

WPA COURSE
**Advancing digital psychiatry: a course on telemental health
implementation for global equity and inclusion**

Course Director:

Prof. Wolfgang Gaebel (Düsseldorf, Germany)

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Faculty:

Prof. Wolfgang Gaebel (Germany)

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Prof. Rodrigo Ramalho (New Zealand)

Dr. Rodrigo Corona (Mexico)

Course Description

This course is organized by the *WPA Working Group on Digital Psychiatry* and will provide an overview of key topics of digitalisation in psychiatry focusing on the implementation of telepsychiatry under routine clinical work conditions. Among the past decades evidence has accumulated showing that telepsychiatry is not only a valid and efficient tool to support mental health care in a digital setting, but it also holds a significant potential to fill the mental health gap in less resourced countries.

The course will be focusing on a conceptual framework for equal and equitable implementation of telepsychiatric services, thereby also pinpointing the practical and technical aspects of telepsychiatry. The course will be highly relevant to learn where, when, and how to extend mental health per distance by digital means, providing availability, accessibility, and equity of evidence-based diagnostics, treatment, and care in the context of the WPA EDIT rules. Specifically, the course will also deal with ethical and cultural safety issues (also including the themes of stigma and

discrimination in mental health care). Taking into account the results of the recent global survey among the WPA member societies run by the WPA Working Group on Digital Psychiatry, the course will cover also the distribution and health care integration of digitalisation across countries and different world regions, with a specific outlook on Latin America.

The course is open to fully qualified specialists in psychiatry, those in their early career, psychologists, as well as other qualified members of the mental health workforce, mental healthcare providers or policymakers.

The course faculty are globally renowned *experts in the field* working on the need and options for a worldwide *digitally supported transformation of mental health and care systems* under *practical daily routine conditions*.

Course Programme

12:15 - 12:30

Welcome and participants introduction

12:30 - 13:00

Global Digitalisation and Prerequisites for Integration and Implementation into Psychiatric Practice

Wolfgang Gaebel, Germany

13:00 - 13:45

Implementing Telemental Health Care in Daily Clinical Work

Umberto Volpe, Italy

Break

14:30 - 15:15

Cultural Safety in Telepsychiatry. Ensuring cultural responsiveness

Rodrigo Ramalho, New Zealand

15:15 - 16:00

Building bridges. Crafting psychoeducational digital content

Rodrigo Corona, Mexico

16:00 - 16:15

Final general discussion and concluding remarks

Methods and materials

Presentations, real case scenarios, interactive discussions, general discussion, recommended readings.

Educational intentions

After the course the participants will be knowledgeable about ...

... key topics, digital tools and programs in psychiatry;

... practical aspects of implementing and running telepsychiatry;
... applying digital tools in daily clinical work.

Prerequisite knowledge

Participants should professionally be familiar in working with persons with mental disorders according to ICD-10/11 or DSM-5/-TR, with psychiatric and psychotherapeutic options in diagnosing, treatment and care, and should be interested in the integration of digital tools and programs in their daily clinical practice. They should be either fully specialized or early career psychiatrists, clinical psychologists or psychological psychotherapists, mental healthcare providers or policymakers with professional experience in mental healthcare settings.

List of recommended readings

Stuart H, Sartorius N (2022) Paradigms lost, paradigms found. Oxford University Press, New York, London

Bhugra D, Tasman A, Pathare S, et al. The WPA-Lancet Psychiatry Commission on the Future of Psychiatry. *Lancet Psychiatry* 2017;4:775-818

Torous J, Bucci S, Bell IH, et al. The growing field of digital psychiatry: current evidence and the future of apps, social media, chatbots, and virtual reality. *World Psychiatry* 2021;20:318-335 DOI:10.1002/wps.20883

Yellowlees P, Shore JH (eds) Telepsychiatry and health Technologies. A Guide for Mental Health Professionals. American Psychiatric Association Publishing, 2018. ISBN 9781615370856

Gaebel W, Trost N, Diekmann S, et al. Transnational Policy for e-Mental Health: A guidance document for European policymakers and stakeholders. Interreg North-West Europe, 2020.

<https://www.nweurope.eu/projects/project-search/e-mental-health->

[innovation-and-transnational-implementation-platform-north-west-europe-emen/news-blogs/transnational-policy-for-e-mental-health-a-guidance-document-for-european-policymakers-and-stakeholders/](https://www.eurpsy.org/news-blogs/transnational-policy-for-e-mental-health-a-guidance-document-for-european-policymakers-and-stakeholders/)

Courtet P, Amiot O, Baca-Garcia E, Bellardita L, Cerveri G, Clair AH, De Leo D, Drapier D, Fakra E, Gheysen F, Giner L, Gonzalez-Pinto A, Gussoni G, Haffen E, Lecardeur L, Mayoral-Cleries F, Mennini FS, Sáiz PA, Vieta E, Hidalgo DA, Volpe U. Understanding the potential of digital therapies in implementing the standard of care for depression in Europe. *Eur Psychiatry*. 2023 Oct 24;66(1):e82. doi: 10.1192/j.eurpsy.2023.2453.

Orsolini L, Longo G, Volpe U. Practical application of digital therapeutics in people with mood disorders. *Curr Opin Psychiatry*. 2024 Jan 1;37(1):9-17. doi: 10.1097/YCO.0000000000000906.

Kalman JL, Burkhardt G, Samochowiec J, Gebhard C, Dom G, John M, Kilic O, Kurimay T, Lien L, Schouler-Ocak M, Vidal DP, Wiser J, Gaebel W, Volpe U, Falkai P. Digitalising mental health care: Practical recommendations from the European Psychiatric Association. *Eur Psychiatry*. 2023 Dec 13;67(1):e4. doi: 10.1192/j.eurpsy.2023.2466.

Ruiz-Cosignani, D., Chen, Y., Cheung, G., Lawrence, M., Lyndon, M. P., Ma'u, E., & Ramalho, R. (2022). Adaptation models, barriers, and facilitators for cultural safety in telepsychiatry: A systematic scoping review. *Journal of Telemedicine and Telecare*, 1357633X211069664.

Rahman, J., Cheung, G., Lyndon, M. P., Lawrence, M., Ma'u, E., Chen, Y., & Ramalho, R. (2022). Prioritising a culturally safe e-Mental Health research agenda in Aotearoa New Zealand: A sector survey report. *Australasian Psychiatry*, 30(5), 619-623.