Featured Article

Therapist-supported online treatment programs

Therapist-Assisted online programs typically draw on Cognitive Behaviour Therapy and other evidence-based therapies. Users work through psycho-educational material and exercises in the online program and receive support from human therapists, through text-based communication such as email or via telephone. These programs are accumulating a strong evidence base, and one recent meta-analysis concluded that internet-based CBT treatments for depression, social phobia and panic disorder were "well-established" according to the evidence criteria specified by the American Psychological Association. For 22 other disorders, the authors concluded that if face to face CBT worked, it was likely that internet based CBT would also work1.

Upcoming WEBINAR
“Using e-MH resources in your work: Practitioners’ Perspectives”

Date: Thursday, 17th December 2015
Where: Online
Time: NSW, ACT, VIC & TAS: 7:00pm | SA: 6:30pm | QLD: 6:00pm | NT: 5:30pm | WA: 4:00pm
Duration: Approx. 50 mins
Cost: FREE

Our fourth webinar will present the nitty gritty of how to use online interventions. Covering topics such as taking first steps, potential barriers, pitfalls, and tips. Attendees will:

- Hear firsthand perspectives and case studies demonstrating the use of e-MH resources in psychological practice.
- Identify potential challenges with using e-mental health resources in the workplace and hear about solutions developed by community based practitioners.
- Reflect on strategies for using e-MH resources with clients.
- Ask questions of clinicians who are already using e-MH in their work.

By demonstrating how fellow practitioners are already using e-MH, this webinar aims to support practitioners to feel comfortable enough to start using e-MH in their own workplace.

Speakers include Clinical Psychologists Dr Melissa Pech, Mr Les Posen & Dr Jay Spence.

Documentation relevant for CPD can be provided.

Register for Webinar!

eMHPrac Exchange
Join the discussion!
eMHPrac Exchange is a great way to join the discussion about topics raised in webinars. Join the forum to post a question before, during, and after the webinar.
Missed a Webinar?
What’s been covered and where can I catch up on a webinar I’ve missed?

Recordings and descriptions of past webinars can be found HERE.

Webinar 3: Supporting your clients to use self-help treatment programs.
A tour of 3 self-help online mental health programs: On-track, myCompass and e-couch. A discussion of how to use these programs in your practice with your clients. (recording coming soon)

Webinar 2: Using e-MH resources in your work: getting to know therapist-assisted programs.
A tour of 3 therapist-assisted online mental health programs with in-depth presentations by health professionals from Mental Health Online, MindSpot and ThisWayUp.
- What courses are available for your clients?
- How does the referral process work?
- How can you incorporate these programs into your client interventions?

Webinar 2: Click to follow through to video

eMHPrac Exchange now tweeting!
Follow us on Twitter to stay updated on what’s happening.

Look out for @emhprac on Twitter!

FEATURED PROGRAMS
“Youth & Adolescence”

Prevention, early intervention & treatment of anxiety in young people. It has child (8-12yrs), teen (12-17yrs), and parent components. View more

Promotes wellbeing & resilience in young people (12-18yrs) through psycho-education, positive psychology & related approaches. View more

For people aged 12-18yrs with OCD. It has eight stages & provides information, as well as support for parents & caregivers. View more
Happy Holidays

From the eMHPPrac Team

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