

Workshop



Dr. Christine Korol is a registered psychologist and the Founder of the Vancouver Anxiety Centre. She is an Adjunct Professor in the Department of Psychology at the University of British Columbia and a passionate educator. Dr. Korol has a particular interest in the use of technology and mental health. She trains other professionals in digital health as well as lecturing and training doctoral students on this topic at Simon Fraser University, UBC and University of Victoria. Previously, Dr. Korol was the Practice Lead of the Online Therapy Service at Vancouver General Hospital where she developed the online program, Kelty's Key.

CBT in the Virtual Environment: Advances and Lessons Learned

Workshop 2 | May 13, 2022 | 8:00 am - 11:30 am PST

Prior to the global pandemic, there was an abundance of online therapy research that largely went unnoticed by most practicing clinicians. Aside from the occasional emergency telephone session, there was an understandable reluctance among practitioners to embrace developments in this area of treatment. It has been a steep learning curve for many therapists during the pandemic, but most are adapting to the need for remote therapy services. For the most part, therapists report enjoying the convenience, flexibility and their greater reach to clients who would otherwise not be able to access therapy. Downsides include fumbling with technology, isolation, and fatigue from staring at a screen all day. In this workshop, we will review ways to strengthen your online practice, leveraging new technology that will make your days easier, impress your clients, and improve outcomes.

At the end of this workshop participants will be able to:

1. Describe the literature on how therapists are faring during the pandemic considering the rapid shift to primarily online treatment, with emphasis on solutions to the most common difficulties described by therapists in their daily virtual practice.
2. Explain the research on the public's perception of online CBT since the beginning of the pandemic and outcomes in online psychotherapy.
3. Discuss new and coming trends in the use of technology and mental health, including: AI analysis of psychotherapy notes or session transcripts to improve outcomes/understand mechanisms, use of remote virtual therapy, passive wearables, apps and more.

