

Bio: Helen is a Clinical Psychologist and Deputy Programme/Clinical Director for the Clinical Psychology Doctoral Programme at Royal Holloway, University of London. Her clinical and research interests focus on child mental health, family functioning and digital interventions to support mental health literacy. She developed MindAid - a mental health literacy app for teachers - www.mindaid.org and is Chair of a national group developing digital competences for the Group of Trainers in Clinical Psychology.

Title: The Digital Mental Health Challenge for Clinical Psychology

Synopsis: Should Clinical Psychologists offer clients online therapy, apps and skype consultations as routine practice? Would they have the knowledge, skills and motivation to do this? Digital health solutions are high on the political agenda. Achieving clinical engagement with e-Health and equipping clinicians with the knowledge and skills to deliver digital mental health solutions remains a huge challenge for services and educators. Defining the digital competences required for psychologists and getting digital mental health on the professional education agenda is an important next step in addressing this challenge. This presentation will consider the current picture for digital mental health training in UK clinical psychology and present a new competence framework for digital mental health developed nationally. It will consider some of the clinical, ethical and professional dilemmas for clinical psychologists in embracing a digital way of working.