

## Thinking Forward Presentations 1 & 2 Resource Handout

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\*The following are various products and resources that you might find helpful; we have no relationship with the following companies and there are numerous other resources you could explore for your own practice

### Smartphone Apps for Therapy & Therapeutic Support

**CBT-I Coach** – app for insomnia. Lots of psychoeducation resources, helpful reminders, guided PMR and guided imagery exercises.

**CPT Coach app** – very thorough, helpful psychoeducational handouts, assignments, and basically a thorough step-by-step guide to accompany CPT treatment.

**Moving Forward** – a problem solving and stress reduction app; very detailed, lots of recorded meditations, psychoeducation materials.

**Mood Coach** – offers normalization of trauma and depression, helps you set goals and clarify values and plan/be reminded of social experiments and positive activities you can do to lift your mood. Has lots of activity suggestions and built in reminders and planning to keep you on track to your goals.

**Mindfulness Coach** – guided and self-guided meditation suggestions for a variety of different categories of mindfulness practices. You can keep a log of your practices, learn about mindfulness, and be guided in practice all in one app.

**PE Coach** – tool to use conjointly with prolonged exposure treatment; has controlled breathing practice tools, psychoeducational readings, homework assignments, and places to log completion of all of these; has tools to track and schedule sessions.

**PFA Mobile** – (for providers) a guide, support and psychoeducational tool for individuals providing Psychological First Aid (not meant to replace a formal training). Very thorough, good refresher and reminder for brushing up on core concepts and considerations.

**PTSD Coach** – provides psychoeducation and tools for adapting to stress and trauma reactions. Somewhat customizable with ability to add pictures/audio that are comforting specifically for the client. You can add phone numbers of friends/family/doctors to call when in distress. Includes basic assessments of functioning and symptom tracking, reminders, crisis resources, SUDS tools, and mindfulness activities to calm distress and address specific PTSD sx.

**STAIR Coach** – self-assessment tools for struggles related to trauma experiences, guided meditation, relaxation, breathing, and PMR exercises, readings about physical self-care related to overall wellbeing and trauma recovery. Additionally, provides tools for practicing observing and identifying feelings, and goal setting strategies and modules for thought, emotion and behavior-based interventions.

**VetChange** – an app for those looking to manage drinking habits related to coping with PTSD. Begins with short 5 question assessment. Provides tools for understanding how drinking behaviors can relate to PTSD sx, self-assessments, guides for seeking professional treatment, connection to crisis support, tools for cutting down on or quitting drinking.

**AIMS** – facilitates the learning of skills for getting along better with other people, controlling anger reactions to things that are irritating, and stopping anger from creating negative consequences. Self-assessment tools, deep breathing and muscle relaxation exercises, time out and thought

stopping techniques, an anger log, and various tools for planning. There's also an anger planning tool that kind of looks like a safety plan, but instead for what coping tools and actions you will take when you feel out of control in your anger.

**ACT Coach** – supplementary tool for clients going through Acceptance Commitment Therapy. Provides psychoeducation on various aspects and modules of ACT, mindfulness practices, and various tools that walk you through getting “unstuck” and pursuing new modes of action.

**Virtual Hope Box** – primarily self-care and safety planning for individuals in crisis.

**Abide** – Christianity-based app with guided meditations, de-stressing resources, and psychoeducation for a variety of mental health difficulties.

**Headspace** – primarily psychoeducational and practice oriented, utilizing mindfulness theory and meditation techniques based on a variety of themes, diagnoses and concerns. Very interactive, fun videos and graphics, can get basic use for free, but upgrade for a monthly fee for full materials.

**Calm** – only has a short “free trial” and then costs 12.99/mo. Primarily for meditation/stress relief.

## **Videoconferencing Software**

**Theraplatform:** <https://www.theraplatform.com/>

**Doxy.me:** <https://doxy.me/>

**WeCounsel:** <https://www.wecounsel.com/>

**Regroup Connect:** <https://www.regroupconnect.com/login>

**Cisco Webex:** <https://www.webex.com/>

**PsyBooks:** <https://www.psybooks.com/>

[https://telehealth.org/telehealth-buyers-guide/wpbdp\\_category/video/](https://telehealth.org/telehealth-buyers-guide/wpbdp_category/video/)

