

# CONTENTS

	<i>Page</i>
<i>Introduction – Kate Anthony</i> . . . . .	xv

## PART ONE: THE USE OF TECHNOLOGY IN MENTAL HEALTH

Chapter 1. USING EMAIL TO CONDUCT A THERAPEUTIC RELATIONSHIP – <i>Patricia Ryan Recupero &amp; Samara Harms</i> . . . . .	5
Chapter 2. USING CHAT AND INSTANT MESSAGING (IM) TO CONDUCT A THERAPEUTIC RELATIONSHIP – <i>Kathleene Derrig-Palumbo</i> . . . . .	16
Chapter 3. USING MOBILE PHONE COMMUNICATION FOR THERAPEUTIC INTERVENTION – <i>Roy Huggins</i> . . . . .	28
Chapter 4. THE RISE OF SOCIAL NETWORKS AND THE BENEFITS AND RISKS TO THE MENTAL HEALTH PROFESSION – <i>Allison Thompson</i> . . . . .	43
Chapter 5. USING FORUMS TO ENHANCE CLIENT PEER SUPPORT – <i>Meyran Boniel-Nissim</i> . . . . .	52
Chapter 6. USING CELL/MOBILE PHONE SMS TO ENHANCE CLIENT CRISIS AND PEER SUPPORT – <i>Stephen Goss &amp; Joe Ferns</i> . . . . .	63
Chapter 7. USING WEBSITES, BLOGS, AND WIKIS IN MENTAL HEALTH – <i>John M. Grohol</i> . . . . .	75
Chapter 8. THE ROLE OF BLOGGING IN MENTAL HEALTH – <i>DeeAnna Merz Nagel &amp; Gregory Palumbo</i> . . . . .	83
Chapter 9. USING THE TELEPHONE FOR CONDUCTING A THERAPEUTIC RELATIONSHIP – <i>Denise E. Saunders &amp; Debra S. Osborn</i> . . . . .	91
Chapter 10. THERAPEUTIC ALLIANCE IN VIDEOCONFERENCING-BASED PSYCHOTHERAPY – <i>Susan Simpson, Lisa Richardson &amp; Corinne Reid</i> . . . . .	99

Chapter 11. USING VIRTUAL REALITY IMMERSION THERAPEUTICALLY – <i>Giuseppe Riva &amp; Claudia Repetto</i> . . . . .	117
Chapter 12. THE USE OF COMPUTER-AIDED COGNITIVE BEHAVIOURAL THERAPY (CCBT) IN THERAPEUTIC SETTINGS – <i>Kate Cavanagh &amp; Rebecca Grist</i> . . . . .	127
Chapter 13. THE ROLE OF GAMING IN MENTAL HEALTH – <i>Mark Matthews &amp; David Coyle</i> . . . . .	138
Chapter 14. WEB-BASED CLINICAL ASSESSMENT – <i>Reid E. Klion</i> . . . . .	148
Chapter 15. THE ROLE OF BEHAVIORAL TELEHEALTH IN MENTAL HEALTH – <i>Thomas J. Kim</i> . . . . .	155
Chapter 16. THE USE OF VIRTUAL REALITY FOR PEER SUPPORT – <i>Leon Tan</i> . . . . .	173
Chapter 17. THE USE OF PODCASTING IN MENTAL HEALTH – <i>Marcos A. Quinones</i> . . . . .	180
Chapter 18. THE USE OF ONLINE PSYCHOLOGICAL TESTING FOR SELF-HELP – <i>Mark Dombeck</i> . . . . .	187
Chapter 19. TEXT-BASED CREDENTIALING IN MENTAL HEALTH – <i>Daniel M. Paredes</i> . . . . .	193
Chapter 20. ONLINE RESEARCH METHODS FOR MENTAL HEALTH – <i>Tristram Hooley &amp; Vanessa Dodd</i> . . . . .	200
Chapter 21. EVALUATING THE ROLE OF ELECTRONIC AND WEB-BASED (E-CBT) CBT IN MENTAL HEALTH – <i>Eva Kaltenthaler, Kate Cavanagh &amp; Paul McCrone</i> . . . . .	212
Chapter 22. THE ROLE OF FILM AND MEDIA IN MENTAL HEALTH – <i>Jean-Anne Sutherland</i> . . . . .	223

