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 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.

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

Course level: Intermediate
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 practice
2. Incorporate advanced 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
Typically begins at 10:00 AM and ends at 1:15 PM Eastern time.
There is one 15 minute break. However, check the webinar schedule.

General Information
The Tzkseminars educational planning committee members and this seminar’s presenter have no relationship with a commercial interest pertinent to the content of this seminar.

Individuals with a disability or special need can go to tzk-seminars.com to the Contact page to request accommodations.

This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, and Loreen Yarrow, MSN, RN. This approval expires on March 1, 2022.

To cancel a registration, go to the Contact page. You will be charged $30 for any cancelled registration.

If you would like to file a grievance, go to tzkseminars.com and read our Grievance Policy. Then, you can file a grievance on our Contact page. You can also send a written grievance to:

Tzkseminars
6030 Daybreak Circle, Suite A150/355
Clarksville, Md. 21029

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 Guidelines 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.