

Wednesday 5 September 2018: 9am – 12.30pm

**Integration of technology-based tools in clinical practice – the if, why, when and how.**  
**Presenter: Kirsten van Kessel**

Technology is becoming ever present in our personal and professional lives, and the development and use of technology-based tools and e-Health interventions in clinical practice are increasing.

This workshop will be an opportunity for participants to consider the advantages and disadvantages of using technology-based tools in psychological care and will provide an overview of the evidence base of such tools and ways to evaluate various technologies to determine their appropriateness for use. The workshop will also assist participants to consider if, why, when and how to introduce technology in clinical practice, and review some of the professional and ethical issues related to the integration of technology in clinical practice. The workshop will include didactic presentations, case examples, practical exercises and resources for both practitioners and clients.



**Dr. Kirsten van Kessel** is a Clinical Psychologist and Senior Lecturer in the Department of Psychology at the Auckland University of Technology in New Zealand, and also works in private practice in Auckland. Kirsten has particular interest and expertise in Cognitive Behaviour Therapy (CBT) and its application to mental and physical

health problems. Her doctoral thesis was a randomised controlled trial assessing the efficacy of CBT for people with multiple sclerosis (MS) fatigue. This work influenced further research into CBT based interventions for MS fatigue using technology-based platforms including web based and mobile applications. Kirsten's other research interests include the integration of technology into clinical practice, the implementation and evaluation of clinical interventions for problem gambling and sensory modulation interventions in acute mental health and primary care settings. Kirsten teaches and supervises postgraduate counselling psychology students.