



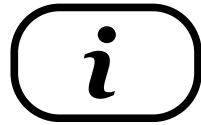
e-Mental Health Training Toolbox

state of the art and best practice use

ABSTRACTS ONLY



Content



The demand for mental health care is increasing globally. Crises such as COVID-19 add greatly to this demand. It will be difficult to sustain European mental health care systems without the use of e-mental health (eMH). Even though the technology has been there for many years and with adequate evidence-base, implementation and upscaling of eMH has been slow. Why? The reasons are related to various barriers, such as: concerns of clinicians, quality problems, lack of digital skills and limited policies and guidelines for successful implementation.

Since 2020 remote treatment using digital tools has grown exponentially. And experience shows that digital solutions work very well in some situations and less in others. But, how do you put e-mental health to good use and what can you do with it? How do you implement it? And how do we upscale it?

To take the next step and contribute to a better and sustained use of eMH in European mental health care, several experts combined forces and developed this practical eMH training for clinical (and non-clinical) professionals. The development and roll-out of this training was made possible by a European subsidy from Interreg NW-Europe and co-created by partners from the Netherlands, Belgium, Germany, France and Ireland.

Training content

The training consists of multiple modules that can be followed independently. Besides a general introduction into eMH, there are modules on internet-based interviewing and assessment, internet-based intervention with online writing as intervention, telemental health (therapy via video conferencing), online interventions and blended treatment, technology options (such as immersive and wearables) and embedding into the organization. All modules will be given online as webinars.

Contact

Should you have any questions or remarks regarding this toolbox or the webinars, you can email them to info@e-mence.org.

