eMental Health in Psychological Practice

9th October 2018
The Hilton Charlemont Place Dublin 2

SPEAKERS BIOGRAPHIES

Dr. Shari McDaid, Director, Mental Health Reform

Shari McDaid was appointed Director of Mental Health Reform, the national coalition advocating for reform of the mental health system, in October 2013. She has been a member of the Healthy Ireland Council, the National Taskforce on Youth Mental Health, the Disability Stakeholders Group and is currently on the Oversight Group for the review of A Vision for Change. Shari received her PhD in 2008 from the Equality Studies Centre at UCD, with a thesis entitled 'Power, Empowerment and User Involvement in the Public Mental Health Services in Ireland'. Shari co-edited with Prof. Agnes Higgins the text 'Mental Health in Ireland: Policy, practice and law', published in 2014 by Gill and Macmillan.

Terri Morrissey, CEO, Psychological Society of Ireland

Terri Morrissey became the CEO of the Psychological Society of Ireland in 2015. Since her appointment she has focused on raising the profile of psychology in Ireland and ensuring that the potential contribution that psychologists can make to society and the community is fully realised. Terri holds an MBA from Fordham University in New York where she won the Dean's Award for Excellence, a first class honours diploma in Business and Executive Coaching from the University College Dublin (UCD) Michael Smurfit Business School, where she came top of class, and an honours degree in Psychology from UCD. She currently teaches 'Leadership and Risk' at Master's level at Trinity College Dublin and is an Executive Coach with the London Business School. Terri is a co - author of a regular column 'People Matters' in Airport World, the official magazine of the world's airports.

Kevin Cullen, Work Research Centre

Kevin Cullen has a Research Psychology background and is a founding director of WRC, the Dublin-based independent health and social research centre. Current Irish work focuses especially on the mental health field, and he has a part-time role as scientific lead with Mental Health Reform on the eMEN Interreg project. His work focuses especially on policy-support research at Irish and European levels, including health & social care system innovation, mental health, eHealth, older people, disability, supportive housing, and carers and caring. He has also carried out a large body of work on technology assessment in these fields. In the mental health field, recent work includes an eMental Health state-of-the-art report published in May 2018 and a mental health evidence review for the Department of Health (in 2017) to inform the refresh of A Vision for Change. He also has recently produced a report for Genio on the value case for personalised psychosocial supports and care for people with dementia in the community.

Presentation: ***eMental Health State of the Art***
This presentation aims to help set the scene for the various sessions that follow. It will draw on a recently published 'State-of-the-Art' report on eMental Health and the opportunities it may present in the Irish context. The report provides an overview of the spectrum of eMental health applications already on offer and how they are used; summarises evidence on their effectiveness and contribution; and discusses their potential for helping to address challenges facing the mental healthcare system in Ireland.

Krystian Fikert, CEO and Founder, MyMind

Krystian Fikert is the CEO and Founder of MyMind Centre for Mental Wellbeing, a non-profit, social enterprise that provides affordable and accessible mental health services within the community, set up in 2006. Krystian received an MA in Clinical Psychology from Adam Mickiewicz University in Poland in 2004. After completing his studies, Krystian moved to Dublin in 2005 to work for Google as a search quality associate. He left Google in 2007 to work with the Health Service Executive as a psychologist in clinical training. In his work with MyMind, Krystian has been named an Ashoka fellow (2011), received multiple awards from Social Entrepreneurs Ireland (Level 2, 2009, Elevator Programme Award 2011, Impact Award 2013), received the Captain Cathal Ryan Scholarship (2010), and won the Arthur Guinness Award in 2012.

Presentation: ***The power of blended support and the future of e-mental health*** will explore the power of blended services and the benefits of early intervention in e-mental health in relation to the future of counselling and psychotherapy services. It will look at the possibilities of e-mental health to reach everyone in need, by not replacing face to face support, but by complimenting it.

