Using Technology in Mental Health Practice

There are several types of digital platforms and devices that can optimize treatment and are easily added to our clinical toolbox. Many of these devices can be used as clinician extenders by expanding therapeutic reach and augmenting treatment outside the office. While some of these technologies have been available for decades, they are now easier to use and are also cost effective. The trend in health care is increasingly digitally based and data driven, being fed by advances in digital platforms and innovative devices. Video technology and internet capacity have reached the point where they are reliable and advanced enough to make tele-mental health quite accessible to utilize. While there are still many people who have only tenuous links with the digital world, even those in rural and underserved populations may have access to care not previously available using new tools. In response to the COVID-19 pandemic, mental health clinicians by necessity have begun using telehealth platforms to continue to provide much needed services. The use of teletherapy affords clinicians opportunities to effectively broaden their scope of practice and deliver high quality treatment while doing so. The provision of telehealth has both pros and cons that need to be considered when using this technology. Smartphone applications (Apps) that can track mood, anxiety, and sleep (and provide feedback to clinicians) are rapidly developing and are widely available. Devices that can directly address brain and emotional states such as Heart Rate Variability Biofeedback (HRV), Cranial Electrotherapy Stimulation (CES), and Neurofeedback (NFB) can be incorporated into one's practice at a reasonable cost. Many of these devices can be used by patients between sessions to retrain their "brain states" by monitoring physiological arousal and increasing vagal tone to maximize treatment effect. This seminar provides you with an overview and introduction to technology-based aids to mental health practice.

Target Audience

Psychologists   Social Workers   Counselors
Therapists   Psychiatrists   Nurses
Course level: Intermediate

Learning Objectives

At the end of this seminar, participants will be able to:
1. Identify the ethical use of technology in mental health
2. Incorporate advances in technology to enhance clinical practice
3. Initiate and/or enhance the delivery of teletherapy services
4. Adopt new technologies to augment treatment
5. Increase the scope of practice by incorporating new technologies

Seminar Schedule

The webinar outline is attached. See the Live Webinar page for the start and end times.

Outline

Begin 12 PM EST
Introduction & Overview
The Digital Revolution
Using the internet and mental health platforms
The Provision of Teletherapy
Basic considerations
Setting up a technology-based practice
Challenges that may arise providing teletherapy
1:30 to 1:45 Break (15 min)
Review of Devices
Cranial Electrical Stimulation (CES)
Heart Rate Variability Biofeedback
New Developments in Neurofeedback
The explosion of mental health apps
Treatment
When and how to incorporate these into treatment package
Setting up a technology-based office
Using state change technology in treatment
End 3:15 PM EST

Our seminars are available in two formats. The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

The Presenter

Jeffrey J. Magnavita, Ph.D., ABPP is a clinical psychologist with over three decades of clinical experience working with personality dysfunction. He is an internationally recognized speaker who has published eleven professional volumes on personality disorders, personality theory, psychotherapy, clinical decision making, and technology in mental health practice. His psychotherapeutic work has been featured in two APA psychotherapy videos. He served on the APA Clinical Practice Guideline Committee and was invited to serve on the Advisory Work Group on the Implementation of Evidence-Based Practice. He served as the President in 2010 of the Society for the Advancement of Psychotherapy. He is the Founder and CEO of Strategic Psychotherapeutics, LLC the developer of StratPsych ® an online learning system for psychotherapists.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Laura Davie, LICSW, Tina Jenkins, Psy.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2028.

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