



# The Use of Technology in Mental Health: Applications, Ethics and Practice

*Kate Anthony, DeeAnna Merz Nagel, Stephen Goss*

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Technology is revolutionizing the delivery of mental health services. In this book, the reader is introduced to the broadest possible sampling of technologies used by mental health professionals today. It contains 30 chapters on different aspects of technological innovation in mental health care from 43 expert contributors from all over the globe, appropriate for a subject that holds such promise for a worldwide clientele and that applies to professionals in every country. A wide range of styles is offered, from the individual practitioner exploring a new technology and writing anecdotally about their personal experience, to some of the world's most experienced practitioners writing a thorough overview of a technology and its uses in the profession. In each chapter, you will find introductions to the technology and discussion of its application to the therapeutic intervention being discussed, in each case brought to life through vivid case material that shows its use in practice. Each chapter also contains an examination of the ethical implications - and cautions - of the possibilities these technologies offer, now and in the future. Technological terms are explained in each chapter for those not already familiar with the field, while the content should stimulate even the most seasoned and technologically minded practitioner. Psychotherapists, counsellors, psychiatrists, life coaches, social workers, nurses - in fact, every professional in the field of mental health care can make use of the exciting opportunities technology presents. Whether you have been a therapist for a long time, are a student or are simply new to the field, *The Use of Technology in Mental Health* will be an important tool for better understanding the psychological struggles of your clients and the impact that technology will have on your practice. Further information on ethics, training and practical exploration of online therapy can be found at [onlinetherapyinstitute.com](http://onlinetherapyinstitute.com), whose work extends and deepens the resources made available in this volume.

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