ONLINE MENTAL HEALTH SERVICES: TECHNIQUES AND TOOLS

November 10, 2015 :: 1:00 - 2:30 p.m. EST

Deliver top-level mental health care to your students with online tools.

OVERVIEW

Are you looking for solutions to provide high-quality counseling and support to an increasing number of students? Join us to learn about a variety of technological tools that ensure confidential, high-quality engagement with students and promote positive therapeutic outcomes, including:

- Apps
- Text messaging
- Websites
- Interactive self-help sites
- Low-intensity, high-engagement treatments

This event will not only show you how to use these tools in your counseling center, but show you how to track which tools are being utilized by students.

http://www.academicimpressions.com/webcast/online-mental-health-services-techniques-and-tools
CASE STUDY: UNIVERSITY OF FLORIDA

During this program we will highlight the University of Florida’s TAO (Therapist-Assisted Online) program as a case study for their innovative use of technology.

WHO SHOULD ATTEND

This program is for counseling center staff at both online and brick-and-mortar institutions. You will leave with ideas on how to use technology to improve client engagement and therapeutic outcomes.

LEARNING OUTCOME

After participating in this online training, you will be able to explore the technological tools to expand your psychological services offerings.

CONTACT US FOR MORE INFORMATION

Contact Christine Murphy, Conference Coordinator at christine@academicimpressions.com or 720-988-1223 if you’d like additional information about the program.
AGENDA

Tuesday, November 10, 2015 :: 1:00 - 2:30 p.m. EST

I. What are the key factors that increase the effectiveness of psychological interventions?
This opening segment will review the key factors that increase engagement and improve therapeutic outcomes in a cognitive-behavioral counseling intervention. It will cover the ability to engage the client, establish therapeutic outcomes, share and measure outcomes on an ongoing basis, and foster and maintain a good therapeutic alliance.

II. Based on these factors, what are some technological tools that can be used in a campus counseling context?
This segment will showcase several digital tools, such as apps, online self-help resources, video, and group interventions. Presenters will share how the different tools work and how they can be used in a confidential, therapeutic way. Presenters will also show how to use tools that increase client compliance with treatment recommendations. Attention will also be paid to sharing ways these tools might be tracked and assessed.

III. TAO Case Study
This segment will delve into how the University of Florida has been able to integrate all of their online therapeutic tools in TAO, a seven-week online program that helps students with anxiety.

IV. Next Steps/Final Q&A

INSTRUCTOR

Sherry Benton, Professor and Licensed Psychologist, University of Florida
Dr. Benton is involved in administration, leadership, campus consultation, and advocacy. She has written and presented extensively on college student mental health and changes in the prevalence of mental health problems among college students over the past two decades. She has also written and presented on substance abuse on college campuses, counseling center treatment effectiveness, and professional training in psychology.
## PRICING & REGISTRATION (CIRCLE ONE)

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