**PART TWO:  
THE USE OF TECHNOLOGY  
IN TRAINING AND SUPERVISION**

Chapter 23. AN APPROACH TO THE TRAINING AND SUPERVISION OF ONLINE COUNSELLORS – <i>Cedric Speyer &amp; John Yaphe</i> . . . . .	231
--	-----

Chapter 24. USING CHAT AND INSTANT MESSAGING (IM) TO ENRICH COUNSELOR TRAINING AND SUPERVISION – <i>DeeAnna Merz Nagel &amp; Kate Anthony</i> . . . . .	242
Chapter 25. USING FORUMS TO ENRICH COUNSELOR TRAINING AND SUPERVISION – <i>Linnea Carlson-Sabelli</i> . . . . .	248
Chapter 26. TRADITIONAL USES OF TECHNOLOGY IN COUNSELING EDUCATION AND SUPERVISION – <i>Ginger Clark</i> . . . . .	260
Chapter 27. THE USE OF TELEPHONE TO ENRICH COUNSELOR TRAINING AND SUPERVISION – <i>Melissa Groman</i> . . . . .	272
Chapter 28. CYBERSUPERVISION: SUPERVISION IN A TECHNOLOGICAL AGE – <i>Diane H. Coursol, Jacqueline Lewis &amp; John W. Seymour</i> . . . . .	282
Chapter 29. MENTORING THERAPISTS TO WORK ONLINE EFFECTIVELY – <i>Kate Anthony, DeeAnna Merz Nagel, Audrey Jung &amp; Karen Turner</i> . . . . .	290
Chapter 30. AN UPDATED ETHICAL FRAMEWORK FOR THE USE OF TECHNOLOGY IN SUPERVISION – <i>LoriAnn Sykes Stretch, DeeAnna Merz Nagel &amp; Kate Anthony</i> . . . . .	303
Chapter 31. SUPERVISING THE DELIVERY OF ONLINE COUNSELLING SERVICES IN AN EMPLOYEE AND FAMILY ASSISTANCE PROGRAM (EFAP) SETTING – <i>Michèle Mani &amp; Barbara Veder</i> . . . . .	310
Chapter 32. THE USE OF TECHNOLOGY IN CLINICAL SUPERVISION: A CASE REPORT FROM CAPE FEAR CLINIC – <i>Jennifer Askew Buxton &amp; John Devaney</i> . . . . .	323
Chapter 33. SUPERVISION IN PRIVATE PRACTICE – <i>Anne Stokes</i> . . . . .	330
Chapter 34. DISTANCE GROUP SUPERVISION FOR PLAY THERAPY – <i>LoriAnn Sykes Stretch &amp; Kristin Ann Vincenzes</i> . . . . .	339
Chapter 35. PRACTICA AND INTERNSHIP FIELD PLACEMENTS USING CYBERSUPERVISION – <i>Jonathan Lent, Andrew Burck &amp; LoriAnn Sykes Stretch</i> . . . . .	343
Chapter 36. TEACHING COUNSELING TECHNIQUES USING TECHNOLOGY – <i>KaRae' N. Carey &amp; LoriAnn Sykes Stretch</i> . . . . .	350
Chapter 37. THE ROLE OF ONLINE CAREERS WORK IN SUPPORTING MENTAL HEALTH – <i>Tristram Hooley &amp; Siobhan Neary</i> . . . . .	357

Chapter 38. USING TECHNOLOGY TO ENHANCE SUPERVISION AT THE  
UNIVERSITY OF SOUTHERN CALIFORNIA – *Ginger Clark* . . . . . 368

Chapter 39. THE USE OF LIVE SUPERVISION IN A COMMUNITY-BASED  
TREATMENT PROGRAM – *Glenn Duncan* . . . . . 377

Conclusion FUTURE DIRECTIONS OF TECHNOLOGY IN MENTAL  
HEALTH – *LoriAnn Sykes Stretch, Kate Anthony & Stephen Goss* . . . . . 384

*Index.* . . . . . 391