

Telehealth

For Mental Health Professionals

2-Day Distance Therapy Training

The use of technology is a common expectation of clients in today's world (and a requirement for some clients). Providing distance therapy services makes sense for your practice, but understanding all the legal, ethical, business and in-session challenges can seem daunting.

What are all the legal and ethical risks? Is distance therapy effective? How do I even get started? – Attend this course and get the answers to your questions!

Providing distance therapy services will allow you to gain access to more clients and provide quality care for your clients wherever they are.

By attending this Distance Therapy Training Course, you'll obtain a complete walkthrough of the whole process. You'll learn:

- The key terminology, evidence, benefits and risks.
- The unique legal and ethical concerns associated, such as privacy, security and crossing state lines.
- The policies, procedures and best practices you need to know to get started and while protecting your professional liability.
- How to navigate challenging telehealth business questions involving marketing, payments, billing and insurance.
- Demonstrations of the technology options and strategies for how to use them effectively.

Sign up today and leave confident in your ability to have a successful telehealth practice!

Target Audience

Counselors • Social Workers • Psychologists • Psychiatrists
Case Managers • Addiction Counselors • Therapists
Marriage & Family Therapists • Nurses • Other Mental Health Professionals

Objectives

1. Consider the legal and ethical challenges posed by telehealth for mental health professionals in a clinical setting.
2. Discuss the evidence supporting the effectiveness of telemental health as it relates to clinical treatment.
3. Specify the unique policies and procedures considerations for telehealth and the clinical implications.
4. Explain adoptions with telemental health for various populations to improve clinical outcomes.
5. Explore the privacy, security and confidentiality concerns related to technology use in clinical practice.
6. Establish how client expectations differ for telehealth as compared to in-person therapy and what that means for clinical treatment.
7. Articulate unique boundary issues that arise in a telemental health setting.
8. Utilize specific adaptations that are recommended for various disorders and modalities to improve clinical outcomes.
9. Explain text messaging and email complications as it relates to privacy in a clinical setting.
10. Apply best ethical practices regarding referrals and advertising concerns as it relates to clinical practice.
11. Articulate the legalities of practicing across state lines via telemental health sessions.
12. Specify the HIPAA compliance challenges associated with telemental health and it's clinical implications.

Meet Your Speaker

Joni Gilbertson, MA, NCC, LCPC, BC-TMH, is a licensed clinical professional counselor, Board-Certified Telemental Health Provider and the owner/founder of COPE Counseling Services, LLC where she uses telemental health to assist individuals, couples and families with everyday coping in areas such as relationship, depression, suicide, and general coping skills. She is a Board-certified Telemental Health Provider with years of experience seeing clients using distance counseling. Her counseling centers specialize in treatment for both adults and children. Joni is also experienced as a clinical counselor supervising a mental health staff within a hospital setting and within her clinical practice. She regularly uses distance counseling to work with diverse populations in multiple states, and court program specialist. She is licensed as a mental health professional in Illinois and Florida while presently residing in Florida.

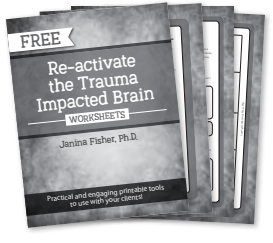
Joni completed many trainings in distance counseling and even edited numerous online courses for telemental health. She is a certified trainer in mental health first aid and motivational interviewing. She is also certified in domestic violence facilitation, phototherapy and selective other methods that enhance client awareness. For many years she trained mental health agencies, children and family services, first responders, jails, prisons, and detention centers on mental health topics along with legal and ethical matters of relative concern to each population. As a former Chief of Probation and Probation Officer, she was responsible for training staff on mental health issues such as suicide awareness, personality disorders, substance use disorders and treatment strategies.

Joni is also a college instructor in the Sociology Department where she teaches mental health and legal issues classes. She was recently nominated and presented with the award for "Teachers Who Make a Difference" due to her engaging and dynamic style of teaching. She makes learning an enjoyable experience with her passion for the topic of using technology for mental health.

Speaker Disclosure:
Financial: Joni Gilbertson is owner of COPE Counseling Services. She receives a speaking honorarium from PESI, Inc.
Non-financial: Joni Gilbertson has no relevant non-financial relationship to disclose.

Questions? Call customer service at **800-844-8260**

— FREE —
Worksheets
& Video
To Help The Traumatized Brain



www.pesi.com/traumabrainws

Bring any Training On-Site!

- Cost Effective for Groups
- Customizable
- Flexible

CE credits included!

www.pesi.com/inhouse

NON-PROFIT
ORGANIZATION
US POSTAGE PAID
EAU CLAIRE, WI
PERMIT NO 32729

PESI, Inc.
P.O. Box 1000
Eau Claire, WI 54702-1000
A Division of PESI, Inc.

