

Research shows that students who were kept online for 2 years during covid are 2 years behind in their schooling. Other studies show that face-to-face learning is superior to online learning, even though online learning may be more convenient. However, some things in life should not be reduced to convenience. They require effort, time, and dedication. In fact, scholars have concluded that the best learning is always effortful, never passive (read Brown, Roediger, and McDaniel's book, *Make it Stick: The science of successful learning*). Learning to practice systemically informed therapy is one of the things that needs to be learned effortfully, over time, with practice and study. Research shows that humans use all their senses to learn, including eye contact, the subtleties of body language and the tone, speed, and pitch of speech, to discern words and messages. In a room together, learners interact with other learners and instructors. This provides opportunities to learn firsthand through seeing, experiencing, acting, and responding. Face-to-face interaction is also essential for clarity and understanding. Physical learning enables learners to track their learning progress through and with others' learning. Studies also show that human contact helps generate an experience of learning as pleasurable. And, when students enjoy the learning experience, interest, focus, and absorption are in attendance. Many online learners sit in front of their screens with split attention as they multi-task, doing other tasks out of sight of the camera.

Family therapy is all about working closely with people. We believe that online training for family therapists allows only partial exposure to the full range of human expression and learning that accompanies face-to-face classrooms, in-person therapy, and student-to-professor and student-to-student relationships. Sometimes, the "old-fashioned" way is the better way.