## eMental Health in Psychological Practice

## 9th October 2018 The Hilton Charlemont Place Dublin 2

## **AGENDA**

8.30 - 9.00	Registration with tea and coffee
9.00 - 9.35	Welcome and introduction
9.00 - 9.15	eMental Health in Ireland - partnering on the eMEN project, Dr. Shari McDaid, Mental Health Reform
9.15 - 9.25	Opening address, Terri Morrissey, Psychological Society of Ireland
9.25 - 9.35	eMental Health State of the Art, Kevin Cullen, Work Research Centre
9.35 - 10.50	Session 1. Tele-mental health: psychological therapy sessions at a distance (Dr. Shari McDaid, Chair)
9.40 - 9.55	The power of blended support and the future of eMental Health, Krystian Fikert, MyMind
9.55 - 10.10	eMental Health: The future is now!, Brian Holohan, Turn2Me
10.10 - 10.25	Utilising eTherapy to support diaspora globally, Lochlann Scott, Helplink
10.25 - 10.50	Panel discussion
10.50 - 11.20	Coffee break
11.20 - 13.15	Session 2. eTherapy: technology-supported therapy (Terri Morrissey, Chair)
11.25 - 11.45	eTherapy: What the evidence showsand doesn't show, Prof. Brian Hughes, NUI Galway
11.45 - 11.55	SeeMySelf programme: Supporting the client through technology delivered self- help, Kathy Downes, Bodywhys

16.00	Seminar closes
15.50 - 16.00	Wrap up, Dr. Shari McDaid
15.30 - 15.50	General panel discussion and Q&A
15.05 - 15.30	Youth panel discussion
14.45 - 15.05	Woebot: Al-powered relational technology that delivers cognitive behavioral therapy at scale, Dr. Alison Darcy, Woebot
14.25 - 14.45	The Future: utopia or dystopia?, Dr. Marie Murray, University College Dublin
14.05 - 14.25	Virtual Reality for anxiety disorders, Prof. Youssef Shiban, University of Göttingen
14.00 - 16.00	Session 3. The future - utopian or dystopian? (Terri Morrissey, Chair)
13.15 - 14.00	Lunch
12:50 - 13.15	Panel discussion
12.30 - 12.50	The importance of personalised experience in eTherapy, Dr. Conal Twomey, UCD
12.20 - 12.30	eWELL: eMental Health development in primary care, Dr. Graham Connon, HSE, and Jodi O'Hara, HSE
12.05 - 12.20	Address by the Minister of State for Mental Health and Older People, Jim Daly T.D.
42.05. 42.20	McLoughlin, Trinity Counselling
11.55 - 12.05	Online support as part of a stepped care model in Student Counselling, Orla