Telehealth

For Mental Health Professionals

2-Day Distance Therapy Training

ELLICOTT CITY, MD
Thursday & Friday
January 16 & 17, 2020



www.pesi.com

Register now! pesi.com/express/76397


Telehealth

For Mental Health Professionals


2-Day Distance Therapy Training

A Complete Guide to Adapting Your Services for Distance Therapy Clients

- What You Need to Know About the Legal & Ethical Concerns
- Key Policies, Procedures and Best Practices for Success
- The Top Business Challenges with Telehealth – And How to Solve Them
- A Guided Walkthrough of Telehealth Technology
- Important Adaptations to Use for Various Populations and Disorders



ELLICOTT CITY, MD
Thursday & Friday
January 16 & 17, 2020

www.pesi.com
A Non-Profit Organization Connecting Knowledge with Need Since 1979

Register now! pesi.com/express/76397

Outline

Telehealth for Mental Health Professionals What You Need to Know Before You Get Started

The Types of Telehealth

- Synchronous Format – Live Interaction via Video
- Asynchronous Format – Transfers of Information Electronically

Evidence Supporting the Effectiveness of Telehealth for Clients and Various Populations

The Benefits and Risks for Telehealth

Recent Trends in Telehealth

Legal & Ethical Issues

Following a Code of Ethics

Legal Implications of Practicing Across State Lines

Privacy & Security

- HIPAA Compliance Concerns
- Documentation & Paperwork Issues
- Ensure Data Protection & Avoid Unintended Access/Disclosure
- The Client's Perception of Privacy via Videoconferencing

Boundary Issues More Likely to Arise in Telehealth

Multicultural Issues in Telehealth

Technology Competence of the Clinician and Client

How to Start Your Mental Health Telepractice

Offering Your Telehealth Services – Where to Begin?

How to Introduce the Concept to Clients

Who is a Good Fit for Telehealth? Who is Not?

Administrative Responsibilities

Policies & Procedures Consideration – Protect Yourself and Your License

- Informed Consent – Unique Concerns & Best Practices
- Intake Process – Tips You Need to Know
- Emergency Plans for Telehealth

Client Interviewing & Assessment Techniques

Videoconferencing vs. Telephone

Best Practices for Professionalism

- Camera Placement, Background, Proximity & Dress Attire

- Handling Technical Issues

Important Business Aspects to Consider

Marketing Concerns with Telehealth Practice

Billing & Reimbursement Strategies– Is This Covered Under My Client's Insurance Policy?

Payment Fee Structure Considerations

Communication of Payment Structure to Client

Professional Liability Insurance – Telehealth Covered?

Client Expectations & How They Differ Versus In-Person Therapy

Financial, Accounting & Tax Concerns

Giving and Getting Referrals - Issues for Telepractice

Choosing a Platform – What Technology is Right for You and Your Clients?

An Overview of the Various Platforms Available

Demonstrations of Key Features

How to Assess What Features are Important for You

Cost Comparisons

What Legal Assurances Do I Need from A Platform Provider?

Client Considerations When Choosing a Platform

- What Technology is My Client Using & Where From?

Demonstrations of Telehealth in Practice

A Guided Tour of How to Begin a Telehealth Videoconferencing Session

What Videoconferencing Looks Like in Practice

Key Techniques to Enhance the Telehealth In-Session Experience

Presentation Skills & Tips

Additional Technology Considerations

Text Message & Email Telehealth– Security, Privacy & Expectations

Cloud Storage – What are the legal issues?

Virtual Reality – What You Need to Know

Treatment Adaptations to Consider for Telehealth

Disorders

- Discuss Key Adjustments Recommended for Practicing Telehealth for Different Disorders

Populations

- Evidence & Best Practices for Tailoring Telehealth to a Variety of Clients
- Important Adaptations for Groups or Couples

Modalities

- Which Modalities Most Easily Apply to Telehealth & Which Could Use Adaptions

Case Studies of Telehealth Successes & Failures

Examples of the Do's & Don'ts That Can Make or Break Your Telepractice

The Future of Telehealth for Mental Health Professionals

Possible Future New Rules & Regulations

Up & Coming Technology Trends to Be Aware Of

What Distance Therapy Might Look Like in 10 years

Course Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

ETHICS: This seminar includes 2.0 hours of general ethics instruction. If ethics is not specified within your licensing board's approval statement below, please contact your board to determine the applicability and amount of ethics allowed.

ADDICTION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 12.5 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

COUNSELORS: This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

MARYLAND COUNSELORS: This intermediate activity is approved for 12.5 clock hours of continuing education instruction. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by the NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 760 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

NURSES, NURSE PRACTITIONERS, AND CLINICAL NURSE SPECIALISTS: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 12.6 contact hours. Partial contact hours will be awarded for partial attendance.

PSYCHOLOGISTS & PSYCHIATRISTS & PHYSICIANS:

PSYCHIATRISTS & PHYSICIANS

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 12.5 AMA PRA Category 1 Credit(s). Physicians should only claim credit commensurate with the extent of their participation in the activity.

