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:
Therapeutic presence operates differently through a screen. Research reveals a surprising finding: the subjective experience of "being together" in videoconferencing predicts alliance strength more powerfully than technical quality or visual clarity. This challenges foundational assumptions about how connection forms in psychotherapy. What clinicians perceive as barriers—physical distance, mediated communication, environmental intrusions—patients often experience as manageable when telepresence is deliberately cultivated.

In this course, you will learn to ground clinical decisions in robust empirical evidence. Prof. Stéphane Bouchard synthesizes two decades of controlled research demonstrating non-inferiority of videoconferencing psychotherapy across anxiety disorders, major depression, and PTSD. You will examine how to build strong therapeutic alliances remotely, integrate telepresence as a clinical variable, and navigate the ethical and technical landscape with confidence.

You will deepen understanding of evidence-based domains that determine remote therapy outcomes:

• Research findings on efficacy, effectiveness, and current knowledge limitations across diagnostic populations
• Technology selection criteria grounded in security standards, end-to-end encryption protocols, and jurisdictional compliance requirements
• Environmental management strategies for both clinician and patient spaces that protect confidentiality while enhancing therapeutic engagement

• Telepresence cultivation techniques, including camera positioning, emotion induction methods, and alliance-building practices specific to videoconferencing

You will strengthen capacity to assess when remote intervention is clinically indicated and when face-to-face contact remains essential. The course addresses techno-anxiety in both patients and professionals, offering concrete strategies to increase self-efficacy with unfamiliar modalities. Prof. Bouchard demonstrates how to adapt exposure-based interventions, experiential exercises, and cognitive techniques to the videoconferencing format without compromising treatment integrity.

You will implement practical protocols for session management, including pre-session planning, communication backup systems, and handling technical disruptions mid-session. The training covers regulatory considerations across jurisdictions and provides frameworks for documenting clinical reasoning when selecting remote modalities. Case examples illustrate successful adaptation of therapeutic techniques—from interoceptive exposure to mindfulness training—within patients' natural environments.

These evidence-based skills will enable you to deliver psychotherapy remotely with the same clinical rigor expected in face-to-face practice. You will make informed decisions about technology platforms, environmental setup, and patient selection based on research rather than assumption. The capacity to cultivate telepresence deliberately will strengthen therapeutic relationships regardless of physical distance, expanding access while maintaining treatment quality.

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 is Canada Research Chair in Clinical Cyberpsychology and full professor of clinical psychology at the University of Quebec in Outaouais. As a registered psychologist and scientist-practitioner, he has dedicated over two decades to developing clinically useful interventions and conducting rigorous research on telepsychotherapy and virtual reality treatments for anxiety disorders, PTSD, pathological gambling, and other mental health conditions.

Prof. Bouchard pioneered research on telepresence in videoconferencing psychotherapy, demonstrating that

the subjective experience of "being together" remotely predicts therapeutic alliance strength more powerfully than technical quality. His randomized controlled trials have established non-inferiority of telepsychotherapy across panic disorder, generalized anxiety disorder, PTSD, and major depression, with very large effect sizes maintained at 12-month follow-up.

His research program encompasses treatment efficacy studies, experimental investigations of therapeutic mechanisms, technology security protocols, and ethical frameworks for remote intervention. Prof. Bouchard has published extensively on alliance-building in virtual contexts, environmental management strategies, and patient selection criteria for videoconferencing modalities.

He has received numerous distinctions including the prestigious Adrien Pinard Prize for significant contributions to psychology. Prof. Bouchard's work bridges rigorous empirical research with practical clinical application, providing mental health professionals with evidence-based protocols for delivering psychotherapy remotely while maintaining the therapeutic rigor expected in face-to-face practice.

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

Evaluation:

To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.

In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.

These evaluations are not graded and are intended primarily to support your professional reflection.

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

Questions? Feel free to contact us at *contact@asadis.net*