember a world pre-Internet and mobile technology.
- The Culture of Cyberspace is often unfamiliar and confusing if one tries to apply offline societal norms to the online world.
- What is essential is to recognise that technology and the changes in culture it brings should be embraced if we are to find our virtual selves sitting comfortably within it.
“We do believe, as an Institute, that embracing cybertulture and working to fully understand how and why people behave differently online in light of the lack of physical presence is one of the most important facets of our work. We are already looking ahead to how we shall behave when holographic technology allows us to communicate at a distance while retaining the physical presence, and where the [current theoretical thought of online behaviour] will fit with that, if at all.”

Anthony & Nagel, 2013

MSc Cyberculture (2014)

- Culture of Virtual Living (inc. Ethics)
- Specific Platforms
- Research & Theory
- Case Studies (films)

- PGDip
  - (Project Design)
- MSc
  - (Project Implementation)
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