Brian Holohan, Clinical Manager, Turn2me

Brian is Clinical Manager with Turn2me eMental Health, a registered Irish charity and pioneer in the field of online therapies funded and supported by the HSE and the National Office for Suicide Prevention. He is an accredited Counsellor and Psychotherapist and holds a Masters' Degree in Sexuality Studies, a BA(Hons) Degree in Counselling & Psychotherapy, a Diploma in Addiction Psychology, and has completed his first year of a research PhD in masculinity and suicide. He has a keen interest in sexuality, gender identity, LGBTQI+, with particular interest in masculinity and mental health.

Presentation: *Turn2me eMental Health: The Future is Now!*
An exploration of Turn2me's clinical and technological innovations - a 3-Tier psychosocial approach to eMental health.   Challenging perceptions of therapeutic interventions online.

Lochlann Scott, CEO/Founder, Helplink Support Services

Lochlann holds a BA in Psychological Studies and two post graduate diplomas in Psychology and a Postgraduate Health Psychology. Lochlann worked in Social Care for many years in the HSE West in residential and long-term family support; he also developed and piloted Galway City Social Work department's first parenting programme for male caregivers during his time. Lochlann founded Helplink Support Services in 2012 as he saw there was a need to be more innovative in how we provide mental health and conflict resolution services to our communities both at home and abroad. Furthermore, Lochlann is a voluntary Board Member with Mental Health Reform. He was the winner of the 'One to Watch' Social Entrepreneur award at the SCCUL Awards in 2011 and the 2016 runner-up in the Social Entrepreneur of year category.

Presentation: *Utilising e-therapy to support diaspora globally* will show the development of the organisation's online counselling service for Irish citizens living abroad. Why develop the service? How do people engage with the service? What are the results so far?

Seamus Sheedy, Regional Director, Irish Association of Counselling and Psychotherapy (IACP)

Seamus Sheedy is a Regional Director of IACP. Seamus studied Counselling and Psychotherapy in Trinity College Dublin and has been working full time in the profession since 1999. Seamus is an Accredited member of IACP and ACI. He is also an Accredited Supervisor with IACP. Following specialised training in Supervision he achieved an MA in Supervisory practice in 2012. He has been an Associate Lecturer on the Degree in Addiction studies and The Counselling Degree in Athlone Institute of Technology for the past five years. Seamus served as President of the European Association Of Counselling and as Cathaoirleach (Chair) of The Irish Association of Counselling and Psychotherapy (IACP).

Prof. Brian Hughes, the National University of Ireland (NUI), Galway

Brian Hughes is Professor of Psychology at the NUI, Galway. He is a former president of PSI (2004-2005) and of the international Stress and Anxiety Research Society (2014-2016), and has held visiting academic appointments at the Universities of Leiden (Netherlands), Birmingham (UK), Missouri (USA), King's College London (UK), and the Royal College of Surgeons in Ireland. He is a prominent advocate for scientific psychology, evidence-based policy, scientific outreach, and the role of psychology in society. He holds a Master's degree in public science education (State University of New York). He is the author of Conceptual and Historical Issues in Psychology (London: Pearson/Prentice Hall, 2012) and Rethinking Psychology: Good Science, Bad Science, Pseudoscience (London: Palgrave, 2016). His latest book is Psychology in Crisis (London: Palgrave, 2018).

