A commentary on the article
'Towards a socially inspired psychotherapy'

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Reading this article was very interesting and it gave me many ideas for reflection. The development and diffusion of social psychotherapy is an extremely current topic, especially when analysing the present socio-cultural context.

I find the division into four macro-categories very interesting, and I think it would be particularly useful for the reader to be able to study some more considerations from the author.

Certain terms such as 'virtualization', 'hyperconnection', 'emotionalization' and 'disembodiment of experience' are used during the technosphere analysis. It would be interesting to read something about this, perhaps a new interpretation of the digital context or some examples to allow readers to have a better understanding of the topic. The digital world allows us to be permanently interconnected and the article aims to direct our attention to certain aspects such as attention marketing, artificial intelligence or big data, topics that are inherent but perhaps reductive if we try to understand all the facets of the digital subject. The internet has evolved rapidly, and many people have not had time to keep up to date and understand how to use it properly. What results is a large proportion of the population that approaches social media and other platforms without knowing how to use them, people who enter a world that isn't built for them, but they are attracted by promises of big profits in certain cases or driven by the need to conform with the masses in others and they therefore decide to embark on a journey without proper precautions. The lack of digital literacy and knowledge of the dynamics of online communications have a heavy impact on people. Perhaps to understand how digital communications affect humans positively and negatively, one needs to look at a wide range of situations, events, and behaviours across different digital platforms and tools. One example is the *shitstorm* [addressed by Han (2013)

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in the book 'In the swarm, digital prospects'] which in brief, is the aggression of a group of people online toward one person or a product with negative and offensive public comments. Here, the 'pack dynamics' combined with the safety of distance provided by a screen and many other factors can heavily affect the self-esteem of a victim in the process or encourage and foster hate behaviour that could also be generalized in other contexts, supported by the thought 'I'm not the only one who thinks this' and thus legitimizing violent language. In my opinion, there are many interesting matters regarding the effects of digitization, such as the not-so-new phenomenon of *hikikomori*, which although existing independently of the digital world, certainly found fertile ground within it, or the subculture of Incels, of revenge porn, of the decrease in attention span from an average of 12 seconds to 8 seconds (a report by Microsoft Canada that looks at the three types of attention and how our habits have changed in recent years with the technologies we have available), of cyberbullying or the extreme ease of showing one's ideal self on social media through the use of filters and fake stories, disregarding who we really are to the point of forgetting.

As for the other macro-spheres analysed there are many interesting aspects that are listed and knowing that it is not possible in a single article to mention all points, it would be useful to read the author's point of view on these. Some topics such as the purpose of work as an element of self-realization, the progressive impoverishment of the middle class and widening inequalities, distrust of the political classes and many more, create a scenario that is incredibly true to reality, and one that cannot be overlooked. Discussing these points and others, could be of great help to the reader who could immerse himself/herself in a new way of thinking.

I will end with a personal comment. I fully agree with the author when he states that 'there can be no mediation between gross domestic product interests and the psychological health of sapiens', and by fully embracing the idea of sustainable psychology and psychotherapy, I cannot help thinking about the other component of the relationship, namely the therapist. If a psychotherapist who has years of experience approaches a social psychotherapy, he/she does so with a certain security and solidity that allows him/her to live his/her life in a more than dignified manner. But this is not necessarily a foregone conclusion for a new psychologist or psychotherapist who finds himself/herself, much like the patients we care for, living in a socio-economic context that is not the most thriving. A newly chartered psychologist has just completed a university course of at least 5 years, where more than one year of work must be added free of charge (considering both the post-graduate internship and the various pre-graduate internships) he/she finds himself/herself in a working world where his/her title is not sufficient to obtain a job proportionate to the training he/she has had. Choosing to go through another long and challenging training path to become a psychotherapist (demanding both in

terms of energy and economic resources) requires additional efforts and sacrifices. All this in a working world where talking about economic stability and job security seems almost utopian. Most jobs that are of 'a psychologist's competence' now require specialization in psychotherapy. As a result, psychotherapy schools have moved from being optional to practically mandatory for a psychologist and require enormous organizational and economic effort. Coping with the demanding costs of a psychotherapy school in such a precarious work environment involves a considerable burden. Training and quality have their own costs, and that's how it should be, but at this point, I wonder: who can do psychology/social psychotherapy? Those who embrace a more humane ethic or those who can objectively afford to meet a patient's potential and needs? I think the project of social psychology is a beautiful goal to achieve, but there are many other aspects to consider, including those of people working in healthcare.

REFERENCES

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