



Practicing in the Modern World: Navigating Innovations Ethically and Effectively

5/8/2025

A Live, Interactive Webinar

Description:

The behavioral health field is always evolving. Some innovations undoubtedly advance our practice; for example, the boom of telehealth increased client access. Other innovations raise more questions than answers. In order to maintain a rewarding practice, we must consider how to navigate innovations ethically and effectively.

In our 5th annual conference, we hope to explore the evidence for popular innovations such as Artificial Intelligence, Virtual Reality, telehealth, online therapy services, and massed treatments, especially as they relate to evidence-based practice.

Total CE Credits: 7

Total Contact Hours: 7

Specific Presentation Descriptions:

Keynote: Addressing the Mental Health Crisis with Technology and AI: The Good, the Bad, and the Ethical

Mental health digital tools have the potential to increase and expand access and options to care and improve population health and health equity. However, regulatory confusion, ethical concerns, and reimbursement barriers potentially stand in the way of scalable dissemination and implementation of these novel tools. This program will describe existing and emerging technologies and the evidence supporting their use, their potential to increase access to care and improve health equity, and what is being done to ethically and responsibly address the existing barriers within healthcare.

Presenter: C. Vaile Wright, Ph.D.

Presentation 1: Balancing innovation and evidence-based practice: The case of massed delivery approaches for PTSD treatment

Despite the support for the effectiveness of trauma-focused treatment for PTSD, there remain numerous barriers and challenges to care delivery. When faced with these barriers and challenges, one



option is to consider how care is delivered instead of re-inventing the wheel and creating new treatments all together. Emerging research demonstrates support for the feasibility and effectiveness of massed treatments for PTSD. In this presentation, the presenter will provide an overview of the progression of these findings and address strategies to implement this treatment delivery innovation in larger healthcare systems. The process of studying, development of buy-in, and additional barriers and facilitators to implement change will be explained and discussed.

Presenter: Cynthia Yamokoski, Ph.D.

Presentation 2: Digital Doctors and Doomscrolling: Strategies for Using Digital Tools in the Treatment of PTSD

The discussion will explore the role of mobile devices in the maintenance and treatment of posttraumatic stress disorder (PTSD). We will discuss how different types of mobile phone usage—such as social media, gaming, and web browsing—are associated with trauma-related psychopathology, highlighting both risks (e.g., doomscrolling, avoidance) and potential therapeutic benefits. Recommendations for clinicians working with veterans will be made, with an emphasis on the need for thoughtful engagement with technology rather than outright avoidance.

Presenter: Matthew Price, Ph.D.

Presentation 3: The Emergence of Generative Artificial Intelligence (GenAI)

This presentation will discuss a framework for the ethics and optics considerations in adoption of generative AI technology as a part of participant's clinical practice. The presenter will cover common generative AI use cases that apply to clinical work and note which uses cases are likely appropriate for adoption, which ones may require caution, and which use cases are likely prohibited.

Presenter: April Foreman, Ph.D.

Presentation 4: Scaling Single-Session Interventions to Bridge Gaps in Mental Health Ecosystems

The discrepancy between need and access to mental health support is incontestable. Due to provider shortages, high treatment costs, and myriad structural barriers, up to 80% of youth and 50% of adults with mental health needs go without services each year. Status-quo mental health systems will never meet population-level needs for support, creating a need for a "Mental Health Moonshot" in the United States. Single-session interventions (SSIs) are well-positioned to rapidly increase access to evidence-based supports at precise moments of need, both within and beyond formal health care systems. SSIs mitigate key treatment access-barriers: many are self-guided (requiring no therapist) or deliverable by non-professionals; web-based (completable from any location); and 5 to 60 minutes in length, eliminating premature treatment dropout. SSIs are also effective. To date, >400 randomized trials have shown their capacity to reduce mental health problems and increase uptake of further treatment, with sustained positive impacts up to nine months later. This presentation will provide an overview of recent



scientific and clinical advances in developing, evaluating, and disseminating evidence-based SSIs for diverse populations, both within and outside of traditional healthcare systems.

