



Online resources to help CBT therapists conducting remote treatment

If you are conducting CBT online check if your internet speed is sufficient for videoconference calls at: [speedtest.net](https://www.speedtest.net)

UK and Europe:

- The Standing Committee on Psychology & Health and the Project Group on eHealth website has useful information on conducting therapy online and via videoconferencing: ehealth.efpa.eu/
- The team at the Oxford Centre for Anxiety Disorders and Trauma has developed some short guides on how therapists can deliver cognitive therapy for PTSD, SAD and Panic Disorder remotely (via video conference or phone) during the COVID-19 pandemic. The resources can be accessed from a link on the opening page of the free therapist resources website: oxcadatresources.com.
- **Online resources from BABCP via [babcp.com](https://www.babcp.com)**
 - Tips related to remote therapy provision with links to further info and videos, e-courses: [babcp.com/Therapists/Remote-Therapy-Provision.aspx](https://www.babcp.com/Therapists/Remote-Therapy-Provision.aspx)
 - IAPT guide for delivering treatment remotely during the coronavirus pandemic
 - Guidance for the Delivery of Remote Supervision
 - Guidance document for BABCP accredited practitioners in relation to the COVID-19 outbreak: Clinical Practice, Clinical Supervision and Continuing Professional Development (CPD)
 - Guidance for individuals working towards BABCP practitioner accreditation in relation to the COVID-19 outbreak
- **Resources from COVID TRAUMA RESPONSE WORKING GROUP RAPID GUIDANCE [traumagroup.org](https://www.traumagroup.org)**
 - Guidance for planners of the psychological response to stress experienced by hospital staff associated with COVID: Early Interventions
 - Coordinating a trauma-informed response to COVID - What, why and how?

Australia and New Zealand:

- AACBT COVID-19 resources for therapists: [aacbt.org.au/useful-links/covid-19/](https://www.aacbt.org.au/useful-links/covid-19/)
- The AACBT has a range of webinars available for people from around the world by leading international CBT researchers: <https://www.aacbt.org.au/aacbt-online-events/>.
- List of Australian online mental health programs: [emhprac.org.au/resource/a-guide-to-digital-mental-health-resources/](https://www.emhprac.org.au/resource/a-guide-to-digital-mental-health-resources/)

- National eTherapy Centre at Swinburne – video consultation – a practical guide: mentalhealthonline.org.au/pages/video-mental-health-consultation
- Webinar – video conferencing in child therapy, a webinar for psychologists: youtube.com/watch?v=K84hkhDwCzo&feature=youtu.be&fbclid=IwAR2mQ03znHk0kk-Bmyj4n6wNa_PI9QaqYijl8YTk8ZPckCkQaxYsFVXGZQ
- Instructional Videos – working with children via telehealth: youtube.com/watch?v=kmZJdC0eTbc&fbclid=IwAR03zdzOKwrR0BT-CO3rV-eINeT2mBhoaM_6bxd0OHGiiBcLgulQKiYaBqk
https://www.youtube.com/channel/UCgbi9jg_oX5Dev8rO42j5w
- NZ practice guidelines for telepsychology delivery: psychologistsboard.org.nz/best-practice-documents-and-guidelines2
- Australian Psychological Society (APS) TeleHealth guidance for providers: psychology.org.au/for-the-public/Medicare-rebates-psychological-services/Medicare-FAQs-for-the-public/Telehealth-services-provided-by-psychologists
- A comparison and overview of security and privacy features across various videoconferencing platforms: psychology.org.au/for-the-public/Medicare-rebates-psychological-services/Medicare-FAQs-for-the-public/Telehealth-services-provided-by-psychologists/Overview-of-self-reported-security-and-privacy-of
- A brief guide to using TeleHealth by a provider of E-Psychology programs: mindspot.org.au/assets/pdf/MindSpot_Guide_Telehealth.pdf

US and Canada:

- **Resources on Telehealth from ABCT:** abct.org
- A range of ABCT webinars from leading CBT experts available for discounted fee of USD\$15 until end of May
- [Telepsychology Best Practices \(APA; currently free\)](#) ▶
- [Comparing Latest Telehealth Solutions \(APA\)](#) ▶
- [Prepare and Protect Your Practice and Your Patients \(APA\)](#) ▶
- [Medicare Telemedicine Health Care Provider fact sheet \(CMS; Centers for Medicare and Medicaid\)](#) ▶
- [Medicare Telehealth FAQs \(CMS\)](#) ▶
- [Primer on Telehealth \(ABCT\): Kate Morrison primer on using telehealth.](#) ▶
- Beck Institute resources on telehealth: beckinstitute.org/covid-19-resources/

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