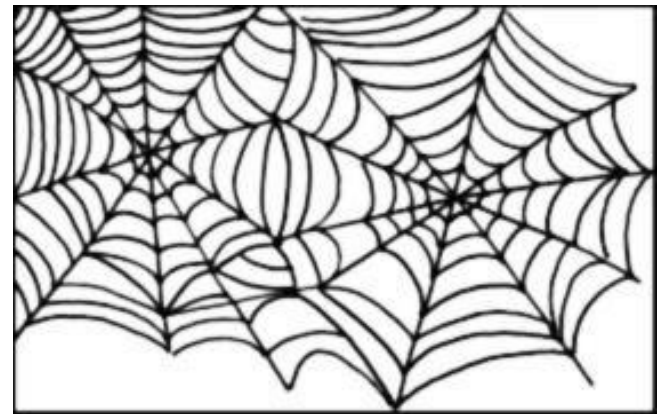


Alone together in a glocalized world

New media, new socialities, new identities

Family Therapy and the Future
Turku, Finland
16th of August 2014

Psychologist Jacob Mosgaard
www.jacobmosgaard.dk



Disposition

1. New socialities

- From local to glocal
- Strong and weak ties

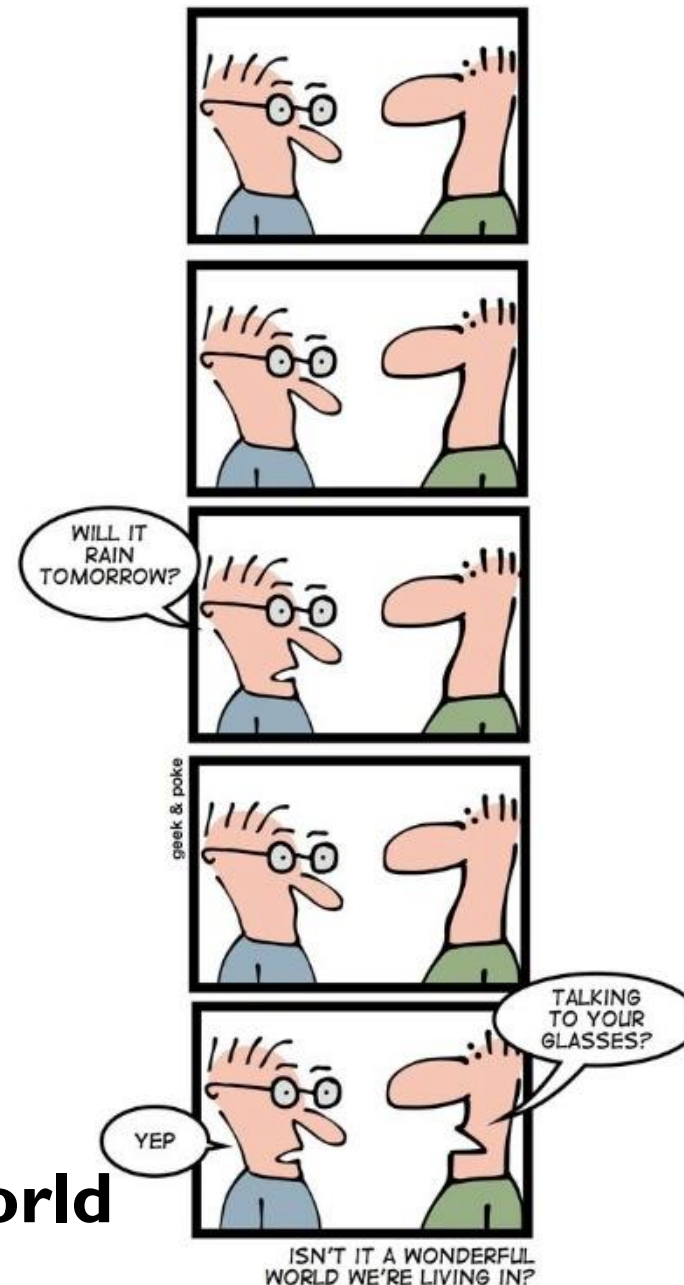
2. New identities

- New social construction
- Networked individuals
- Multi-being

3. New worries

- Alone together?
- Identity confusions or possibilities?

