



Press Biography

DeeAnna Merz Nagel is bringing therapy into the 21st century by helping therapists extend their practice to the online community. DeeAnna recognized the potential that a virtual practice could provide and has taught hundreds of therapists how to offer their services through new and innovative methods such as chat, email, webcams, and virtual worlds.

- **Online Therapy**
- **Avatar Therapy**
- **Mixed Reality**
- **Internet Addiction**
- **Technology and its Impact on the Self**
- **Online Disinhibition**

DeeAnna is a psychotherapist, consultant and international expert regarding online counseling and the impact of technology on mental health. She specializes in text-based counseling and supervision via chat and email. DeeAnna's expertise extends to assisting individuals and families in understanding the impact of technology in their lives from normalizing the use of technology and social media to overcoming internet and cybersex addictions. Her presentations and publications include ethical considerations for the mental health practitioner with regard to online counseling, social networking, mixed reality and virtual world environments.

DeeAnna extends her knowledge about the impact of technology on mental health to individuals, couples, families and children. She believes we are all learning new ways to relate. Knowing boundaries about our use of technology is an important part of establishing and/or maintaining relationships in this new era. DeeAnna speaks professionally, engages in discussion groups online and blogs on topics ranging from online therapy to virtual worlds, cybersex addictions and virtual worlds.



DeeAnna co-founded the **Online Therapy Institute** with Kate Anthony. DeeAnna and Kate are both former presidents of the International Society for Mental Health Online. They have formed a collaborative partnership bringing e-mental health education and information to people across the globe.

Media Interviews

USA Today

Internet Offers Relief of Holiday Blues

The Metaverse Journal

Interview – DeeAnna Nagel and Kate Anthony, Online Therapy Institute

The Coaching Commons

Coaching and Twitter: A Fantastic Tool but Watch Out for the Sharp Edges

Quick Video: A Voyage into the World of Virtual Coaching

InnerWorld Magazine

Online Therapy Institute

EAP Digest

Online Counseling Crosses the Chasm

Stars and Stripes

Tricare Programs Offer Online Counseling

Interview Topics

DeeAnna Merz Nagel is a psychotherapist, consultant and educator and a credible source on topics related to **online counseling, mental health and technology, internet addiction and the impact of social media on individuals, families and relationships**. Following are some sample interview topics:

- Online Counseling as a viable option for many who might not otherwise seek out therapy
- Using chat and email to enhance face-to-face psychotherapy
- Understanding the importance of encryption within the therapeutic relationship
- Becoming a parent who understands the internet and social networking
- Teaching children and teens to communicate about what they see online
- Keeping children safe online
- Discovering different personas of self in a virtual world
- Using avatars in therapy

Request a Press Interview

Contact DeeAnna directly via email da@deeannamerznagel.com or confidential voice mail: 877.773.5591.



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