Telehealth options are available for performing clinical interventions, but this is a fairly new field in the behavioral health profession. This webinar, led by the experienced founder of a telementalhealth organization, will walk you through the options for choosing a telehealth platform, and describe the important considerations when actually doing therapy online.

In addition, the webinar leader has been an Acceptance & Commitment Therapy practitioner for over 20 years, and will describe the ACT model, explain how it can be tailor-made for anxiety, and provide specific details for applying the approach to fear of the coronavirus. ACT utilizes mindfulness interventions, while blending evidence-based psychotherapy concepts into the approach, and aims to increase the client’s psychological flexibility: The vision for this webinar is to prepare mental health practitioners with the technical tools for reducing problematic reactions that might have a deleterious influence on their mental health, and 2) social distancing obligations are creating significant obstacles for clients to see their counselors, social workers, and psychologists.

Telehealth guidelines and informed consent paperwork will also be provided.

Learning Objectives:
1. Identify the clinically-relevant issues behavioral health professionals should be assessing given the public health crisis related to COVID-19.
2. Select telehealth options that fit ethical & professional guidelines.
3. Set up an ample context for doing applied behavioral science interventions through telehealth.
4. Identify the applicability of Acceptance and Commitment Therapy as a valid telehealth intervention for treating clinically-relevant issues.
5. Utilize a particular ACT approach for fears related to COVID-19.