Presenter: Jessica Schleider, Ph.D.

Presentation 5: Navigating Responsible AI: Data Privacy, Algorithmic Fairness, and Clinical Efficacy in Evidence-Based Psychotherapy

The rapid emergence of artificial intelligence in mental health care promises to revolutionize psychotherapy by enhancing assessment, treatment personalization, and accessibility. However, these advances also bring critical concerns: How can clinicians uphold client privacy amidst large-scale data collection? Which steps help prevent algorithmic biases from undermining equitable care? How do we maintain clinical rigor and therapeutic rapport in the face of automated interventions? This session provides a concise roadmap to navigate responsible AI within evidence-based psychotherapy by centering on three core pillars. First, data privacy and security focuses on best practices for safeguarding sensitive client information and satisfying regulatory requirements such as HIPAA and GDPR. Second, algorithmic fairness addresses the identification and mitigation of biases in AI models, ensuring equitable treatment recommendations for all client populations. Finally, clinical efficacy and therapeutic alliance highlights the integration of AI tools that align with established protocols while preserving empathy, rapport, and the foundational human connection in tech-assisted care. Through case examples, emerging research, and practical evaluation strategies, attendees will learn how to ethically and effectively incorporate AI tools into their practice, ensuring that innovation remains balanced with professional responsibility and client welfare.

Presenter: Yesim Keskin, PhD, LMFT

Closing Panel: Bringing it All Together: Practicing in the Modern World Closing Panel

Innovation is changing clinical practice at breakneck speeds. As our conference speakers will describe throughout the day, new challenges often accompany every advancement. In our closing panel, we'll integrate the lessons learned from our speakers' innovative practices, from changing the frequency and duration of treatment to responsibly incorporating AI tools. Practical recommendations will be offered for attendees who wish to incorporate these tools and methods into their evidence-based practice.

Presenter: C. Vaile Wright, Ph.D., Cynthia Yamokoski, Ph.D., Matthew Price, Ph.D., April Foreman, Ph.D., Jessica Schleider, Ph.D.

Learning Objectives:

Following the training, attendees will be able to:

Keynote:

1. Explain how digital tools can expand access and health equity to marginalized populations.
2. Analyze the regulatory, ethical and reimbursement barriers to full health care implementation for digital tools.



Presentation 1:

1. Explain the common barriers and potential mitigation strategies associated with traditional service delivery models for patients, providers, and systems.
2. Evaluate research on the effectiveness and feasibility of massed delivery of evidence-based psychotherapies.

Presentation 2:

3. Differentiate between the potential risks and potential benefits of mobile device and technology use for individuals with trauma-related psychopathology.
4. Integrate thoughtful use of technology into clinical interventions and treatment for trauma-related psychopathology in Veterans.

Presentation 3:

1. Differentiate between the terms generative information technology and generative pre-trained transformer.
2. Apply ethical, optical, and effectiveness considerations for adoption of generative AI solutions.

Presentation 4:

1. Evaluate the concept of 'single-session interventions' (SSIs) for mental health problems and the research that supports their use.
2. Integrate appropriate tools into an implementation plan for using evidence-based SSIs in real-world practice.

Presentation 5:

1. Formulate concrete strategies to address at least two ethical concerns regarding data privacy and algorithmic bias when using AI for psychotherapy.
2. Apply best practices for integrating AI tools into evidence-based treatment protocols, to improve clinical efficacy and maintain the therapeutic alliance.

Closing Panel

3. 1. Compare innovations in the delivery of evidence-based psychotherapies
4. 2. Develop strategies to ethically and effectively incorporate clinical innovations into current practice

Target Audience: For behavioral health providers who treat military personnel, veterans, and their families.