Presentation: *eTherapy: What the evidence shows...and doesn't show*
Over the past 20 years, hundreds of studies, including many randomised controlled trials (RCTs), have tested the effects of various types of eTherapy. Several reviews have concluded the eTherapy is promising and efficacious. However, using research to adequately test the effects of any psychological therapy is extremely challenging and often produces controversy. Many therapy studies suffer from poor validity due to the use of insufficient control conditions (i.e., apple-vs.-orange comparisons) and, similarly, studies of eTherapy often lack appropriate control groups. This presentation will evaluate the state of the empirical evidence-base for eTherapy, with a focus on internet-based cognitive behaviour therapy (ICBT). The comparative efficacy of eTherapy relative to face-to-face therapy, as well as the underlying evidence base for face-to-face therapy itself, will be considered. The implications of relevant psychological issues relating to the use digital platforms (e.g., technophobia/technophilia) will also be discussed.
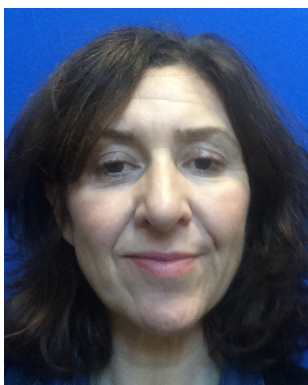
Kathy Downes, Bodywhys

Kathy is the Support officer with Bodywhys, the Eating Disorders Association of Ireland. She oversees the organisation's various support services: helpline, email support, online and face-to-face groups, and SeeMySelf. She also delivers its PiLar Programme throughout the country providing support and psycho-education to family of people with Eating Disorders. Kathy is a Child and Adolescent Psychotherapist, and also works in private practice in Dublin. She is Chair of the Irish Forum of Child and Adolescent Psychoanalytic Psychotherapy. (IFCAPP)

Presentation: *SeeMySelf programme: Supporting the client through technology delivered self help.*
SeeMySelf – is an online psycho-education programme designed for young people aged 15-24. The programme focuses on different issues such as self-esteem, body image and media, and culture. This talk explores how contact and feedback with a weekly online supporter can hold the client in utilising the programme more fully and work toward facilitating change.

Orla McLoughlin, Trinity College Dublin (TCD) - Student Counselling Service

Orla is a counselling psychologist who has worked in TCD Student Counselling Service since qualifying in 2007. Orla has a special interest in online mental health, outreach and mental health promotion.

Presentation: *Online support as part of a stepped care model in Student Counselling*
The presentation will focus on using online CBT in Trinity College Student Counselling Service. It will present data on students who use it, risk assessment, counsellors experience and the feedback from students.

Dr. Graham Connon, Principal Psychologist, HSE

Graham Connon is a Principal Psychologist in the HSE in Dublin North City & County. He sits on the cross-divisional governance group which coordinates the roll-out of the pilot for the Assistant Psychologist grade and the development of the eWELL e-mental health platform for primary care.

Jodïe O'Hara, Assistant Psychologist, HSE

Jodïe is an Assistant Psychologist working for the HSE in Dublin North Central. She has in interest in online CBT, and has been involved with the development of the E-Well programme through voiceover work.

Presentation: *E-well: e-mental health development in primary care*
E-well is an online CBT platform being developed by primary care and mental health in the HSE. This presentation will give an overview of the product, its development, and planned evaluation, as well as where it fits in the HSE's overall e-mental health strategy.

Dr. Conal Twomey, University College Dublin (UCD)

Conal Twomey is a Psychologist in Clinical Training (UCD/ HSE). He previously completed a BA in Business and Sociology, a Higher Diploma in Psychology, an MLitt in Psychology, and a Marie Curie PhD Fellowship in the University of Southampton. His research interests include eTherapy, meta-analysis, the therapeutic exploration of personality, and health service improvement; 20 arising scientific papers have been published in peer-reviewed journals, and his research has received over 220 citations. Conal has also presented his research at several international conferences and research events.

Presentation: *The importance of personalised experience in eTherapy*
eTherapy (delivered over the Internet) offers the advantages of accessibility, privacy, and efficiency and it is effective, on average, for the treatment of common mental health problems (with a medium effect size). A big problem, however, is dropout which - at the extreme - can reach ~90%. Clinician-guided eTherapy typically results in better adherence than unguided eTherapy - likely owing to a more personalised experience - albeit at the expense of efficiency. Solutions with greater efficiency include individually-tailored eTherapy programmes, and a novel programme that focuses on individual personality (DEEPdown).

