

Benefits of Online Evidence-Based Psychotherapy Training

This fact sheet explores the many benefits of online training in evidence-based psychotherapy (EBP), which is increasingly being utilized in the Department of Defense (DoD). Platforms often used for live online trainings in EBPs include Second Life, Adobe Connect, or Zoom and continuing education credits are earned through participation in online EBP trainings.

Saves Time and Money

Two important issues within the DoD are the efficient use of time and financial spending. These are also two of the primary benefits of engaging in online EBP training. Through the use of online training, providers are more available for direct patient care, supervision, and other duties, as they are only occupied during the actual time of the training. With in-person training experiences on the other hand, providers are away from the office for both travel and training days. As a result, offering online training saves DoD resources and helps support DoD cutbacks on employee travel and related expenses.

Access to Quality Training

When local access to training is the only option, there may be limitations to the quality and breadth of training experiences. Online EBP training facilitates wide distribution of EBPs and can enhance the quality of training to which providers in more remote locations have access. Additionally, online training options now have many features that lead to a full training experience such as online chat, links to supplemental training materials, and the ability to get into online breakout rooms to foster skill development activities online. Increasing access to training for DoD providers is important and encourages the development of supportive attitudes towards EBPs and the growth of EBP knowledge and skills.

Flexibility and Convenience

Online EBP training provides a level of flexibility that is paramount for DoD mental health. From a clinic perspective, having providers attend online trainings at optimal times and from different time zones is a unique feature. Clinics can also allow multiple providers to be trained without significant work stoppage, as might occur with in-person training. Additionally, providers may find online EBP training convenient. While getting out of the office for training is nice for providers, they often come back to the clinic with a rush of multiple demands that can be overwhelming. Further, DoD providers already may spend significant time away from their families due to their military commitment, so online training can reduce this time away.

Privacy

As an already educated and well-trained group, providers who attend in-person trainings may sit quietly if they lack confidence to ask questions or engage in activities. With online EBP training, while this may also happen, there is also a degree of privacy that may encourage some providers to speak up and ask questions that they may shy away from in person. Some providers will find that online EBP trainings may offer them more opportunity to express their opinions and go out of their comfort zone, which will enhance learning. The online training environment offers providers the opportunity to stretch their knowledge and skills while still remaining relatively anonymous.

Preference

Lastly, as our society increasingly embraces technological advancement, there is a growing body of providers who enjoy participating in online trainings. In fact, some people prefer online learning overall traditional methods of instruction.