

# Workshop 1: Integrating digital tools into psychotherapy

## Regional training within the project

### "European therapists' transitioning to remote CBT during the COVID-19 pandemic" (theREMOTEcbt) supported by the European Association for Behavioural and Cognitive Therapies - EABCT

#### Background:

Internet- and mobile-based interventions (IMIs) refer to unguided or guided self-help programs. As standalone interventions, they demonstrate effectiveness for the most common mental health disorders. As guided treatments, they even have the potential to be as effective as regular face-to-face-treatments. Instead of providing IMIs stand-alone, they can also be integrated into face-to-face therapy. This "blended therapy" has the potential to combine the benefits of both approaches: It can facilitate transfer into patients' everyday lives while maintaining a personal relationship between therapist and patients. Face-to-face therapy can be enriched by IMIs but of course, face-to-face therapy can also be delivered over the internet entirely. Video-based psychotherapy has gained popularity due to necessity during the COVID-19 pandemic. However, this necessity has driven research on and dissemination of video-based psychotherapies and psychotherapists and patients value the flexibility of meeting online for their sessions.

#### Learning objectives:

By the end of the workshop, participants will:

1. be able to navigate IMIs with more confidence and know of different effective IMIs
2. know of the various possibilities with which they can integrate IMIs into psychotherapy
3. have a decision basis for which patients IMIs might be beneficial
4. know more of the "do's and don't's" of delivering psychotherapy via video

#### Background readings:

- Andersson, G., Titov, N., Dear, B. F., Rozental, A., & Carlbring, P. (2019). Internet-delivered psychological treatments: From innovation to implementation. *World Psychiatry*, 18(1), 20–28. <https://doi.org/10.1002/wps.20610>
- Erbe, D., Eichert, H.-C., Riper, H., & Ebert, D. D. (2017). Blending face-to-face and internet-based interventions for the treatment of mental disorders in adults: Systematic review. *Journal of Medical Internet Research*, 19(9), e306. <https://doi.org/10.2196/jmir.6588>
- Buckman, J. E. J., Saunders, R., Leibowitz, J., & Minton, R. (2021). The barriers, benefits and training needs of clinicians delivering psychological therapy via video. *Behavioural and Cognitive Psychotherapy*, 49(6), 696–720. <https://doi.org/10.1017/S1352465821000187>
- Thomas, N., McDonald, C., Boer, K., Brand, R. M., Nedeljkovic, M., & Seabrook, L. (2021). Review of the current empirical literature on using videoconferencing to deliver individual psychotherapies to adults with mental health problems. *Psychology and Psychotherapy: Theory, Research and Practice*, 94(3), 854–883. <https://doi.org/10.1111/papt.12332>

**6 March 2022**

**11-13h CET**

**ONLINE**

**(via Zoom platform)**

Workshop Leader:

**Carmen Schaeuffele**



Carmen Schaeuffele has a PhD in Clinical Psychology and is a licensed CBT therapist. Her research focuses on transdiagnostic as well as digital interventions. She is currently working as a postdoc at Freie Universitaet Berlin developing a blended therapy intervention for routine care.

Please register by March 3, 2022, at :

[https://bit.ly/theREMOTEcbt\\_Workshop1\\_RF](https://bit.ly/theREMOTEcbt_Workshop1_RF)