

Organized by the WPA Digital Mental Health Section, this course provides a comprehensive overview of advancements in digital mental health (DMH), covering topics from telepsychiatry and mobile health applications to artificial intelligence. The course will explore both practical techniques and key considerations in delivering remote assessment and treatment across varied clinical models, including supervised, unsupervised, and hybrid settings. The course will focus on improving the availability, accessibility, and equity of evidence-based diagnostics, treatment, and care in accordance with the WPA EDIT guidelines. Particular emphasis will be placed on ethical considerations, as well as ensuring privacy and confidentiality at every stage.

With the increasing adoption of digital tools, it is essential for clinicians to build a strong foundation in both the practical and theoretical aspects of telepsychiatry and other digital mental health applications. This course will equip participants with the knowledge and skills needed to provide high-quality, accessible care, facilitate early detection and intervention, and actively contribute to the destigmatization of mental health care.