Exploring the Digital Frontier: Telepsychology Adventures in Graduate Clinical Training

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Welcome

Agenda

• Why should we care about telepsychology?
• What are the challenges to implementing telepsychology in graduate training?
• How can graduate students create positive change?
“Times Are A-Changing”

1. Pervasiveness of Internet Devices

2. Popularity/Accessibility of Mobile Apps

3. Cloud Computing

4. Social Media

5. Increasingly Transient Population
My Student Experience

Lack of Technology Adoption

- Therapeutic Concerns
- Legal Concerns
- Technical Ability
- Systemic Barriers
Key Therapeutic Concerns

• Is videoconference/text-based/application-based therapy as effective as in-person therapy?
  – Barak, Hen, Boniel-Nissim, & Shapira (2008)

• How does speaking through an internet device/computer affect therapeutic process?
  – Backhaus et al. (2012)
Key Legal Concerns

- Laws which regulate practice across state lines
  - Association of State and Provincial Psychology Boards - ePassport
- Difficulties in ensuring client safety
  - Technology specific informed consent
  - Familiarity with emergency services in client’s area
- HIPAA compliance
  - Cloud-based EHR (user-side encryption of files, or business associate agreement) (e.g. PracticeFusion, CareCloud, SpiderOak, BoxCryptor)
  - Videoconferencing software (e.g. Vsee)
  - Avoid texting and e-mail (or use encrypted e-mail such as Hushmail)
Technical Ability

• Lack of training in the use of emerging technologies in practice
  • Private training certificates/CEU’s

• Lack of experience using the new technologies
  • Free online training resources (i.e. blogs)
  • Suggest the technological solution and offer to help
Systemic Barriers

• Academic Bureaucracy (long chain of administrators/lawyers)
  • Gain allies on small scale (individual supervision relationships, small clinics)

• Conflicts with IT security approaches
  • Inability to install software on school computers

• Power/Identity Issues
  • Be sensitive, respectful, and encouraging towards authorities
What If We Don’t Create Change?

- Denial of effective treatments that can reach the untreated
- Less secure and integrated care
- Loss of psychology’s perceived relevance