#### **Update on the Latest Technologies Relating to Therapy**

Go-to resources and technology trends to keep up with an ever-changing virtual environment

Social media usage

Email

Texting

Virtual Reality

Avatar Counseling

Robot as counselors

Case Study: Anxiety disorder client who is addicted to using technology

#### **Evaluate How to Use the Latest Technologies**

Explore evolving technologies and determine effectiveness for using with specific clients

Clinical dilemmas and step-by-step problem-solving method

Clinical decision making- when to use and who to use with

Risks and benefits of using new technologies

Limitations of research with new technologies

Psychological and neurological benefits and limitations

Best practices for risk management Case Study: Engaging a client with major depressive disorder via telehealth

### **Navigate Ongoing Changes with Laws** Resources for quick reference and explanations for better comprehension

Quick references and explanations for better comprehension Interjurisdictional state laws

Federal laws as they relate to clinical

State laws and the clinical relevance Case Study: Married couple who is separated in different states

#### Put It to Practice

Guidance on making innovative changes legally and ethically

Newest technology to meet clinical needs Step-by-step method for ethical decision-making

Risk management while initiating new technology

Best practices with social media usage Legal and ethical compliance

Case Study: Therapist with in-person practice using telehealth successfully

### Live Webinar Schedule

11:50-1:00 Lunch Break

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.

# (Times listed in Central)

8:00 Program begins

4:00 Program ends

# **OBJECTIVES**

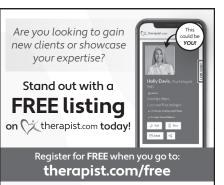
- 1. Evaluate new types of technology including virtual reality, avatar counseling, and therapeutic robotics to determine the clinical benefits.
- 2. Propose how to enhance telehealth practice with the use of social media including Facebook, twitter, Instagram, texting, and emailing.
- 3. Research the applicable state and federal laws concerning interjurisdiction practice for application to clinical practice.
- 4. Utilize a step-by-step method for ethical decision-making when applying the code of ethics and the laws using technology including social media.
- 5. Evaluate what the newest research states about clinical implications and best practices when using telemental health for treatment.
- 6. Apply best practices with the updates for clinical application and for protection of clients and

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The pandemic made the use of technology in therapy a necessity rather than optional.

Therapists and clients alike have gotten much more comfortable in this digital era, but there is still more you can do to ensure sessions are engaging and clients get the help they need.

On top of that... Clinicians are now inundated with finding ways to keep up with the changes in laws and state differences. It's challenging to know which technology to use, what laws apply, and how to keep our practices and our clients safe.

Good News! Board-Certified Telemental Health Provider, Certified Clinical Telemental Health Provider, Joni Gilbertson, MA, NCC, LMHC, BC-TMH, CTMH, has put together this bold cutting-edge training in telehealth to teach you:

- The latest in telehealth technology
- Resources to stay up to date with the changing laws and guidelines
- A **step-by-step method** to ensure best practices are in place
- How to take your practice to the next level

You will learn **innovative ways to use technology** and practical tools to ensure your clinical work is aligned with telemental health best practices. Take home resources on how to ensure you keep up with the ongoing changes with laws and ethical codes relating to teletherapy and technology.

Additionally, you will gain an understanding of how to **improve your risk management** through **a step-by-step method to ensure the safety of clients and agencies**. And best of all Joni presents this in an easy and digestible way - so you can go back to work the next day with new skills!

# Here's what your colleagues have to say about this trainer: → ★ ★ ★ ★ ─────

"(Joni) is VERY well-informed! She paid attention to detail (every detail!) and I feel confident in utilizing the material you presented."

- Heather, Counselor



"I really appreciated the detail of the handouts . . . very relevant and educational."

- Mary, Social Worker



"Joni is very knowledgeable and inspires trust and confidence."

- Julia, Psychologist



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## **MEET YOUR SPEAKER**



**Joni Gilbertson, MA, NCC, LCPC, LMHC, BC-TMH, CTMH,** 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 relationships, depression, suicide, and anger management. She is licensed as a mental health professional both

in Illinois and Florida while presently residing in Florida.

Joni completed over 20 trainings in telehealth and edited 16 plus online courses for telemental health. She is a certified trainer in clinical telemental health, mental health first aid, and motivational interviewing. She is also certified in domestic violence facilitation and selective other methods that enhance client awareness. She regularly uses distance counseling to work with diverse populations by using video sessions and other technologies. She started one of the first telehealth programs for court-ordered clients and has over 10 years of experience with using video sessions for programs such as domestic violence and anger management.

Speaker Disclosure

Financial: Joni Gilbertson receives a speaking honorarium, book royalties, and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Joni Gilbertson has no relevant non-financial relationships.

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#### \*includes up to 3.0 hours of general ethics instruction.

This seminar includes 3.0 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.

This activity is pending approval from the National Association of Social Workers.

PESI, Inc. is an NAADAC Approved Provider of continuing education. NAADAC Provider #77553. This activity has been submitted to NAADAC for review. Approval pending. For the most up-to-date credit information, please go to: https://rehab.pesi.com/events/detail/87632.



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### **Recommended Reading:**



**Telemental Health**The Essential Guide to

The Essential Guide to Providing Successful Online Therapy

**Your Presenter!** Joni Gilbertson, MA, NCC, LCPC, LMHC, BC-TMH, CTMH

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Relapse Prevention Counseling: Clinical Strategies to Guide Addiction Recovery and Reduce Relapse Dennis Daley PhD & Antoine Douaihy, MD

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