Instructional Content Level: Introductory/Beginner



Agenda:



**Practicing In The
Modern World:
Navigating Innovations Ethically and Effectively**
Center for Deployment Psychology - Evidence-Based Psychotherapy Conference
PMIs May 6-7, 2025 & Conference May 8, 2025

9:00-9:10	Welcome and Introduction
9:10-10:10	Keynote Address: Addressing the Mental Health Crisis with Technology and AI: The Good, the Bad, and the Ethical C. Vaile Wright, Ph.D.
10:10-11:10	Balancing Innovation and Evidence-Based Practice: The Case of Massed Delivery Approaches for PTSD Treatment Cynthia Yamokoski, Ph.D.
11:10-11:20	Break
11:20-12:20	Digital Doctors and Doomscrolling: Strategies for Using Digital Tools in the Treatment of PTSD Matthew Price, Ph.D.
12:20-1:20	Lunchtime Discovery Sessions
1:20-2:20	The Emergence of Generative Artificial Intelligence (GenAI) April Foreman, Ph.D.
2:20-3:20	Scaling Single-Session Interventions to Bridge Gaps in Mental Health Ecosystems Jessica Schleider, Ph.D.
3:20-3:30	Break
3:30-4:30	Navigating Responsible AI: Data Privacy, Algorithmic Fairness, and Clinical Efficacy in Evidence-Based Psychotherapy Yesim Keskin, Ph.D., LMFT
4:30-5:30	Bringing it all Together: Practicing in the Modern World Closing Panel
5:30-5:40	Conclusion

For more information, please contact Project Manager: Jeremy Karp at jeremy.karp.ctr@usuhs.edu
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Continuing Education:

Course Completion Requirements: Participants are required to attend the entire training. Partial credits cannot be issued. Attendance is taken through the use of electronic logs, and a post-training evaluation form must be completed in order to receive ACE social work CE credits. For other CE credits, completion of the evaluation is strongly encouraged, but if you do not wish to complete the evaluation, please contact the training event's POC after the training event.

There is a 30-day time limit post-training to complete all CE requirements. CE Credit Certificates will be available to download on CE management system: CE21 within 30 days after all course requirements have been completed.

American Psychological Association Sponsor Approval:

The Center for Deployment Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. The Center for Deployment Psychology maintains responsibility for this program and its content.

Association of Social Work Boards Approved Continuing Education Provider Approval:

The Center for Deployment Psychology, #1761, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. The Center for Deployment Psychology maintains responsibility for this course. ACE provider approval period: May 19, 2022 – May 19, 2025. Social workers completing this course receive 7 Live, Interactive Webinar continuing education credits.

New York State Education Department's State Board for Psychology Provider Approval:

The Center for Deployment Psychology is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists (#PSY-0178).

New York State Education Department's State Board for Social Work Provider Approval:

The Center for Deployment Psychology is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers (#SW-0744).

Inquiries regarding CE credits may be directed via email to Jeremy Karp at jeremy.karp.ctr@usuhs.edu.

Participate:

Online Platform: Zoom

Date: 5/8/2025

Time: 9:00am – 5:40pm ET



Registration Information: Registration is via CE management system: CE21

Registration Deadline: May 6th, 2025

Cancellations/Questions: Please contact jeremy.karp.ctr@usuhs.edu if you have any questions or need to cancel your registration.

Registration Cost/Refunds: \$20

Registration Cost/Refunds: \$20

Registration fees will be refunded to participants who send a written cancellation via email to jeremy.karp.ctr@usuhs.edu no less than 4 weeks before the conference. No refunds will be made after the conference.

Location Information: This training will be conducted via Zoom video conferencing. Registrants will be able to access the training via their CE21 account.

Instructional Format: This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions.

System Requirements:

Zoom:

- Internet connection
- Operating System: Windows 7 or higher, Mac OS X with MacOS 10.9 or higher
- Web Browser: Internet Explorer 11+, Edge 12+, Firefox 27+, Chrome 30+, Safari 7+
- Hardware: 1Ghz processor or higher

Special Accommodations: If you require special accommodations due to a disability, please contact Jeremy Karp, jeremy.karp.ctr@usuhs.edu 4 weeks prior to the training so that we may provide you with appropriate service.

Grievances: For any grievances or concerns with this training including those related to course content, non-receipt of certificate or other occurrences, participants may contact CDP's Continuing Education Director, Ms. Amanda Stanley-Hulsey, via email at amanda.stanley-hulsey.ctr@usuhs.edu.



