

***BPtK Webinar 29.09.2020:
NPCE Member Meeting and Symposium
"Mobile health apps in psychotherapy in
Europe"***

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a view from Poland**

- Session 1

Do you see psychotherapeutic treatment of mental disorders via digital media as a possibility, for example by video or e-mail?

- **In psychotherapeutic treatment of mental disorders we are discovering new horizons**
- **It is a big surprise: running psychotherapeutic treatment on-line is possible and can be effective**
- **Many treatment centers are based on the provision of care via digital media**
- **Different means are used: by video, e-mail, zoom, skype, telephone etc.**

Do you see psychotherapeutic treatment of mental disorders via digital media as a possibility, for example by video or e-mail?

- **Some advantages of this form of psychotherapeutic communication:**
- **Despite Corona clients can take part in psychotherapy, can use different tools (tests, questionnaires tec.), multicontinental psychotherapy is possible**
- **Example/ AMIE prepared:**
 - **Brief on-line psychotherapeutic interventions for acute anxiety, sadness, anger problems (this requires careful assessment and application with ongoing supervision)**
 - **Low cost form of therapy**
 - **Free on-line training on crisis intervention for a group of 150 psychotherapists (members of PTTPB)**
 - **Constant monitoring: excellent feedback**

NB. Full psychotherapy training based on-line.

If need be would you take part in the on-line training? 82,5% yes, 17,5% maybe, 0% no

To what extent and in what relation to personal consultation is this possible, currently, i.e. under the conditions of Corona, and in general?

- **Many advantages**
- **There are clients who prefer face to face contact, but for the majority this is not a problem; some people even prefer on-line**
- **But the most important ingredient of the psychotherapeutic treatment is the quality of a relationship, so it is crucial to ensure this**

Are internet-based programmes (digital health apps) used by psychotherapists in your country, e.g. in the treatment of anxiety disorders, depression or addictions?

- **Specific applications available in English, e.g. for practicing mindfulness (Calm, Headspace), but they are quite expensive for Poles**
- **An example from Poland: a group of professionals (Hands Free Know How and AMIE) created a special on-line programme Emotional Know-How for the time of the pandemic**
- **<http://emocje.handsfreeknowhow.com/1036408/5470990-hfk-11-to-juz-koniec-czyli-carpe-diem-i-dbaj-o-siebie-zawsze>**
- **The programme is based on CBT, DBT, MI, ACT with exercises to better cope with anxiety, sadness, anger and interpersonal problems. It consists of 11 carefully designed podcasts which are easily accessible and free of charge.**

Which quality requirements must digital health apps meet in order to be used in psychotherapy (e.g. with regard to data security or evidence of efficacy)?

- **Safety and security in regard to patient's data**
- **Evidence based**
- **Clear, simple and user friendly**
- **Reliable**

Which professional standards must be met when using digital health apps (e.g. prior diagnosis in personal contact, therapy monitoring)?

- **The apps are to assist the psychotherapists and not to be used instead of psychotherapy**
- **In psychotherapy (like in a dental clinic) a direct human contact is essential**
- **Initial assessment, monitoring of patient's progress**
- **Feedback and discussion of the results, further guidance**

Will these services be remunerated, and, if so, how?

- **Accessibility is important, but remuneration depends on the authors of the apps**
- **Hands Free Know How and AMIE designed a special on-line programme**
Emotional Know-How for the time of the pandemic
on a pro bono basis as a form of solidarity 😊

- Session 2

What is currently happening in psychotherapeutic care in Poland?

- We are in the process of being organized.
- The Ministry of Health is keen to form a legal basis for the profession. It has been talking to various professional Associations. The Polish CBT Association is in close collaboration with the Ministry.
- The Polish psychotherapeutic associations are talking among themselves. A compromise will have to be reached.

Legal basis for qualification and practice of the profession; plans for reforms of the legal framework?

- **A big progress has been recently made on child psychotherapy as a profession and legal basis for this profession has been finalized. The government is interested in using it as a model for adult psychotherapy.**
- **The specific plans for establishing the legal framework for the profession are being made.**
- **Within the model for the child psychotherapy no formal preferences has been given for any specific approaches for psychotherapy, though a strong position in this new profession has CBT and other evidence-based models of working.**
- **As far as professionalization of the adult sector is concerned a different approach is being considered, ie. different modalities are to be taken into account**

How has Corona changed psychotherapy?

- **Lots of extra work!**
- **There is certainly need for better access to early care for people at risk of psychological problems and a broader continuum of psychotherapeutic services.**
- **What is needed is the shared responsibility and informed actions to continuously demonstrate the effectiveness and efficiency of the psychotherapeutic treatments, to maintain good quality service provision (evidence based) and the high profile of psychotherapy on the national and European levels.**