

Remote treatment with children and adolescents (ReKi) – consequences of the COVID pandemic for the psychoanalytic treatment of children and adolescents

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This exploratory study aims to examine the consequences of the COVID pandemic for the psychoanalytic treatment of children and adolescents. Due to the high risk of an infection the direct contact between patients and their therapists, which is usually considered indispensable, became a potential threat with the onset of the pandemic. In order to avoid the interruption of the psychotherapeutic relationship, the use of video or telephone became an essential alternative. However, the implementation of the remote treatment was quite abrupt and led many therapists to the question of how the therapeutic process might be continued using this technology-based communication.

Therefore, the planned study aims to interview psychotherapists about their experiences with remote treatment. In addition, adolescents and young adults in treatment will be interviewed about their experiences with the remote setting. Overall, we aim to reveal benefits and boundaries of remote treatment.