Instructor Biographies:



Vaile Wright, PhD

Vaile Wright, PhD is the Senior Director for the Office of Health Care Innovation at the American Psychological Association. She is a licensed psychologist, and researcher focusing on developing strategies to leverage technology and data to address issues within health care including increasing access, measuring care, improving efficiencies and optimizing treatment delivery at

both the individual and system levels. Dr. Wright has maintained an active line of research with peer-reviewed articles in multiple journals including *Professional Psychology: Research and Practice*, *Psychotherapy* and *Clinical Psychology: Science and Practice*. As a spokesperson for APA, she has been interviewed by television, radio, print and online media including CNN, NBC News, The New York Times, The Washington Post, and NPR on a range of topics including stress, politics, discrimination and harassment, COVID, serious mental illness, telehealth and technology, and access to mental health care. Dr. Wright received her PhD in counseling psychology from the University of Illinois, Urbana-Champaign, and is licensed in the District of Columbia.



Cynthia Yamokoski, Ph.D.

Dr. Cindy Yamokoski is a licensed psychologist and is the Associate Chief of Staff and oversees mental health care at VA Northeast Ohio Healthcare System. She specializes in the treatment of posttraumatic stress disorder and trauma. Along with her team, she has developed and implemented numerous best practices to improve the delivery of care and to address barriers to EBP access and completion, including massed EBP delivery. Dr. Yamokoski also worked for the VA's National Center for PTSD prior to her current role, and she helped to support the spread of massed treatments within the healthcare system. Her research and quality improvement work has been published and presented in peer-review journals and international conferences, and have helped shape VA policy regarding systems of delivering care.



Matthew Price, Ph.D.

Dr. Price's research focuses on creating innovative strategies to expand the reach of clinical care for victims of traumatic events and those suffering from anxiety disorders. To achieve this goal, my work uses a translational framework in which we first identify fundamental mechanisms of treatment response for evidence-based interventions. These findings are then used to develop and evaluate novel interventions delivered through widely available technologies (e.g. mobile devices, remote sensors, websites).



April C. Foreman, Ph.D.

April C. Foreman, Ph.D., is a Licensed Psychologist serving Veterans as Director of Technology and Innovations for the Veterans Crisis Line. She is a member of the team that launched OurDataHelps.org, a recognized innovation in data donation for ground-breaking suicide research. She is passionate about helping people with severe (sometimes lethal) emotional pain, and in particular advocates for people with Borderline Personality Disorder, which has one of the highest mortality rates of all mental illnesses. She is known for her work at the intersection of technology, social media, and mental health, with nationally recognized implementations of innovations in the use of technology and mood tracking. She is the 2015 recipient of the Roger J. Tierney Award for her work as a founder and moderator of the first sponsored regular mental health chat on Twitter, the weekly Suicide Prevention Social Media chat (#SPSM, sponsored by the American Association of Suicidology, AAS). Her dream is to use her unique skills and vision to build a mental health system

effectively and elegantly designed to serve the people who need it.



Jessica Schleider, Ph.D.

Dr. Jessica L. Schleider is the Founding Director of the Lab for Scalable Mental Health and Associate Professor of Medical Social Sciences, Pediatrics, and Psychology at Northwestern University. She also serves as Director of Digital Services at Northwestern's Center for Behavioral Intervention Technologies.



Yesim Keskin, PhD, LMFT

Dr. Yesim Keskin, PhD, LMFT, is an Associate Professor and Director of Clinical Training at the University of La Verne, specializing in Marriage and Family Therapy (MFT) education and clinical training. With over 17 years of clinical experience, she is a licensed therapist based in Pasadena, California and EMDR-trained professional with expertise in anxiety, depression, trauma, addiction, and ADHD. Dr. Keskin's research interests include mental health AI, psychotherapy common factors, and trauma-informed care.

**** Dr. Jessica Schleider has the following disclosures: Sponsored Research Grant (as Principal Investigator) with Kooth and Co-Founder, Chief Scientific Advisor to Mindly. There is no commercial support or conflict of interest to report for any other presenters.**