

THE DIGITAL MHEALTH CONVERSATION SERIES 2019:

DO DIGITAL HEALTH INTERVENTIONS INCREASE REACH AND ACCESS TO GROUPS AND PEOPLE LESS WELL SERVED BY TRADITIONAL MENTAL HEALTH SERVICES (E.G. LESBIAN, GAY, BI, TRANS AND QUEER PEOPLE, BLACK AND ETHNIC MINORITIES, MEN WITH DEPRESSION, PEOPLE IN RURAL AREAS, ETC.)?



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The Digital MHealth Conversation Series 2019:

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.

Each conversation will centre around a series of structured questions related to the theme of the DigitalmHealth Conversation.

- What is the research evidence based surrounding the points we might make about the best points to use digital interventions?
- We hear a lot about risk, data governance, and safeguarding. How might these tie in with this subject?
- Might these issues be different in private online therapy settings to NHS settings, and where do contracting or referring organisations fit into these pathways?

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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](#)
- Meetand series editor for the Psychotherapy 2.0 series including [Online Supervision](#) edited by Anne Stokes.



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