Prof. Youssef Shiban, University of Göttingen

Youssef Shiban is a professor of clinical psychology at the Private University of Göttingen, Germany. Having completed his Ph.D. in psychology at the University of Würzburg, Germany, in 2013, he worked as an assistant professor at the Department of Psychology (Clinical Psychology and Psychotherapy) at the University of Regensburg from 2013 to 2018. He finished his habilitation at the University of Regensburg in 2017. His research interests lie in the field of clinical psychology with a special focus on anxiety and stress-related disorders, conditioning as well as virtual reality. Youssef Shiban has an active and productive program of research, with 28 publications and several conference presentations to date.

Presentation: *Virtual Reality for Anxiety Disorders –State of the art in Research and Therapy*
This talk mainly focuses on virtual reality exposure therapy (VRET) for anxiety disorders. It gives an initial overview over the types and symptoms of anxiety disorders, as well as of different ways of conducting exposure therapy. It discusses how virtual reality can be used to improve treatment outcome and presents several ways of conducting VRET. Furthermore, preliminary results of a study aiming to modify dysfunctional beliefs with the help of virtual reality will be presented.

Dr. Marie Murray, University College Dublin

Marie Murray is a Chartered Psychologist, Registered Family Therapist and Supervisor, Member of the European Association for Psychotherapy, a former member of the Heads of Psychology Services in Ireland, of the Heads of Student Counselling Services in Ireland and in the UK and of the Irish Medical Council. Having been Director of Psychology in St Vincent's Hospital, Fairview she moved to Direct the UCD Student Counselling Services and she is Series Editor of the new MindYourSelf Health Series Cork University Press to be launched in 2019.

Presentation: ***The Future: Utopia or Dystopia?***
Keeping in mind evidence based practice and practice based evidence, this presentation will reflect on the ethical implication and clinical meaning of eMental Health provision. It will ask how we, as therapists, might position ourselves in technology based therapy in a way that is ethical, considered, appropriate and clinically and 'evidentially' consistent with best practice? Can we harness technology in mutually beneficial ways, supporting the wishes of diverse demographic groups in relation to their mental health needs?   Does technology provide new inclusive Utopian possibilities for service delivery or does it herald a depersonalised, Dystopian erasure of the critical client/therapist relationship?

Dr. Alison Darcy, Woebot

Alison Darcy, PhD, is the CEO and Founder of Woebot Labs Inc., a company that aims to make the best psychological tools radically accessible for everyone. She created Woebot, a friendly AI-powered chatbot that delivers cognitive behavior therapy at scale. Woebot has been featured by Wired, The Wall Street Journal, Bloomberg, Forbes, the BBC, The Times (London), and the Washington Post. A clinical research psychologist, Alison was Faculty in Psychiatry and Behavioral Sciences at the Stanford School of Medicine for a decade where she developed digital health interventions for young people. With both a technical and scientific background, Alison works at the intersection of mental health and technology.

Presentation: ***Woebot: AI-powered relational technology that delivers cognitive behavioural therapy at scale.***
There has never been a more important time to create efficacious, accessible and truly scalable mental health solutions. Artificial Intelligence can make the mental healthcare system more productive in very crucial ways, automating repetitive and self-guided tasks to allow for better use of therapist's time. Woebot is a fully automated conversational agent that delivers self-directed mood management based on cognitive behavioural therapy. Woebot was the first CBT conversational agent to be tested in a randomized controlled trial. The study demonstrated that adults between 18-28 years old saw significant reductions in symptoms of depression compared to the information only control group. Both groups significantly reduced symptoms of anxiety. In addition, individuals engaging with Woebot describe the program in relational terms, possibly accounting for the high engagement rate. This talk describes what we've learned and what we have yet to learn in the brave new world of automation in mental health care.