PSYCHOLOGISTS

The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. This activity consists of 12.5 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

SOCIAL WORKERS: PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 10.5 Clinical Practice and 2.0 Ethics continuing education credits. No more than 12.5 total CE hours may be awarded for this activity. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

OTHER PROFESSIONS: This activity qualifies for 760 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



REGISTRATION FORM

TELEHEALTH FOR MENTAL HEALTH PROFESSIONALS

2-DAY DISTANCE THERAPY TRAINING

SAVE TIME! Express Register Online: [pesi.com/express/76397](https://www.pesi.com/express/76397)

1 Please complete entire form if sending by mail please print legibly

Mail Code: _____ See mail code box on reverse side above your name & address

*Email address _____
*Registrant's e-mail is required to receive your certificate of completion and registration confirmation.

Name _____ Profession _____

Billing Address _____ ☐ Home ☐ Work

Company Name (if work address): _____

City _____ County _____ State _____ Zip _____

*Cell Ph () _____ Work Ph () _____
*Required for event updates

2 Select Location (make copy for your records)

☐ **ELLCOTT CITY, MD • JANUARY 16-17, 2020 (76397ELL)**
Turf Valley Resort & Conference Center
2700 Turf Valley Rd • 21042 • (410) 465-1500

3 Select Tuition

TUITION including seminar manual

\$439.99 – choose one of the options below:

- ☐ per person for 2 or more preregistering together —OR—
- ☐ single registration postmarked 3 weeks prior to seminar date

☐ **\$499.99** standard

ADD-ON PRODUCTS — Save on Shipping! —Products Distributed at Seminar

- ☐ **\$16.99*** *Soothe* book (PUB086050)
- ☐ **\$17.99*** *Coping Skills for Trauma Deck* (PUB086140)

*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

4 Select Payment Method

All registrations must be prepaid.

- ☐ Check enclosed payable to **PESI, Inc.**
- ☐ Purchase order enclosed (Fed ID # 26-3896894)
- ☐ MC 16 digits ☐ VISA 13-16 digits ☐ AE 15 digits ☐ Discover Novus 16 digits

Card # _____

Card Exp. _____ CVV*# _____

Signature _____

(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.) (*American Express: 4-digit # above account # on face of card.)

ADA NEEDS

We would be happy to accommodate your ADA needs; please email info@pesi.com or call 1-800-844-8260 at least two weeks prior to the seminar date.

SAME DAY REGISTRATION

Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

TUITION OPTIONS

Advance registration required. Cannot be combined with other discounts.

- **FREE Military Tuition:** PESI Inc. is proud to offer this seminar free of charge on live seminar tuition for veterans and active duty military personnel. *Limited seats available; advance online registration required.*

- **\$60 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, first come, first serve.

- **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesi.com/students for details.

QUESTIONS

Visit pesi.com/faq or email us at info@pesi.com

OTHER WAYS TO REGISTER

Fax: 800-554-9775
Mail: PESI, Inc.
PO Box 1000
Eau Claire, WI 54702-1000
Phone: 800-844-8260
Online: [pesi.com/express/76397](https://www.pesi.com/express/76397)

CAN'T ATTEND THE SEMINAR?

Telehealth For Mental Health Professionals: 2-Day Distance Therapy Training

_____ Seminar on DVD* (video)
\$439.99 (RNV055645)
_____ Seminar on CD* (audio)
\$439.99 (RNA055645)

Product total _____
*Shipping - \$6.95 (DVD only) _____
Subtotal _____
**Tax _____
TOTAL _____

CE hours and approvals on products may differ from live CE approvals.

*Shipping is \$6.95 first item + \$2.00 each add'l item.

**Residents add applicable state and local taxes except in AK, DE, MT, NH, OR

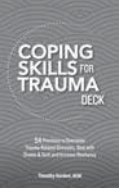
Save by including these products with registration!



Soothe
Your Mind-Body-Spirit Guide for Dealing with Crappy Emotions

By Heidi Kopacek

In *Soothe: Your Mind-Body-Spirit Guide for Dealing with Crappy Emotions*, clinical psychologist and basically your new best friend, Dr. Heidi Kopacek, gives you a holistic approach to de-frazzling from 21st century stress and negativity.



Coping Skills for Trauma Deck
54 Practices to Overcome Trauma-Related Stressors, Deal with Shame & Guilt and Increase Resiliency

By Timothy Gordon, MSW, RSW

Living with trauma is hard. Let this deck be a companion on your journey.

Inside you'll find 54 exercises to develop the skills needed to cope in the face of trauma, PTSD, and stress. Filled with innovative practices from attachment theory, compassion, acceptance, mindfulness, and CBT—this deck will help you relax, build healthier relationships, and find a more balanced lifestyle.

More info and resources at www.pesi.com

Live Seminar Schedule (Both Days)

7:30 Registration/Morning Coffee & Tea

8:00 Program begins

11:50-1:00 Lunch (on your own)

4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.



PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Limited seats available; advance online registration required.**

Seminar on DVD or CD Package: You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$60 cancel fee. Substitutions are permitted at any time.

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker, or have a new topic idea, please contact Josh Lindblad at jlindblad@pesi.com or call 715-855-5234.

