



## **Course: improving the effects of psychotherapy offered through videoconferencing**

**Address:** <https://asadis.net/en/course/improving-effects-psychotherapy-offered-through-videoconferencing/>

**Duration:** 3h30

**Type of course:** continuing education

**Location:** online course

**Individual price:** \$128.00

### **Overview:**

This workshop is intended for clinicians who wish to ground their clinical decisions on the most up-to-date research when delivering individual psychotherapy for adults through videoconferencing. In this workshop, Dr. Bouchard discusses the ethical implications of delivering therapy online and explains how clinicians can build a strong alliance with their patient. He also demonstrates the importance of telepresence and presents seven key areas that need to be considered to improve outcome when delivering psychotherapy remotely, including: key empirical findings on the effectiveness of therapy delivered remotely, and its limitations; the ethical and practical implications of various technologies; the importance of both the patient's and the clinician's physical environment; strategies that can be used to alleviate the patient's concerns about distance intervention and remote psychotherapy; strategies to increase therapist self-efficacy; strategies to build a strong therapeutic alliance and to increase the patient's telepresence; the regulations that should be considered when delivering psychotherapy remotely; and crucial information about when telepsychotherapy is not indicated.

### **Learning objectives:**

1. Review the research findings that clinicians should know in order to make informed clinical decisions.
2. Enable clinicians to build a strong alliance when using videoconferencing to deliver psychotherapy.
3. Understand the ethical implications of videoconference psychotherapy and the limitations of such interventions.
4. Understand the importance of telepresence when delivering psychotherapy via videoconferencing.

**Learning material:**

This workshop includes theory as well as clinical examples. It includes videos ranging from 5-15 minutes in length. The PowerPoint of the workshop can be downloaded.

**Audience:** This training is intended for mental health professionals.

**The expert, Prof Stéphane Bouchard**

Dr. Stéphane Bouchard is the Canada Research Chair in Clinical Cyberpsychology and a full professor of clinical psychology at the University of Quebec in Outaouais. As a scientist-practitioner, he has dedicated his career to developing clinically useful models and interventions and to conducting rigorous studies on the treatment of anxiety disorders and other mental disorders. His research focuses on the development of virtual reality environments to treat complex anxiety disorders as well as pathological gambling. He also conducts clinical trials on the effectiveness of in-vitro exposure for anxiety disorders, as well as experimental studies to understand what makes virtual reality an effective therapeutic tool. In addition to this, Prof. Bouchard researches the clinical effects of telepsychotherapy (distance intervention) and how this intervention should be used to obtain optimal treatment outcomes. He has received several awards and distinctions, including the prestigious Adrien Pinard Prize for his significant contributions to the field of psychology.

**Syllabus**

PowerPoint

Presentation

Telepresence

The basics of telepresence and improving Visioconference psychotherapy (VCP)

VCP in relation with panic disorder

VCP in relation to general anxiety disorder and post traumatic stress disorder

VCP in relation to major depression, eating disorders, and a summary of the published data

Questions related to effectiveness and conclusive data

Limitations of studies and knowledge on VCP

Technology challenges

VCP and technological challenges

Good habits to take regarding technology

Challenges related to the physical environment

VCP and the challenges related to physical environment

Habits and strategies to best handle technology

Techno-anxiety of clients and professionals: reducing clients' and professionals' apprehensions

Techo-anxiety and the relationship between the professional and VCP

Self-efficacy of professionals

Issues related to the therapeutic alliance

VCP and therapeutic alliance

Studies on VCP and therapeutic alliance

Meta-analysis of the relationship between VCP and therapeutic alliance

Practical advice to build a strong therapeutic alliance with VCP

Healthy habits in relation to VCP

Legislative issues

The legal issues of VCP

Contraindications in relation to VCP

Conclusion

Conclusion

Bibliography