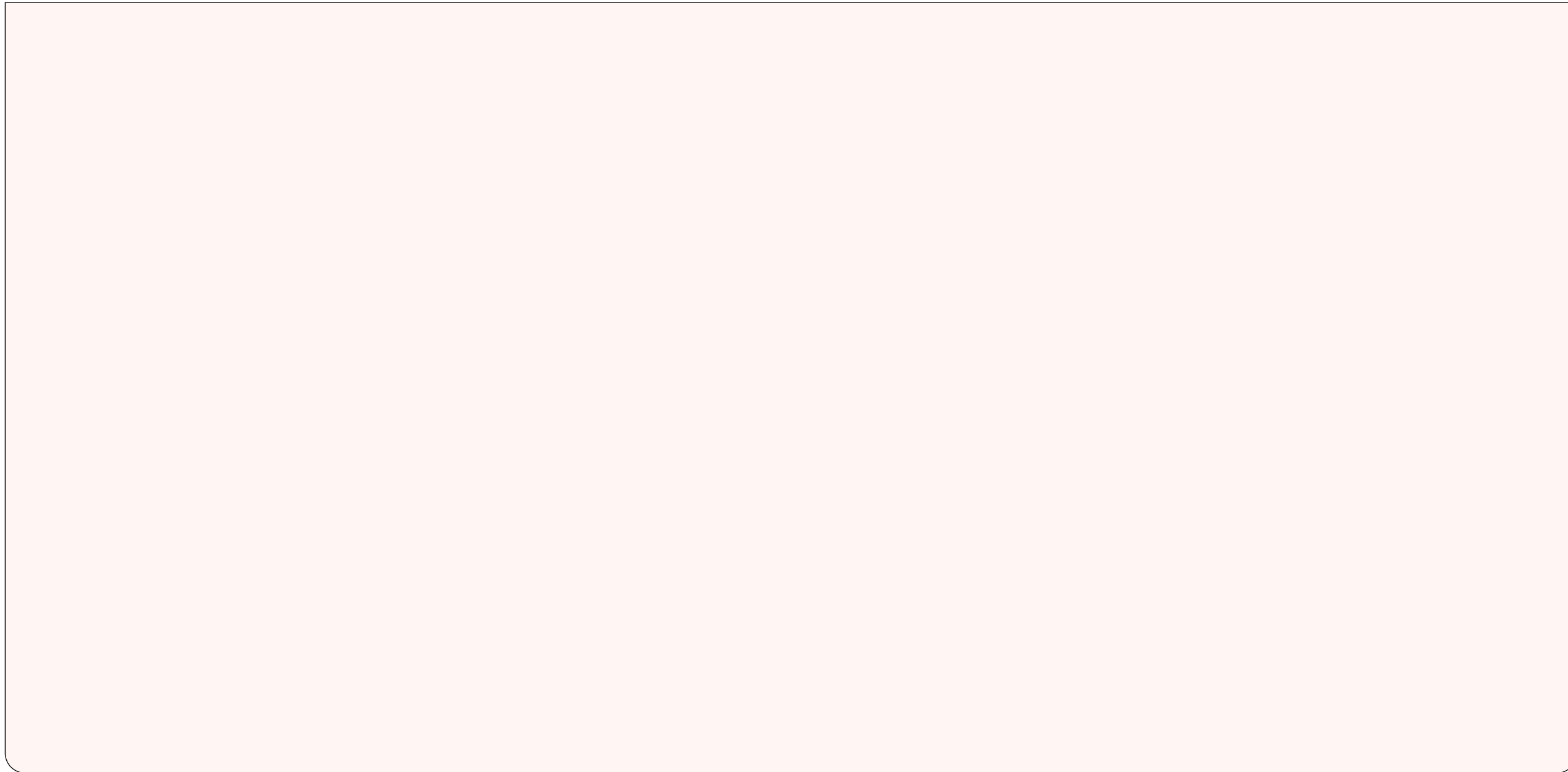


General Introduction to e-Mental Health



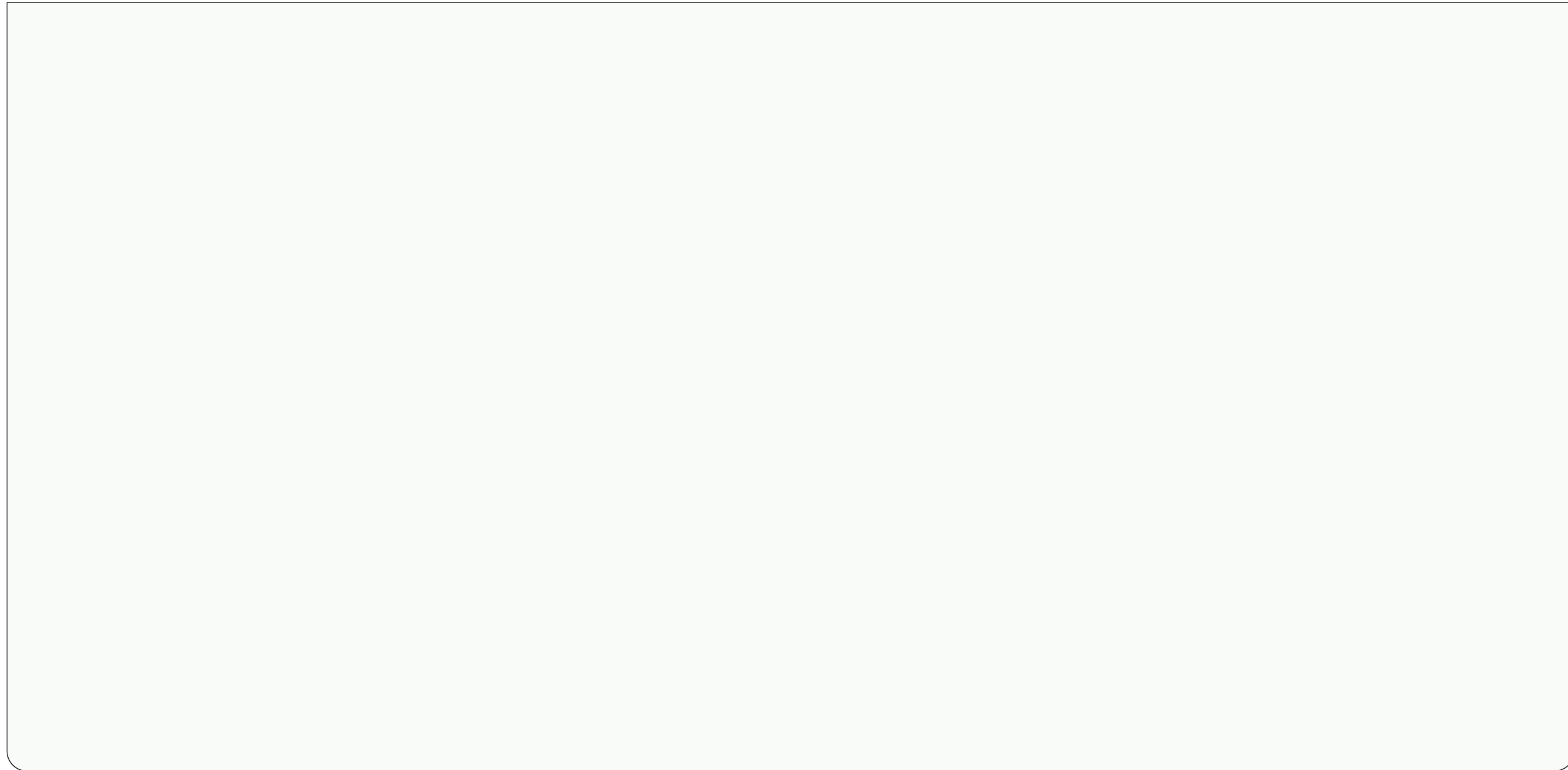


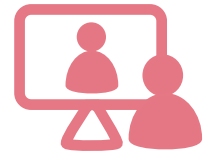
Internet-based Interviewing and Assessment



