

# The Practice of Tele-mental Health and Use of Social Media: Ethical, Legal, and Clinical Issues for Practitioners

A wide range of technologies to include the Internet, e-mail, text messaging, social media, Apps, and the like have altered how most individuals communicate with each other, stay connected, and form and maintain relationships, to include in mental health practice. This workshop will provide information about the ethical, legal, and clinical issues relevant to integrating various technologies into our practices. Additionally, common pitfalls and areas where the use of various technologies, to include social media, is contraindicated will be discussed. Research on how various technologies may be effectively integrated into clinical practice to treat a wide range of presenting problems and disorders is reviewed and their implications for our practices is discussed. Guidance on decision-making for when and how to do this is provided to include the provision of clinical services across distances and the use of various technologies to enhance or augment in-person services. Clinical examples are provided to illustrate some of the benefits and challenges of utilizing these technological innovations in clinical 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) Describe the various technological innovations that may be used to enhance the delivery of clinical services.
- 2) Describe the potential benefits of integrating various technologies into clinical practice.
- 3) Explain the ethics pitfalls relevant to integrating various technologies into clinical practice.
- 4) Articulate the legal requirements for providing psychotherapy via the Internet.
- 5) Develop a policy for the effective use of social media personally and professionally.

## Seminar Schedule

Typically begins at 11 AM and ends at 2:15 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

## Outline

Begin 11 AM ET  
What is tele-health and E-therapy?  
Clinical, ethical, and legal challenges  
Value of telephone treatment  
Three waves of technological advances  
Areas of concern with IATV  
Break 12:30-12:45 PM ET  
Recommendations  
Uses of telehealth  
Cell phones and text messaging  
Social networking  
Ethical dilemmas  
Self-Disclosure  
Mobile device security  
End 2:15 PM

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### Continuing Education Credit

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## The Presenter

Jeffrey E. Barnett, Psy.D., ABPP is a licensed psychologist and is board certified by the American Board of Professional Psychology in Clinical Psychology and in Clinical Child and Adolescent Psychology. Additionally, he is a Distinguished Practitioner in Psychology of the National Academies of Practice. He also is a Professor of Psychology at Loyola University Maryland. He is a nationally recognized expert in professional ethics issues for mental health professionals and has served as chair of the ethics committees of the Maryland Psychological Association, the American Psychological Association, and the American Board of Professional Psychology. He also has served as the Vice Chair of the Maryland Psychology Licensing Board. Dr. Barnett has numerous publications to include 13 books and over 250 articles and book chapters and over 300 professional presentations that focus on ethics, legal, and professional practice issues for mental health professionals. Through his many publications and presentations Dr. Barnett has made major contributions in ethics and ethics education, ethical decision-making, online education, mentoring, boundaries and multiple relationships, self-care and the promotion of psychological wellness, clinical supervision, tele-mental health, integrating religion and spirituality into clinical practice, business of practice, and integrating Complementary and Alternative Medicine into clinical practice. Among his many awards he is a recipient of the American Psychological Association's Award for Outstanding Contributions to Ethics Education and its award for Distinguished Contributions to the Independent Practice of Psychology.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

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