4. Family Therapy in a new world



Cyborgs Я Us

**We are all
part machine**



**Technology means:
Everyone is connected to everyone**

- We are identifiable through our technological footprints
- We are online – unreflectively
- Cybernetics is thus an integral part of postmodern life

The online tech generation

The native networked individuals

A generation growing up saturated in

- A globalized world
- The internet
- Texting
- Being ever connected
- Naturalized technology



Alone together

Worries about:

Loneliness and Disconnectedness

- Ultra-connectivity → Loss of intimate relationships



*What the hell
is this guy
looking at?*

Connected and Disconnected

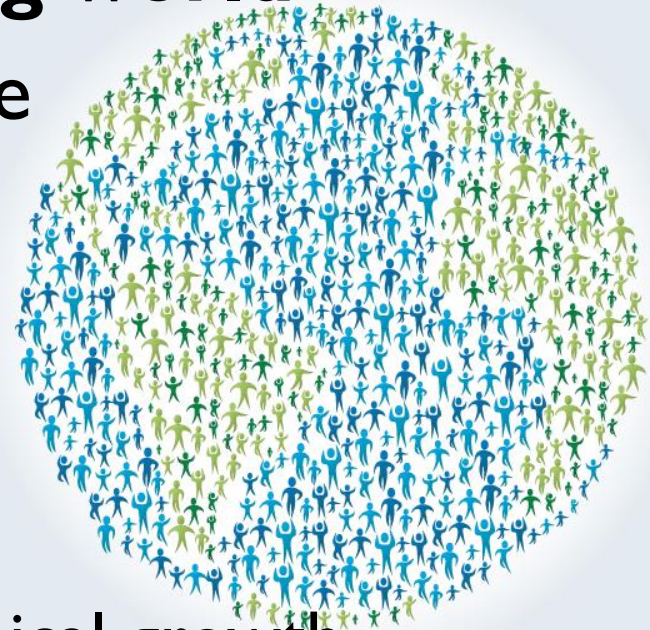


NEW SOCIALITIES

Local → Global → Glocalized

Socialities in a changing world

- From local anchors in life
 - The village, the family etc.
- To global possibilities
 - "The world is my oyster"
 - Internet og networking
 - Planes, trains, and economical growth
- Glocalization
 - When globalization makes us love the local



A bigger and smaller world

Dilemmas of the internet times

- A world of free information
 - Getting access to everything
 - Ultra-democracy



Or:

