

THE DIGITAL MHEALTH CONVERSATION SERIES 2019:

WHAT ARE THE BENEFITS AND RISKS OF DELIVERING MENTAL HEALTH CARE THROUGH TECHNOLOGY INSTEAD OF FACE-TO-FACE AND WHAT IMPACT DOES THE REMOVAL OF FACE-TO-FACE HUMAN INTERACTION HAVE?



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Digital Technology for Mental Health: The Top 10 questions!

www.mindtech.org.uk/research/digitalmhq

Paper: Identifying research priorities for digital technology in mental health care: results of the James Lind Alliance Priority Setting Partnership

[https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366\(18\)30296-7/fulltext](https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366(18)30296-7/fulltext)



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About Philippa Weitz

I am interested in the success of the online therapeutic relationship, security, confidentiality, & jurisdiction as well as the use of virtual reality and artificial intelligence in therapeutic settings.



Most of all, I want to inspire therapists to simply go beyond turning on their webcams and thinking that is online therapy. There is such an exciting world out there for the online therapist

as big as the capacity of our mind to explore beyond what we are comfortable with.

So, what are my formal roles?

- Training Director for the Academy for Online Counselling & Psychotherapy,
- Psychotherapy Director at Dr Julian,
- Vice Chair and R & D Director for the Association for Counselling & Therapy Online,
- and author/editor of Psychotherapy 2.0: Where Psychotherapy and Technology Meet and
- series editor for the Psychotherapy 2.0 series including Online Supervision edited by Anne
- Stokes.

www.acadtherapy.online



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About Dr. Carole Francis-Smith

I am a counselling psychologist working in private practice. I currently provide therapy and supervision both face-to-face and online, run trainings for therapists considering working online (and other mental health/staff resilience areas), and business coaching for therapists setting up an online practice.

My doctoral research was in the Online Therapeutic Relationship from which I also became fascinated by online communications in broader contexts, especially where these impact on the work of therapists and the experiences of clients. I'm an advocate of Compassionate Mind training/Compassion Focused therapy and have recently been taking a look at what can happen to compassion when communicating in online contexts. The Netiquette guidelines I produced are in the process of being adopted by the Compassionate Mind Foundation as good practice.



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About Alesia Moulton-Perkins

I am a Chartered Clinical Psychologist & BABCP accredited CBT therapist, specialising in offering online therapy and supervision in CBT & third wave approaches such as compassion-focused therapy, mindfulness and acceptance, and commitment therapy. I work with adults, particularly those with anxiety disorders, long term health conditions and neurodevelopmental disorders. I enjoy working in the health or educational sectors with people who are experiencing stress at work or struggling to maintain a work\life balance.



I offer supervision to those seeking or maintaining BABCP accreditation, with specialisms in CBT and online working. I work at the University of Surrey on the clinical psychology doctoral training programme. I sit on the Digital Mental Health Competencies Working Party for the BPS's Division of Clinical Psychology and the Research & Development committee for the Association for Counselling and Therapy Online. I hold a General Certificate in Online Therapy from the Academy for Online Counselling and Psychotherapy, and have completed the ProReal Facilitator Training (using virtual world software remotely in a therapeutic context).

www.onlinepsychologyandcounselling.com

About Sophie Mort

I am a clinical psychologist who works solely online. I'm particularly interested in using different online platforms to get psychology out of the therapy room and into people's lives in a way that feels accessible and meaningful. I have my own online private practice, as well as an Instagram account and an online blog where I share psychological information and resources for free. I'm also an expert for the Happy Not Perfect app.

My qualifications include a Diploma in Online Counselling and Psychotherapy from The Academy for Online Counselling & Psychotherapy, and a Professional Doctorate in Clinical Psychology from The University of East London.

www.drSoph.com

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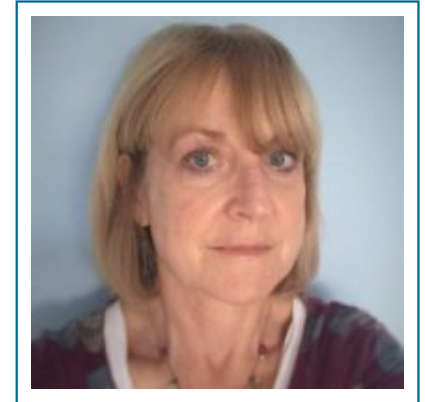


About Kate Dunn

I am a psychotherapeutic counsellor, supervisor, and consultant/trainer currently working in private practice both online and face-to-face. Whilst working as a counsellor in a university setting, I established an online service and subsequently carried out research into the Online Therapeutic Relationship, supported by Seed Corn Funding from BACP.

I have shared ideas resulting from this research in journal articles (including Therapy Today, Counselling and Psychotherapy Research Journal, and TILT magazine) and in the book: "Psychotherapy 2.0: Where Psychotherapy and Technology Meet", Edited by P Weitz, Karnac Books 2014.

www.katedunncounselling.co.uk



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Event Details

Over 2017/8 MindTech and the James Lind Alliance identified the Top 10 questions for digital technology in mental healthcare, these were filtered down from an initial 1350 questions, submitted by people with lived experience and health professionals. It is their intention that these will guide the funders of research to ensure that future research is focused on answering these questions and that the potential of digital technology for mental health can be fully realised.

The Academy and Onlinevents are so inspired by these questions, and the reasoning behind them that we have decided to use them as the focus for a series of structured conversations hosted by The Academy and Onlinevents on the future of digital mental health care. This will include both online therapy and digital impact on face-to-face therapy.

We hope these questions will help inform us about a vision for the future of mental health care and challenge the current way we deliver research, training, and therapy.

We will run a digital mHealth conversation every fortnight over the summer and autumn of 2019. These will be available to watch again in Onlinevents CPD Library

For each conversation, we will invite a panel drawn from a variety of therapy traditions, some of the Academy and Onlinevents team and some external guests.

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