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# **Finding IT and Losing the Self?**

*In what ways could emerging  
developments in Information Technology  
(IT) affect our consciousness and self-  
awareness?*

*Are the effects likely to be positive,  
neutral, or negative and what  
explanations are available for them?*

*Could they make changes to the living of  
our lives that could require the help of  
the counselling profession and is the  
profession prepared for this?*

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degree of Master of Arts in Community Education (Counselling)**

**University of Canberra**

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## Abstract

This field study looks at the apparent changes in consciousness undergone by those who work at sophisticated computer interfaces and explores various models for what could be happening. The work draws strongly on Jean Gebser's work on the evolution of consciousness and is also inspired by Martin Heidegger's *The Question Concerning Technology*. Appropriate methodologies are developed based on Husserl's phenomenology and its resurgence in the work of Francisco Varela. I develop some of my own models for what could be happening and a set of questions for in-depth interviews. The results of the interviews and of a workshop are analysed to see if my suppositions are supported by others' observations. A discussion on the possible impact on the counselling profession is also included.

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