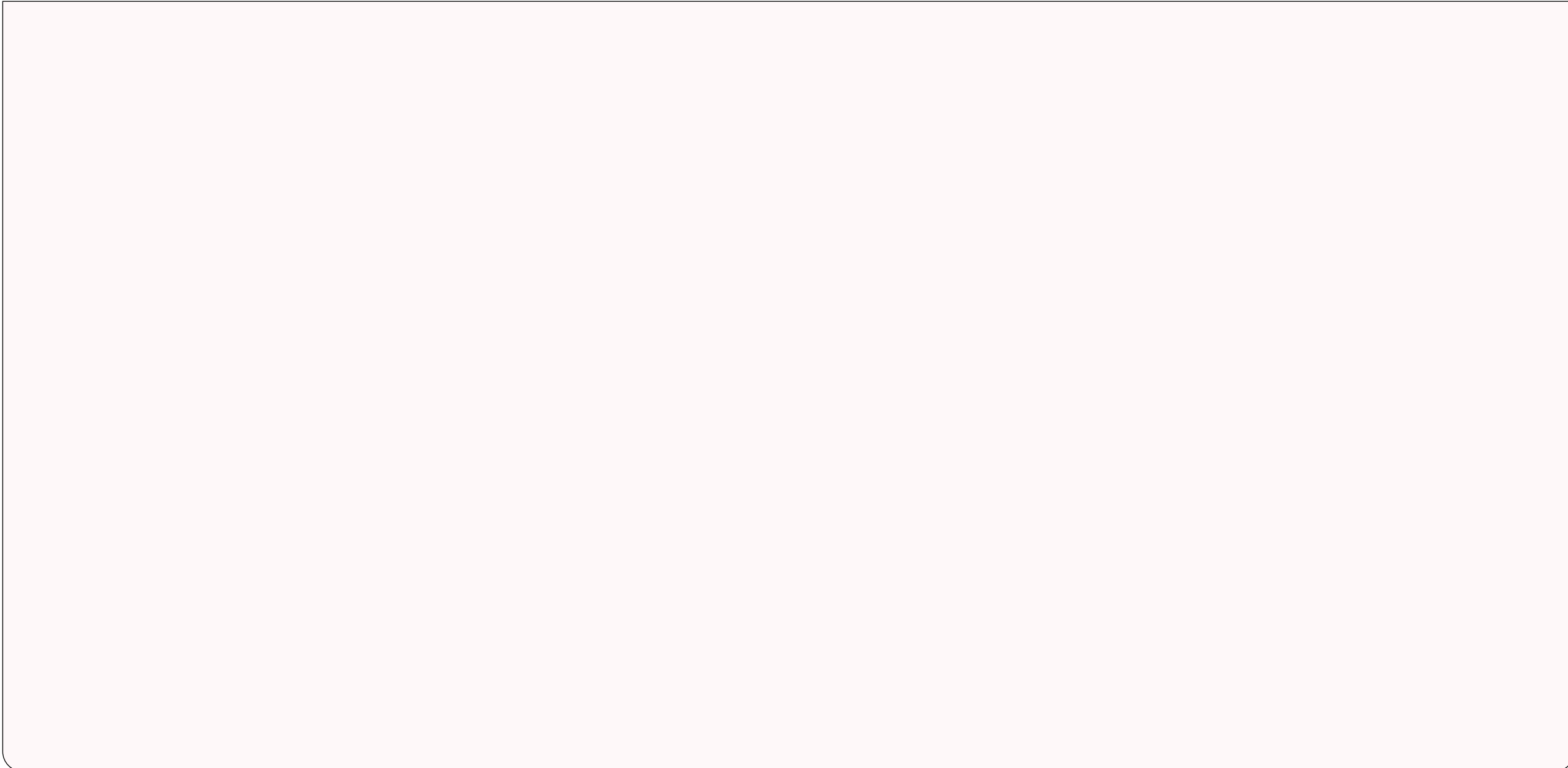


Internet-based Interventions: Online Writing as Intervention



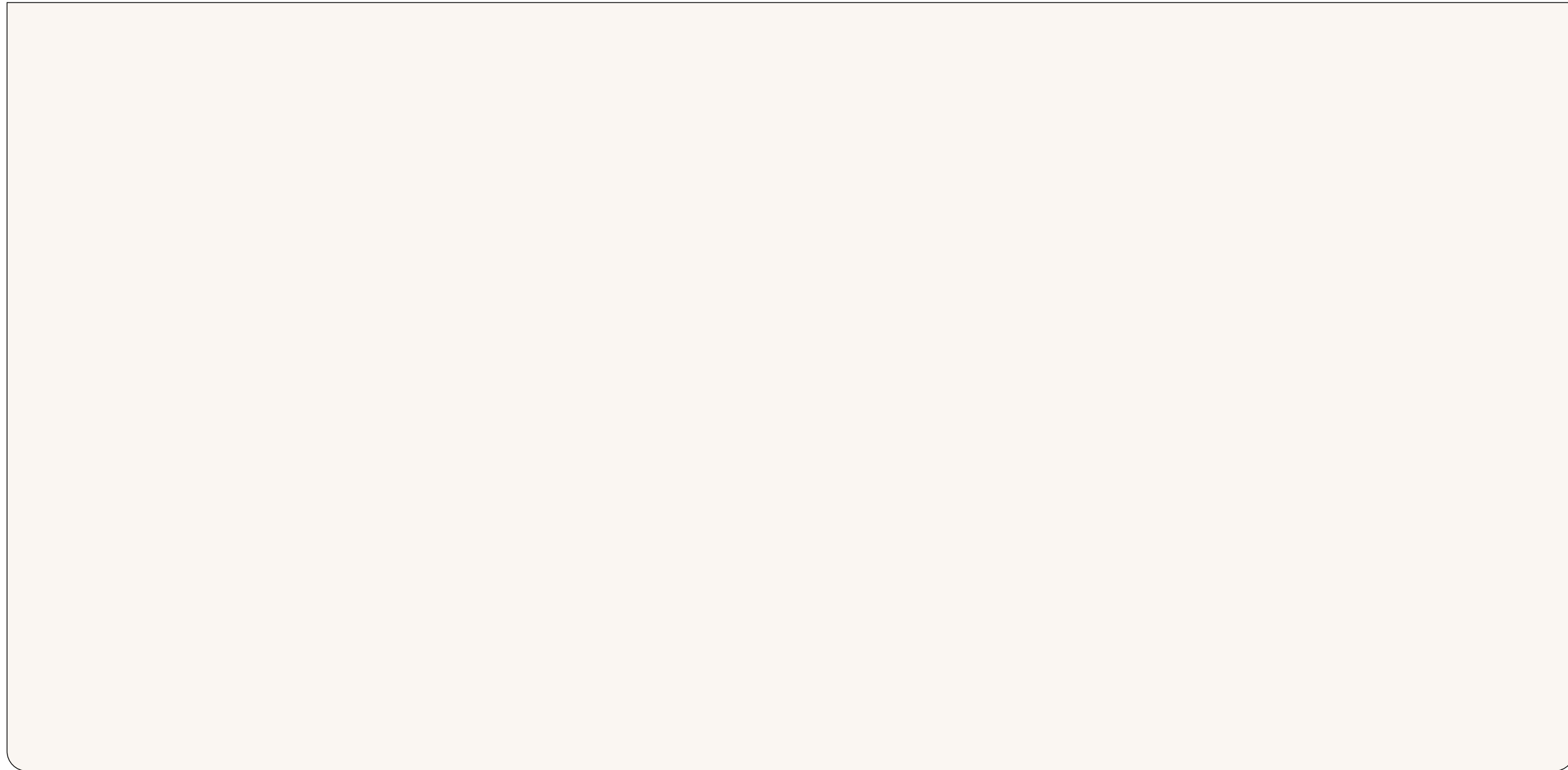


