COMMENTARY

Review and tribute to Keith Tudor

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This commentary is based on Julia, Catherine, and Keith's article, 'The challenge of security and accessibility: Critical perspectives on the rapid move to online therapies in the age of COVID-19', published originally in 2021, which can be found here: https://ojs.aut.ac.nz/psychotherapy-politics-international/article/view/643.

There is a Samoan proverb—O le ala i le pule, o le tautua. In order to lead, one must serve. Professor Keith Tudor is the epitome of servitude leadership, and we are grateful to contribute to this special edition of *PPI* and explain why. We both jumped at the opportunity to provide insights to our working relationship with Keith, and in particular with this article. This article was borne out of an idea by Keith to address the rapid movement to online therapies in response to the COVID-19 pandemic. He contacted the both of us to see if were interested on the idea given our own respective expertise and areas of interest… (of course we were!) and the rest is history!

It was important that this article highlighted first the information, misinformation, and guidance of online therapies that was continuing to circulate online at that time. There were clear gaps in the knowledge field across our disciplines primarily in relation to (a) practitioner wellbeing with online therapy, (b) lack of training and understanding regarding data protection and data security, (c) potential for increased professional regulation in this area, and (d) an assumption that online therapy was going to be accessible amongst all communities and a preferred mode of therapy between clients and therapists. We wanted to ensure we highlighted key points for therapists and professional bodies to consider and

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develop responses to improve equity, respond to digital disparity, security, and, expectedly, ethical issues. Improving equity has been a key area of advocacy by all of us authors in our respected roles. We wanted to highlight the economic and social disparities that exist with online therapy and how that inadvertently increases the marginalisation and accessibility to services by those who often need it most. In particular, we wanted to provide academic understanding and knowledge into a key area of online therapy that we believed was not well understood amongst our disciplines. That is, security and ethics. Generally, and with our own experiences, digital security is not well understood amongst our professions and as result, there is a risk of complacency and increased opportunities for cyber-attacks and breach of confidentiality. We hope that we highlighted this appropriately and that it has led to discussions and the implementation of safety online in the workplace. It was also crucial for us to undertake a deep dive into ethics, drawing on the *Code of Ethics* from the New Zealand Psychologists Board as an example. Whilst ethics should be well-known amongst our professions, to what extent did we utterly understand its context within online settings? We hope that this invoked reflections and conversations amongst practitioners.

As a result of our article, we provided a conceptual framework for the security and accessibility of online platforms for online therapy. In closing, we highlighted the challenges of online therapy, though equally important (as we cannot control a pandemic!) it is important that we, as therapists, train to become competent to deliver therapy online to ensure we provide opportunities to our clients that suit their needs, rather than our own.

Keith was the leader and instigator in this project. He produced the idea, and as he knew us both, he homed in on our areas of expertise for our contribution whilst always seeking our views and direction. He designed the conceptual framework and whilst contributing across the article, he brought the article together. Despite his leadership, he was adamant to assign himself as the third author. This is an accurate reflection of Keith's leadership of leading with humility, grace, and servitude. He has always been one to prioritise 'all' rather than 'self'. He also looks out and cares for those coming in after him, rather than it being all about him. He continues to share openly and frankly his knowledge, wisdom, and expertise. Values are seen and embedded in his practice and interactions with you. Whilst the academic world can be seen by communities as hierarchical, sterile, and competitive, Keith quickly dispels these when you first engage with him. Your motivation to collaborate with him is not because he is a well-known and respected figure in the academic community or has a Professor title with loads of publications… it is because he is genuinely and truly a nice person, with a really good soul! We thank you and we honour you, Keith.

Julia & Cath

AUTHOR BIOGRAPHIES

Julia Ioane is of Pacific descent, born and raised in Aotearoa New Zealand. She is an associate professor of clinical psychology at Massey University, Auckland, Aotearoa New Zealand, and a registered clinical psychologist working primarily with disadvantaged communities that include Indigenous and Pasifika (Pacific) communities in the health and justice sectors.

Catherine Knibbs is a human behaviour technologist, clinical doctoral researcher, online harms consultant, public speaker (including TEDx), author, educator, and child/adult trauma psychotherapist. She writes about and works with cybertrauma, which is any trauma that occurs through an internet-ready device. Cath is a tech geek and trauma psychotherapist using biofeedback/tech and gaming to elicit post-traumatic growth, healing, and flow. She has a number of books with Routledge Psychology discussing online harm, cybersecurity, and child development with and around technology. She is a disruptor and advocates for children's rights, privacy, and digital explorations online. She also educates therapists via her company Privacy4 about data protection/privacy/cybersecurity issues in relation to their practice. She is also the mental health advisor for Gamers Beat Cancer charity.