

1. Read the excerpt from an article and complete it using the verbs in parenthesis and the present perfect.

How Is Technology Changing The Study Of Psychology?

Technology _____ (change) the field of psychology. It _____ (introduce) new ways to provide treatment. It _____ (make) learning easier. It _____ (affect) how research is conducted. It _____ even _____ (create) new problems that need more exploration.

Teletherapy

Technology _____ (have) a significant impact on the evolution of treatment. Teletherapy can be done through video, text messaging and on the telephone. Video conferencing is a bit similar to face-to-face treatment except it is online. Sessions that are phone calls and texting seem to offer a different experience; body language, tone, and face gestures are often lost when you cannot see or hear a therapist. Although much more research is needed, some studies _____ (conclude) that teletherapy is just as effective as traditional therapy.

Alternative Treatments

Virtual Reality (VR)

Virtual reality _____ (reduce) symptoms when used as a treatment for anxiety disorders, PTSD, and substance abuse. Scientists _____ (use) VR primarily in treatment related to the implementation of exposure for anxiety problems. By using virtual reality, a therapist can mimic anxiety-provoking surroundings without having to go to that specific environment. For example, you can treat a fear of flying without getting on a plane. Or, you can expose a client to substance abuse triggers so they can practice their coping skills.

Artificial Intelligence (AI)

AI is the next frontier of psychotherapy. Although therapists _____ (not / use) it yet in the mainstream, it will play an important role in the future of psychology. One advantage of AI is that it eliminates the need for a human therapist. Not only will AI have impacts on cost and convenience, but it will also be able to do things that a human being can't. For example, AI can run algorithms that will better be able to predict a person's behavior and recommend a successful course of action. AI is already being used on an experimental basis. Jonathan Gratch, at the University of Southern California, _____ (find) some success with robots that use AI to talk with clients with PTSD. However, there are disadvantages: you can't expect to find true empathy and compassion from a computer.

Adapted from: <https://www.online-psychology-degrees.org/study/technology-changing-psychology/> and <https://builtin.com/healthcare-technology/psychology-technology-mental-health>