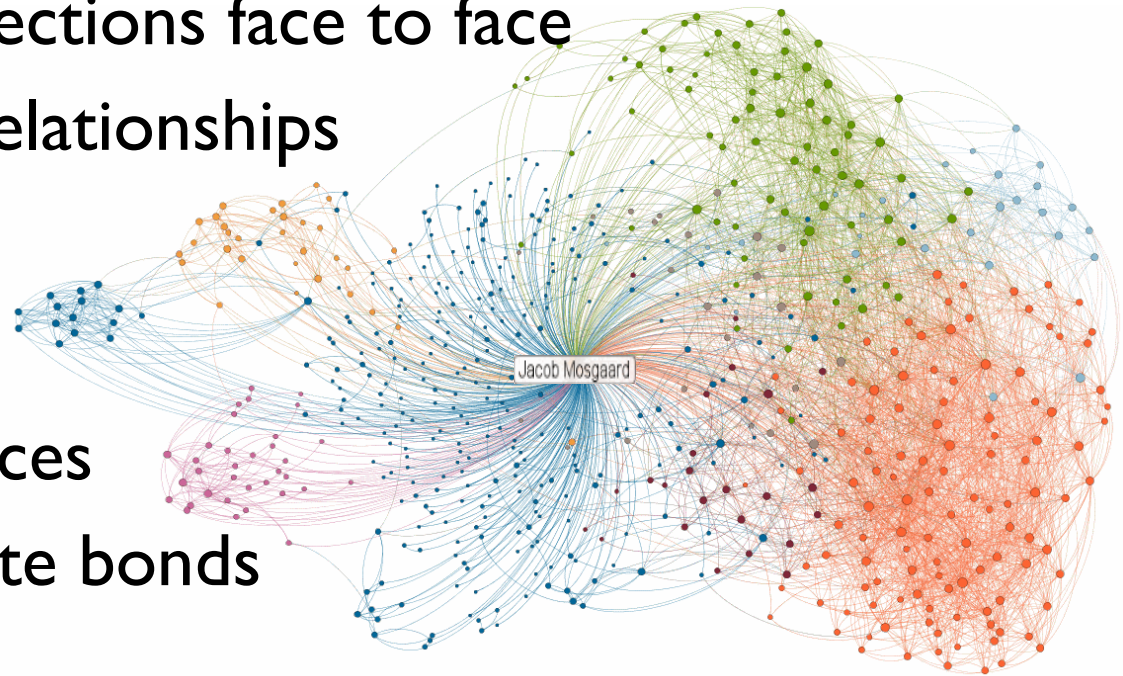
- A world of surveillance
 - Endless possibilities of inception of data
 - No privacy



Faraway, so close

Close relationships to distant people?

- Strong ties
 - Our connections face to face
 - Intimate relationships
 - "Bonding"
- Weak ties
 - Acquaintances
 - No intimate bonds
 - "Bridging"



Connection / Disconnection

The downhill slope?



Old world

- Engagement in family and community
- Commitment
- Visibility – "Where everybody knows your name"

New world(s)

- Complexity and lack of engagement
- Escapism?
- Potential invisibility

Connection / Disconnection

Or getting better all the time?



Old world

- Small networks with limited boundaries
- Commitment means loyalty and "us-them"
- Visibility – "Where everybody knows your role"

New world(s)

- Multiple extended networks of engagement
- Commitment to causes outside of the boundaries
- Hyper-visibility

Networked individuals and multi-being



NEW IDENTITIES

The social construction of identity



Questions of identity in the postmodern world

- Who are we to be?
- What is **the good, healthy identity**?
- Who decides whether it is **good or bad**?

Identity crisis

- Old world norms
- New world realities

New socialities, New identities

New dances of identity

- The changed social world
 - From local intimate communities
 - To intimate strangers
- Changed identities
 - New performances of identity
 - A multitude of invitations



The new identities



Multiple connections
Multiple responses

- Weak ties en masse

New identity possibilities (4C)

- Cyborging
- Combinations
- Changability
- Complexities

Multiple selves "irl"

Postmodern identity work

– not just academic theory

- Creating yourself
 - From context to context
 - From relationship to relationship
- Multi-being
 - Performing identity



Identity as Serious Play

Something **new!**

- Transgressing the known categories



Queer theory coming alive

- There are no fixed identities
- Muddled positions
 - We can be "both and"

Deconstructing the new socialities and identities



WORRIES, TRUTHS & IRREVERENCE

Free falling?

Psychological worries of the new media

On sociality

- Weak ties can create
 - Loneliness and Disconnection

On identity

- Multiple selves can create
 - Instability and Unpredictability



Social media and the Worrying

**”4 of 10 young people
addicted to internet”**
– The Independent 2014



#LookUpBC

”LOOK UP”
– youth to youth campaign
to get immersed in real, not virtual
relationships

Other sides of the story

The Arab Spring

“Online, they can organize, debate, plan, and broadcast at a level of coordination that was unavailable, indeed unimaginable, in the past.”

– Wired 2013



Other sides of the story

Africa and the new media

“In Malawi, villages are using GPS devices to map and record deforestation in order to prevent it from happening.