Telemental Health: Therapy via Video Conferencing



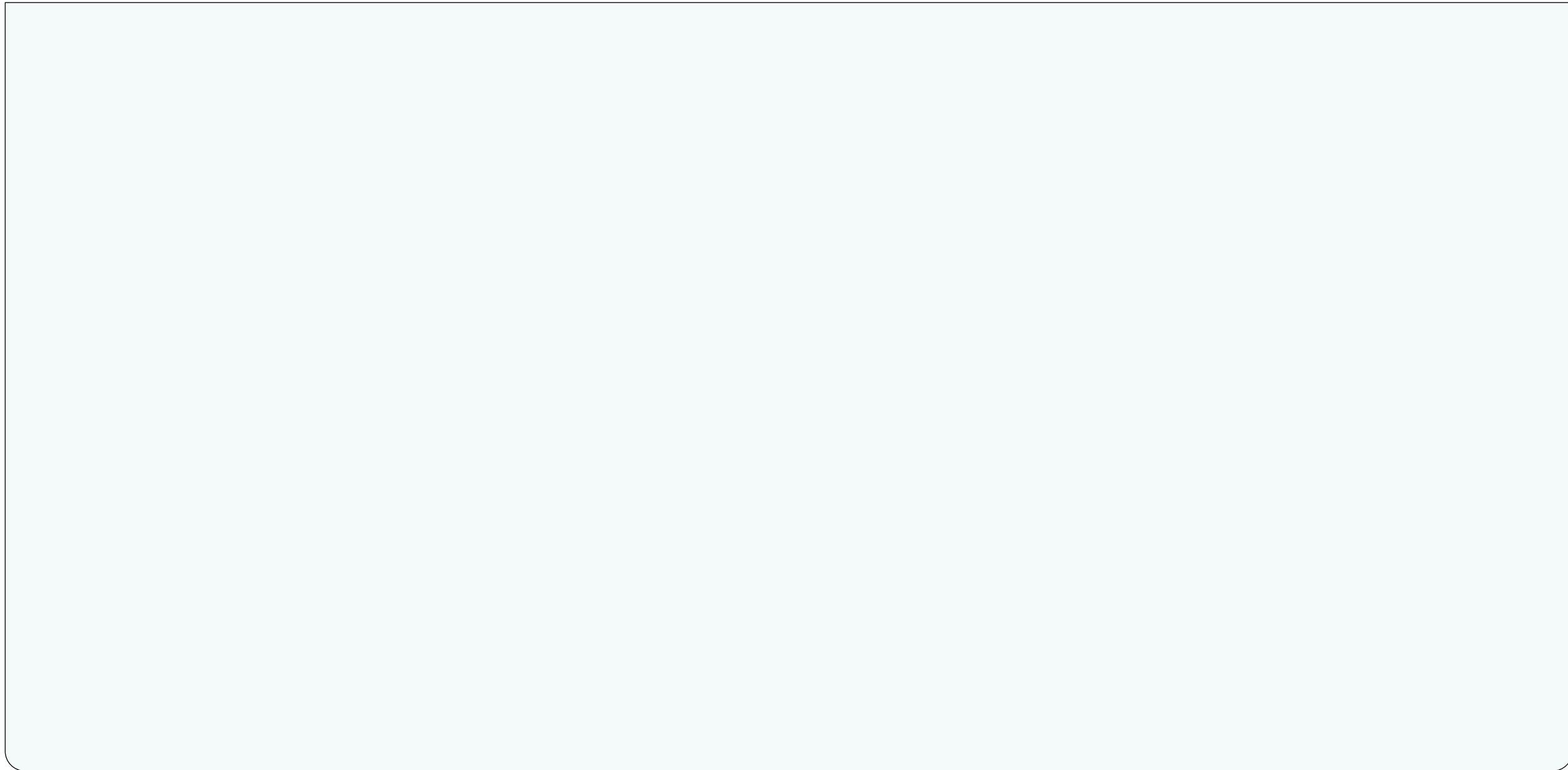


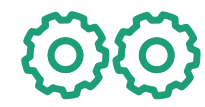
Online Interventions and Blended Treatment



