

Russian Psychodrama Association PD online section.

## Online Ethics

O.1. Psychodramatists are responsible for deciding the relevance of the use of online-psychodrama according to the working environment of each client. When making a decision about working in an online format, the psychodramatist should take into account security limitations, the client's topic and the reliability of the connection. Psychodramatists shall decide whether to allow the client to participate in group online work, taking into account the specific conditions of the client, his personality and group.

O.2. If the psychodramatist and client are in different countries, the psychodramatist must inform the client that the activities of the psychodramatist are regulated by the laws and organizations of the psychodramatist's country.

O.3. The psychodramatist must alert the client to the fact that online space and electronic communications are essentially more vulnerable in privacy than face-to-face meetings.

O.4. In online work, the psychodramatist should pay special attention to discussing with the client all the details of the contract. The online format has significantly more aspects that the client and the therapist may perceive differently. This includes: the need for a separate room, the absence of other people in it, the inability to combine therapy with other activities, and so on. Special attention should be given to payment issues when the psychodramatist and the client are in different countries.

O.5. Additional attention should be given to creating security in online work (group and individual). In online work, the therapists need to explain to the client that creating a safe environment requires action from the client's side as well. The therapist should make an extra effort in comparison to face-to-face work, for example, by instructing group members on what steps to take to ensure the confidentiality of the whole group.

O.6. A therapist should be aware that his or her publications on the Internet may have an impact on the therapeutic relationships with clients. A therapist should reasonably choose the degree of self-representation in the public space, taking into account the specifics of their clients and treatment progress. The therapist should seek to eliminate the risk of

harm to the therapeutic relationships as a result of his or her public self-representation.

O.7. The common information space created by modern media has significantly increased the potential damage that can be caused to the reputation of a certain psychotherapist, as well as to the whole psychotherapy or psychodrama. A psychodramatist should show respect for all psychotherapists, regardless of whether he or she agrees with the approach of a colleague. Psychodramatists should respect all methods of psychotherapy by sharing the EAP approach, equal recognition and respect for both forms of psychotherapy: 1) focused on client relationships and 2) experimentally validated approaches in psychotherapeutic work.

O.8. The therapist needs to be aware that his/her publications or advertisements on the Internet can influence the attitude towards psychotherapists, psychotherapy and psychodrama in the eyes of others. This applies equally to professional publications on the Internet, as well as to personal notes on open or closed pages and any other behaviour on the Internet. Therapists should understand that public disputes on the Internet can have a huge impact on the reputation of all psychotherapy and psychodrama than disputes in a professional environment. Therapists need to take care that psychotherapy has a good reputation.

O.9. Therapists should pay special attention to the fact that publications about psychotherapy may be used by people with mental disorders for self-diagnostics and self-help and may be a reason for them to refuse to seek help. The risks to the lives and health of clients with mental disorders caused by the massive spread of information about these disorders should be taken very seriously.