In Mali, telemedicine is helping rural communities get access to healthcare.”

- Smartplanet.com 2012



Irreverence

A systemic approach towards prejudices

Irreverence towards truths

- A critical stance on the taken for granted
- Asking:
When are these truths helpful?
And when are they not?



Two perspectives on the new world

Pitfalls

Escapism

Loneliness

Norm relativity

Individualism

Possibilities

Community

Identity experiments

Multi-being

Revolutionary potential



From worry to dialogue

From talk to action

- Getting ourselves into the dance of new socialities and identities

*Politicians discussing
global warming
- Isaac Cordal*



An example



LIVING THE LIFE

Introducing Sebastian...

Social media identity construction in practice

- History of loneliness, addiction, self destructive behavior, and psychiatry
- Using social media for surviving
- Hazards and Advantages



Sebastian – Social Media and Me



Now what?

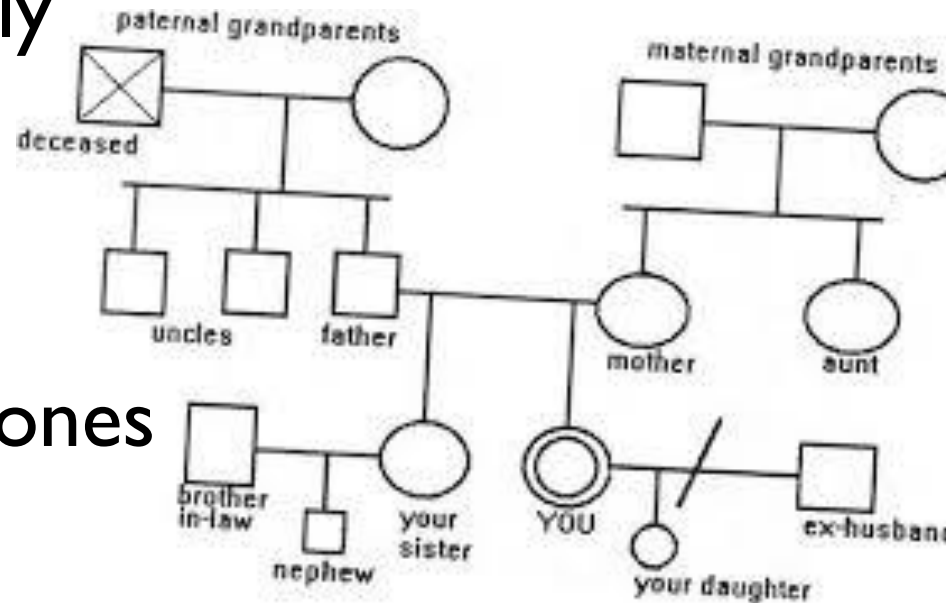


FAMILY THERAPY IN THE NEW WORLD

Challenges for Family Therapy

Some Truths about **SOCIALITY** in our field

- The healthy individual has close, meaningful relationships
- The goal of Family therapy is:
Restoring old relationships
or creating new ones



Challenges for Psychology

Some Truths about **IDENTITY** in our field

- The healthy individual has a stable, unambiguous identity
- The goal of therapy is finding out: Who am I?



Where to go from here?

An invitation into the Complex

- Irreverence towards
Worry-Truths
→ Moving towards
Nuances
- Curiosity towards the
strength of weak ties
→ Moving towards Appreciation
- Loving the complexities of human life



Family therapy and the future

Do Transformed Socialities ...

omg. omg! omfg!



Family therapy and the future

Do Transformed Socialities ...

... and Transformed Identities ...



Family therapy and the future

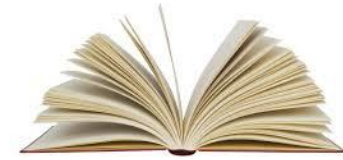
Do Transformed Socialities
and Transformed Identities
... demand

Transformed Family Therapies?

-  Join the dialogue



Inspired by...



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