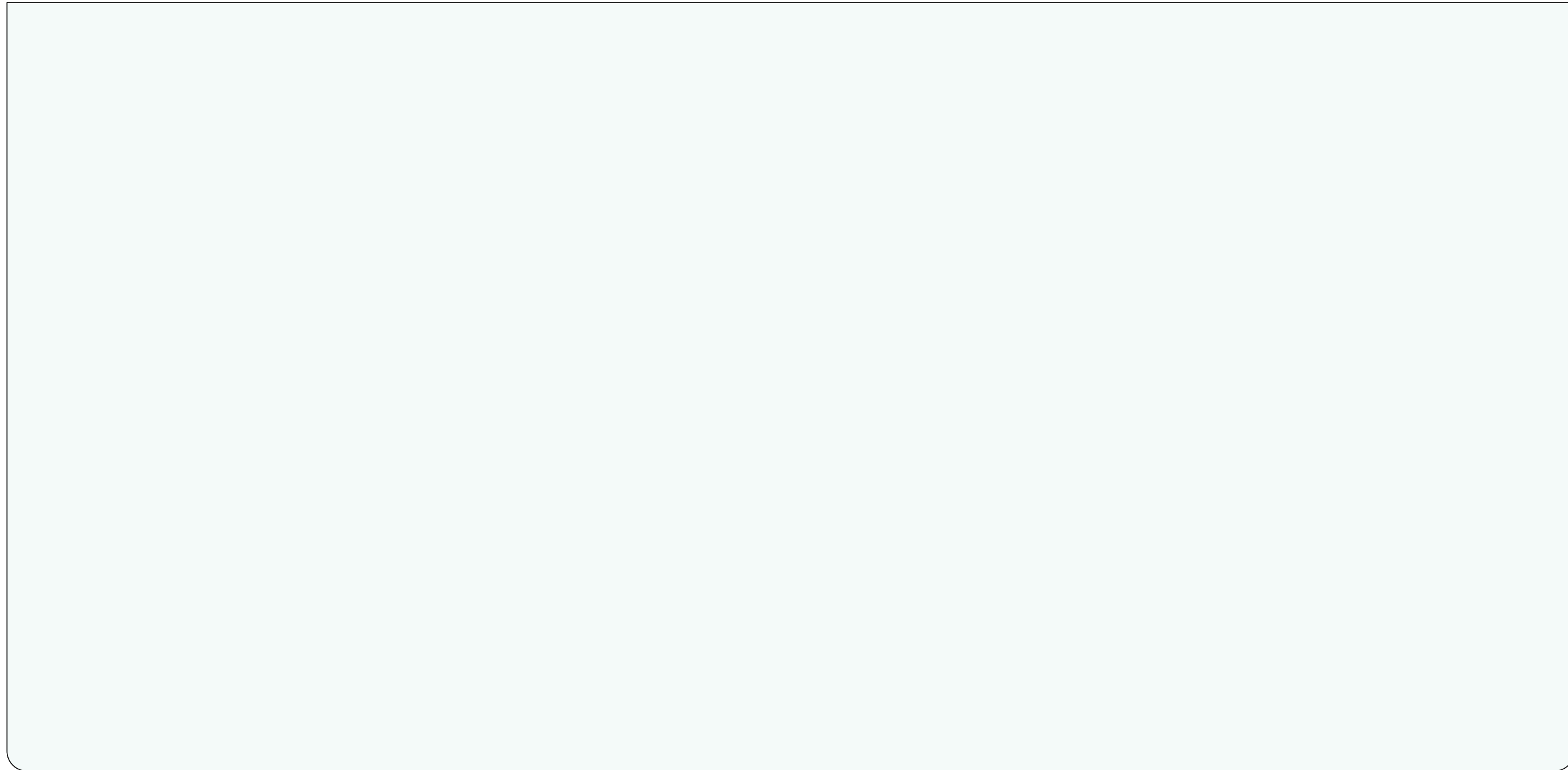


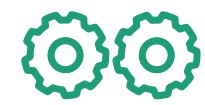
Technology Options



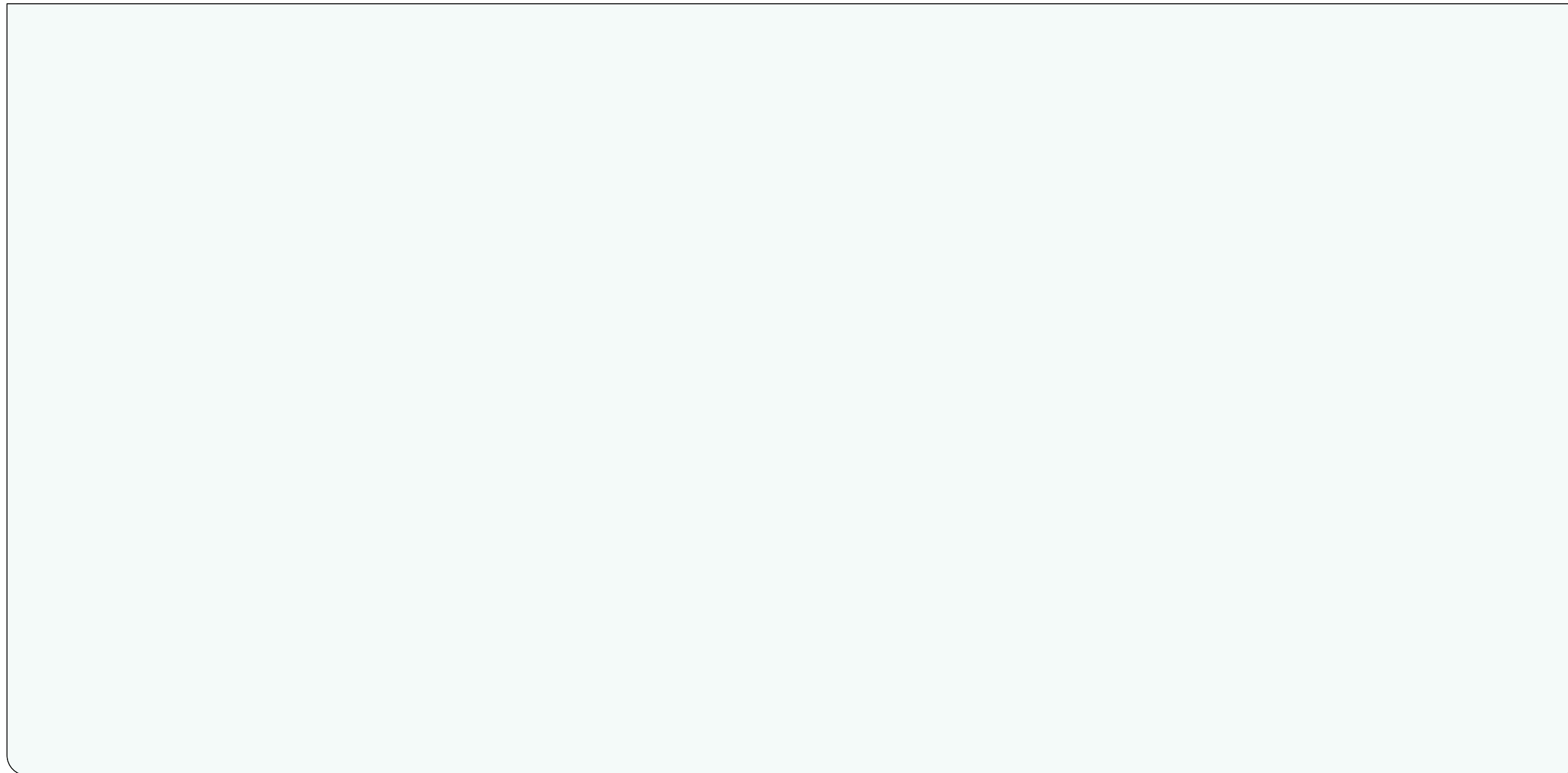


Technology Options: Immersive Technologies for Mental Health





Technology Options: Wearables and their potential in Mental Health





<> Embedding in the Organization

