

The Spooky, Loosely Regulated World of Online Therapy

Part1: warm up

Ex1. Look at the comic strip below. How do you understand it? Do you find it funny?



source: <https://atapestryofwords.blogspot.com/2011/09/lighter-side-of-psych-bluffing-it.html>

Ex2. Discuss the following questions with your partner:

1. Do you know anyone who has ever used the help of a psychologist?
2. Do you think that the demand for such services has increased because of the pandemic?
3. Would you consider consulting a psychologist online? Or would you only decide on a face-to-face session?

Part2: reading

Ex3. Read the article below about the online therapy and answer the questions:

https://jezebel.com/the-spooky-loosely-regulated-world-of-online-therapy-1841791137?utm_source=pocket&utm_medium=email&utm_campaign=pockethits

1. How do apps such as Better Help work?
2. What are the advantages of using such apps over standard therapy?
3. Are there any disadvantages?
4. What kind of data are collected?
5. Is this industry of online medical help regulated?

Part3: vocabulary

Ex4. Look at the expressions from the article and try to match them with their definitions:

1. conduit	a. not defined clearly
2. vague	b. the ability to keep or continue sth
3. bring up	c. tendency to like sth especially morally wrong
4. barred	d. someone or something that connects
5. deft	e. blocked, banned
6. retention	f. exposing, revelation
7. proclivity	g. talk about, mention
8. disclosure	h. skillful, clever or quick

Ex5. Now fill in the gaps with an appropriate expression from the previous task:

1. They arrived at the house to find the door locked and
2. A captain is the between the coach and the players.
3. He's very at handling awkward situations.
4. Customer is the key to profitable growth.
5. I do have a memory of meeting her many years ago.
6. The newspaper made damaging of management incompetence.
7. She's always her health problems.
8. Sexual of celebrities can be bizarre.

Ex6. Discuss the following questions with your partner. Make sure you use the key vocabulary from the previous activities.

1. Are there any topics which you try not to **bring up** in conversation?
2. Name 3 things you are **deft** at.
3. Are old and abandoned buildings in your city/town usually **barred**?
4. What factors are crucial for employee **retention**?
5. Have you ever acted as a **conduit**?

Part4: speaking

Ex7. After reading exchange the opinions on the following questions with your partner:

1. Did any of the information from the text surprise you?
2. Would you consider using an app such as Better Help?
3. Should this industry be regulated?
4. Are those apps any different from other app which collect your personal information?

Part5: homework

Ex8. Make sure to practice your vocabulary with some flashcards:

<https://quizlet.com/pl/627402558/the-spooky-loosely-regulated-world-of-online-therapy-flash-cards/>