

# interactive CE training

PRESENTS

## Modes of Delivery of Digital Therapy

October 28, 2017

9 a.m. - 12 p.m. ET (8 a.m. - 11 a.m. CT)

Online via WebEx

Featuring



Tony Watkins, LMFT

- Participants will be able to articulate the advantages and disadvantages of differing delivery modes for digital therapy.
- Participants will be able to articulate what a Business Associate Agreement (BAA) is and what the HIPAA technology standard is, and how to assess if a selected mode meets both standards.
- Participants will be able to articulate a plan for assessing the appropriateness of clients for receiving digital therapy via various modes of delivery and will articulate how some methods of delivery might be more appropriate for some clients than others.
- Participants will be able to offer a reasoned critique about the ethical considerations involved in providing digital therapy via the differing modes of delivery.
- Participants will review KRS 335.380 and be able to offer a description about how to comply with this statute in terms of giving informed consent via various methods of delivery of digital therapy, as well as protecting their medical information when using various modes of digital therapy as mandated by this statute, as well as the tools for checking the LMFT Board's website to see if the board promulgates regulations related to this statute.

*This workshop offers information about the ways in which digital therapy can be ethically and effectively delivered.*

### Training Outline:

#### Hour One - An overview of modes of delivery for digital therapy

- Streaming video options that meet HIPAA standards and are willing to sign a BAA.
- The emergence of "texting therapy" and a critique of its appropriateness and challenges (e.g., not being able to read non-verbal cues, not being able to have a full-conversation, concerns about if the therapist is really speaking with the identified client(s), the challenges of doing work with couples or families via this approach.
- Strategies for receiving sufficient training in the technology(ies) that therapists use in providing systemically oriented therapy via digital modes of therapy.

#### Hour Two - Providing Systemic Therapy through various modes for delivery of digital therapy

- Leveraging technology to conduct conjoint therapy (A demonstration of how to do this through various modes of delivery).
- Leveraging technology as a resource for couples and families to "do the conversation differently" (e.g., using chat features in programs, texting, or having partners and family members to log onto the session from differing locations, rooms, computers, etc. so as to alter how the conversation occurs).
- Assessing clients for the appropriateness of digital therapy via differing modes (as well as if particular clients should receive digital therapy via any mode).

#### Hour Three - State Law and HIPAA Considerations related to various modes of delivering digital therapy

- KRS 335.380 (enacted in July 2000)
- Negotiating the delivery and signature of informed consent documents when using various modes of delivering digital therapy.
- Negotiating what 335.380 refers to as the protection of medical information and HIPAA refers to as protected health information.
- How to remain informed about the future promulgation of regulations related KRS 335.380 which will surely occur as mandated by KRS 335.380 (e.g., it is not a question if the LMFT Board will promulgate regulations, but when they will promulgate them as mandated by the third provision of the statute)
- How to use the hhs.gov website's HIPAA pages to remain informed about changing HIPAA requirements that impact the choices in modes of delivering digital therapy and the ways these modes may be appropriately used.

Approved for 3 CE credits by KY LMFT Board, NBCC, and the Texas Board of Examiners of Marriage and Family Therapists.



## About the Presenter



Tony is an LMFT in the state of Alabama and he provides clinical services in his private practice and he works as a military and family life counselor. Tony is a certified trainer for AMSR, Assessing and Managing Suicide Risk, as well as, a certified trainer in several other evidence-based treatments. Formerly, he was an administrator and therapist with Northkey Community Mental Health in Northern Kentucky. He is also a former chair of the Kentucky Board of Licensure for Marriage and Family Therapists. Mr. Watkins is a seasoned workshop presenter, presenting routinely on MFT Ethics, MFT Supervision, and a number of other topics. His wealth of experience from serving the licensure board, along with his work in community mental health are great assets to each of the presentations in which he is involved.

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## Workshop Registration

InteractiveCETraining provides high-quality, interactive, relevant learning events delivered via in person and online learning technology. This learning activity will be delivered via WebEx. Registrants will receive information on accessing the trainings at least 24 hours prior to the trainings. ICET provides live support prior to the training for those needing help accessing the training. Information on accessing and participating will be sent to you after we receive your registration. There is no need for camera capability to access.

You may register online at [here](#) or utilize the form below to register by mail at a cost of \$75 for this workshop. If you register for this workshop with the other 4 workshops in our Technology-Assisted Services series, you will receive \$15 off each workshop!

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ St. \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

I am registering for: \_\_\_\_\_

All correspondence will be sent to your email unless you specify otherwise in writing. Refunds subject to 25% processing fee. No refunds 1 week prior to workshop. All mailed registration forms must be received no later than 7 DAYS prior to the training. Make checks payable to **InteractiveCETraining** and mail check to:

**Tony Watkins**  
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Arab, AL 35016



interactive **CE** training

For more information about this and other interactive learning options offered by ICET, email Tony Watkins at: [tony.watkins@InteractiveCETraining.com](mailto:tony.watkins@InteractiveCETraining.com)