

## **E SZÁMUNK SZERZŐI**

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## ENGLISH ABSTRACTS

### PÁL KŐVÁGÓ: *Transitional spaces, transitional realities*

Our current issue titled *Transitional spaces, transitional realities* focuses on various aspects of a special transitional space called virtual reality or more commonly the Internet and phenomena such as cyberbullying, online harassment, online counselling and video game use.

**Keywords:** *potential spaces, potential objects*

### FANNI BÁNYAI, MÁRTA FÜLÖP: *Psychological approaches of the use of video games*

The aim of this paper is to give an overview of the trends and results of recent research in connection with video game use. Based on video game usage trend and the general sociodemographic factors of gamers, it has become apparent that the gamer population is becoming more and more diverse in terms of gender and age. This could lead to different individual habits and preferences in video game use. Due to the substantial amount of violent video games released every year, prior studies primarily focused on examining the impact of video games on aggression. However, recent research began to address the issues of personality and motivational characteristics of gamers. Therefore, this paper discusses the potential methodological issues in video game studies in connection with the personality of gamers, video game engagement, motivational processes and excessive use of games.

**Keywords:** *motivation, video games, video game genres, video game usage, online, problematic video game use*

### TAMÁS SEBŐ, MÁRTA SZENES, KATALIN LANTOS: *The characteristics of the psychological counselling in the online correspondence*

The aim of the study is to present the University of Szeged Life Counselling Centre's experiences and the characteristics of the online psychological counselling existing since 2010. In the service called "Léleknavigátor" ("Soul navigator") professional educated helpers correspond with undergraduated clients who need help. The study first introduces the theoretical background of online counselling. Then the authors present how the

specialities of online space (anonymity, disinhibition effect, effect of writing) show up in the feedback of the letter-writers based on a pilot study and on a concrete case study as well.

**Keywords:** *life counselling service, online counselling, disinhibition effect, anonymity, e-mail*

**ÁGNES ZSILA, ADRIENN UJHELYI, ZSOLT DEMETROVICS: Online harassment in the view of the recent literature**

Today, the internet is one of the most relevant sources of information and communication. It provides several advantages for the users, but it can be the source of threats as well. It may be particularly harmful by such negative experiences like harassment, aggression and the sharing of fake information, which have become increasingly common among adolescents in the past decade. The aim of this study is to provide an overview of research directions and findings of recent literature on cyberbullying. The authors depict the related definitions, examine the similarities and differences between cyberbullying and traditional bullying, and describe the potentials and risk factors of social networks. The authors discuss the characteristics of specific groups involved in online harassment from the perspective of emotions and social connections. Possibilities of prevention and new research directions are also presented.

**Keywords:** *online harassment, cyberbullying, internet, affective factors, prevention*

**JÓZSEF TÓTH: Therapy.Net**

The increasingly digital world of today affects all areas of life, including the therapeutic situation. The study attempts to present the contrast between online presence and therapeutic situation, touching upon the vanishing of privacy, becoming defenseless and the increasing danger of vulnerability resulting from online posts. It also includes the phenomena of online presence used for strengthening one's self-image and the emotional incontinence that goes hand in hand with it so often. The study also addresses the peculiarities of the digital generation and discusses controversial issues of online therapies.

**Keywords:** *Internet, Facebook, Therapy Contingences of self-worth, private sphere, discrecy*

**TIHAMÉR BAKÓ, KATALIN ZANA: Psychoanalyse mutual following Ferenczi Sándor Mutuality and reality in psychotherapy: Mutual Psychoanalysis Today**

This article is a report on our mutual psychoanalysis that was concluded recently. Our aim is to describe and assess our method and to compare with Sándor Ferenczi's original mutual psychoanalysis. Our method, which is similar to Ferenczi's technique, differs from it in

many respects. In our case, the mutuality was complete as it was based on equality. We started our sessions in a classical setting, with one of us lying down. The roles of the patient and that of the therapist were clearly defined and we changed places at half-time. These parts were followed by an integrative concluding period, which was conducted with both of us in a sitting position. The concluding part differed from the analytical parts in that respect that then both of us participated in the therapeutic relationship also with our full personalities, as real full persons. In order to ensure the safety of the therapeutic sessions, we avoided regression, even though unconscious contents surfaced in this phase as well.

We experienced that the inclusion of reality—the real other—in the therapy did not hinder but facilitated the clarification of feelings/processes of transference and counter-transference: projection and reality became separate entities during the mutual analysis. Rather than the fusion of both unconsciouses, our therapeutic working method was characterized by the deferred meetings of the two unconsciouses, which facilitated processes of reflection. Through this, the therapeutic space became predictable and safe. Our mutual psychoanalysis differs from more traditional methods in that respect that mutuality and the presence of the real other is more emphatically a part of the therapeutic space. The therapeutic reference point was provided by the dynamically alternating reality.

**Keywords:** *trauma, mutual psychoanalysis, mutuality, inspiration, real other, self-integration, relational reference*