

Essay/Personal Reflection

Cite this article: Situmorang DDB (2023). “Rapid tele-psychotherapy” with single-session music therapy in the metaverse: An alternative solution for mental health services in the future. *Palliative and Supportive Care* **21**, 944–945. <https://doi.org/10.1017/S1478951522001420>


Received: 10 September 2022

Accepted: 11 September 2022

Author for correspondence:

Dominikus David Biondi Situmorang,
Department of Guidance and Counseling,
Atma Jaya Catholic University of Indonesia,
Jakarta 12930, Indonesia.
Email: david.biondi@atmajaya.ac.id

“Rapid tele-psychotherapy” with single-session music therapy in the metaverse: An alternative solution for mental health services in the future

Dominikus David Biondi Situmorang, S.PD., M.PD., M.SI., C.T., C.PS., C.BNLP. 

Department of Guidance and Counseling, Atma Jaya Catholic University of Indonesia, Jakarta, Indonesia

Nowadays, the development of the industrial revolution has changed toward 5.0 (Javaid et al. 2020; Xu et al. 2021). This has resulted in many changes in various sectors of the world (Elangovan 2022; Maddikunta et al. 2022). One of the impacts is the emergence of the metaverse (Ifdil et al. 2022; Mystakidis 2022). Metaverse is a combination of several technological elements, including virtual reality, augmented reality, and video (Rahaman 2022; Sparkes 2021). The combination of these three technologies allows users to be in the same digital world, without having to be in the same physical space (Dionisio et al. 2013). This allows everyone from any part of the world to be connected virtually to carry out every activity, be it for work, play, study, and other activities (Xi et al. 2022).

With this technological advancement called metaverse, almost all fields will undergo a process of adaptation and begin their steps to move to this place (Damar 2021), included in the field of physical and mental health (Damar 2022; Ifdil et al. 2022; Usmani et al. 2022). Of course, this will be an opportunity as well as a challenge in the future that the process of counseling or psychotherapy assistance will experience very significant changes, not the same as before.

The very long and repeated number of counseling or psychotherapy sessions will become an obsolete concept and probably will not work anymore. This is evidenced by the phenomenon during the past COVID-19 that many people needed counseling or psychotherapy services quickly (Situmorang 2022a). In addition, the main market for metaverse users is the very dynamic young generation (Lamba and Malik 2022), who of course really like services that are responsive, straightforward, and fun (Hoadley et al. 2019; Schleider et al. 2020).

To answer these opportunities and challenges, “rapid tele-psychotherapy” with single-session music therapy (Situmorang 2022a, 2022b, 2022c) is here to provide an alternative option that can be used by professionals in the mental health sector in helping everyone who needs counseling or psychotherapy services quickly and pleasantly. In fact, this theory is quite easy and applicable by professionals in the mental health field. In addition, this theory is very suitable for those who need intervention assistance quickly, accurately, and pleasantly.

The hope is that this theory can be one of the alternative options that can be used by many people in all parts of the world, especially in the later metaverse so that more and more people feel and prove the benefits of this theory.

Acknowledgments. The author wishes to express gratitude to the Creative Counseling Center, Indonesia, for supporting this manuscript.

Conflicts of Interest. The author declares no conflict of interest.

References

- Damar M (2021) Metaverse shape of your life for future: A bibliometric snapshot. *Journal of Metaverse* **1**(1), 1–8.
- Damar M (2022) What the literature on medicine, nursing, public health, midwifery, and dentistry reveals: An overview of the rapidly approaching metaverse. *Journal of Metaverse* **2**(2), 62–70.
- Dionisio JDN, Burns WG, III and Gilbert R (2013) 3D virtual worlds and the metaverse: Current status and future possibilities. *ACM Computing Surveys (CSUR)* **45**(3), 1–38. doi:10.1145/2480741.2480751
- Elangovan U (2022) *Industry 5.0: The Future of the Industrial Economy*. Boca Raton: CRC Press.
- Hoadley B, Falkov A and Agalawatta N (2019) The acceptability of a single session family focused approach for children/young people and their parents attending a child and youth mental health service. *Advances in Mental Health* **17**(1), 44–54. doi:10.1080/18387357.2018.1480398
- Ifdil I, Situmorang DDB, Firman F, et al. (2022) Virtual reality in metaverse for future mental health-helping profession: An alternative solution to the mental health challenges of the COVID-19 pandemic. *Journal of Public Health*. doi:10.1093/pubmed/fdac049

- Javaid M, Haleem A, Singh RP, et al.** (2020) Industry 5.0: Potential applications in COVID-19. *Journal of Industrial Integration and Management* 5(4), 507–530. doi:10.1142/S2424862220500220
- Lamba SS, and Malik R** (2022) Into the metaverse: Marketing to Gen Z consumers. In Hershey, *Applying Metalytics to Measure Customer Experience in the Metaverse*. Pennsylvania, USA: IGI Global, 92–98.
- Maddikunta PKR, Pham QV, Prabadevi B, et al.** (2022) Industry 5.0: A survey on enabling technologies and potential applications. *Journal of Industrial Information Integration* 26, 100257. doi:10.1016/j.jii.2021.100257
- Mystakidis S** (2022) Metaverse. *Encyclopedia* 2(1), 486–497. doi:10.3390/encyclopedia2010031
- Rahaman T** (2022) Into the metaverse – Perspectives on a new reality. *Medical Reference Services Quarterly* 41(3), 330–337. doi:10.1080/02763869.2022.2096341
- Schleider JL, Dobias ML, Sung JY, et al.** (2020) Future directions in single-session youth mental health interventions. *Journal of Clinical Child & Adolescent Psychology* 49(2), 264–278. doi:10.1080/15374416.2019.1683852
- Situmorang DDB** (2022a) “When the first session may be the last!”: A case report of the implementation of “rapid tele-psychotherapy” with single-session music therapy in the COVID-19 outbreak. *Palliative & Supportive Care* 20(2), 290–295. doi:10.1017/S1478951521001425
- Situmorang DDB** (2022b) The efficacy of “rapid tele-psychotherapy” with single-session music therapy: A personal reflection as a founder. *Palliative & Supportive Care*, 1–2. doi:10.1017/S1478951522000293
- Situmorang DDB** (2022c) An award from the Indonesian World-Records Museum (MURI) for “rapid tele-psychotherapy” theory: The most prestigious achievement in my life. *Palliative & Supportive Care*, 1–2. doi:10.1017/S1478951522000499
- Sparkes M** (2021) What is a metaverse. *New Scientist* 251(3348), 18. doi:10.1016/S0262-4079(21)01450-0
- Usmani SS, Sharath M and Mehendale M** (2022) Future of mental health in the metaverse. *General Psychiatry* 35(4), e100825. doi:10.1136/gpsych-2022-100825
- Xi N, Chen J, Gama F, et al.** (2022) The challenges of entering the metaverse: An experiment on the effect of extended reality on workload. *Information Systems Frontiers*, 1–22. doi:10.1007/s10796-022-10244-x
- Xu X, Lu Y, Vogel-Heuser B, et al.** (2021) Industry 4.0 and Industry 5.0—Inception, conception and perception. *Journal of Manufacturing Systems* 61, 530–535. doi:10.1016/j.jmsy.2021.10.006