The Use of Technology in Counseling and Mental Health
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Digital Explorers
What is telehealth?
What are the advantages of using technology?
Counseling Accessed Over Electronic Media

- Counseling and treatment via Skype™ sessions
- Creating appointments
- Payment methods
- Worldwide counseling
Skyping
Virtual School Counseling

School counselors may opt for virtual or online school interactions such as:

- E-mail
- Online instant messaging
- Telephone calls
- Text messages
- Video chat
- Webinars
Games as Counseling Tools

- Providing an empathy angle
- Teaching compassion
- Helping clients manage their emotions
- Providing a supplemental counseling tool
Use of Video Games in Therapy

(click on image)
Blogging can:

- Help counselors disseminate information
- Help increase client base
- Help counselors network with other counselors
- Provide training and counseling
Technology and Imaging of the Brain

- Computerized axial tomography (CAT scan)
- Fast magnetic resonance imaging (fMRI)
- Magnetic resonance imaging (MRI)
- Positron emission tomography (PET)
- Skull radiograph
Ethical Use of Technology in Counseling

• Stay informed of the new changes pertaining to the use of technology in Counseling and Mental Health.

• Clearly define for clients the pros and cons and the limitations and successes of the use of technology.
Code of Ethics
Use a cloud-based practice management system to provide storage, encryption and backup of electronically protected health information.
Apps for the 21\textsuperscript{st} Century Therapist

(click on picture)
Review

• What is telehealth?

• What are three advantages of using technology in Counseling and Mental Health?

• Describe three ways a counselor utilize Skyping in his or her practice.

• How can the use of video games be helpful in CBT treatment, particularly with children and adolescents?

• Why is it important to use a practice management system that is cloud-based?
Images:
• Photos obtained through a license with Shutterstock.com™.

Textbook:

Websites:
• American Counseling Association
  2014 ACA Code of Ethics Resources.
  http://www.counseling.org/knowledge-center/ethics/code-of-ethics-resources
• American School Counselor
  The American School Counselor Association (ASCA) supports school counselors’ efforts to help students focus on academic, career and social/emotional development so they achieve success in school and are prepared to lead fulfilling lives as responsible members of society.
  https://www.schoolcounselor.org
• Counseling Today
  Finding technology’s role in the counseling relationship.
References and Resources

• Marlene M. Maheu, PH.D.  
  American Association for Marriage and Family Therapy (AAMFT) Code of Ethics Addresses “Technology-Assisted Professional Services.”  
  http://telehealth.org/blog/aamft-code-of-ethics

• Person-Centered Tech  
  Emailing and Texting Security vs. The ACA 2014 Code of Ethics  

YouTube™:
• Modern Technology in Cognitive Behavior Therapy (CBT) Treatment  
  At a recent Beck Institute Workshop, Dr. Torrey Creed provides an anecdote to illustrate how the use of video games can be helpful in CBT treatment, particularly with children and adolescents.  
  https://youtu.be/j8L4b0WpAlc