<https://telehealth.org/telehealth-buyers-guide-home/>

## **Secure Email & Document Sharing Software**

**Microsoft Office 365**— <https://docs.microsoft.com/en-us/office365/securitycompliance/email-encryption>

**Hushmail**— [https://www.hushmail.com/business/healthcare/hipaa-compliant-email/?source=website&tag=page\\_home,btn\\_healthcare](https://www.hushmail.com/business/healthcare/hipaa-compliant-email/?source=website&tag=page_home,btn_healthcare)

**Qliqsoft**— [https://www.qliqsoft.com/?utm\\_source=google&utm\\_medium=cpc&utm\\_term=secure%20texting&campaign=977811720&ad\\_group=46019898222&extension&network=g&keyword=secure%20texting&ad\\_position=1t2](https://www.qliqsoft.com/?utm_source=google&utm_medium=cpc&utm_term=secure%20texting&campaign=977811720&ad_group=46019898222&extension&network=g&keyword=secure%20texting&ad_position=1t2)

**pMD**— [https://www.pmd.com/secure-messaging?gclid=EAlaIQobChMI-baUqsKX3AIV05N-Ch08DQggEAAYASAAEgKVjD\\_BwE](https://www.pmd.com/secure-messaging?gclid=EAlaIQobChMI-baUqsKX3AIV05N-Ch08DQggEAAYASAAEgKVjD_BwE)

**Lua**—[https://getlua.com/?gclid=EAlaIQobChMlvZvL9rqX3AIVk8BkCh0wTQsuEAAYBCAAEgISbfD\\_BwE](https://getlua.com/?gclid=EAlaIQobChMlvZvL9rqX3AIVk8BkCh0wTQsuEAAYBCAAEgISbfD_BwE)

## Resources for Further Learning

### ***Further Considerations for Programs like TalkSpace & Better Help***

<https://www.e-counseling.com/online-therapy/talkspace-review/>

<https://www.e-counseling.com/online-therapy/betterhelp-review/>

<https://www.e-counseling.com/online-therapy-guide/betterhelp-versus-talkspace-the-ultimate-showdown/>

### ***APA Guidelines and State Laws***

<http://www.apapracticecentral.org/ce/guidelines/telepsychology-guidelines.pdf>

<http://www.apapracticecentral.org/advocacy/state/telehealth-slides.pdf>

<https://www.techhealthperspectives.com/2017/10/17/50-state-survey-on-telemental-health-laws-in-the-united-states-2017-appendix-released/>

<https://www.ebglaw.com/content/uploads/2017/10/EPSTEIN-BECKER-GREEN-2017-APPENDIX-50-STATE-TELEMENTAL-HEALTH-SURVEY.pdf>

<https://telehealth.org/psychology/>

<http://www.apa.org/monitor/2017/05/ce-corner.aspx>

### ***Other Ethical and Security Considerations***

[https://www.zurinstitute.com/hipaa-digitaethics-telementalhealth-resources.html#telemental\\_health\\_top](https://www.zurinstitute.com/hipaa-digitaethics-telementalhealth-resources.html#telemental_health_top)

<http://www.cchpca.org/malpractice-0>

<https://www.virtru.com/>

<https://worldview.stratfor.com/article/going-abroad-remember-your-digital-hygiene>

<https://thewirecutter.com/reviews/best-vpn-service/>

<https://datica.com/blog/3-common-misconceptions-about-business-associate-agreements/>

[https://compliance-group.com/business-associate-hipaa-compliance-checklist/?utm\\_source=bachecklist&utm\\_medium=cpc&gclid=EAlaIQobChMIleovcSS3AIVBcJkCh1eGwaKEAAYASAAEgKDcvD\\_BwE](https://compliance-group.com/business-associate-hipaa-compliance-checklist/?utm_source=bachecklist&utm_medium=cpc&gclid=EAlaIQobChMIleovcSS3AIVBcJkCh1eGwaKEAAYASAAEgKDcvD_BwE)

### ***Telepsychology Resources for Games and Apps***

<https://mobile.va.gov/appstore?page=1>

<https://www.sparx.org.nz/>

<https://www.psychologytoday.com/us/blog/fulfillment-any-age/201206/the-13-top-online-psychology-games>

***General Resources, Trainings, and News on Emerging Technologies***

<https://telementalhealthtraining.com>

<https://www.telehealth.com/news>

<http://mhealthwatch.com/>

<https://telehealth.org/blog/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4744872/>

<https://www.integration.samhsa.gov/operations-administration/practice-guidelines-for-video-based-online-mental-health-services-ATA-5-29-13.pdf>