

Managing the Risks of Online Therapy: *The Challenges and Pitfalls of Technology*

Video Course

Cath Knibbs

Video Course
CPD/CE credits: 3

Price: £65



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The onset of COVID-19 disrupted the practice of psychotherapy in a long-lasting manner; requiring psychotherapists, counsellors and psychologists to fundamentally alter how they conduct their clinical sessions. In many cases, the shift to online therapy sessions was abrupt, rushed and rather overwhelming.

While we might have gained varying levels of comfort with online sessions since, many questions still remain. For instance:

- **Are we taking the necessary, and often legally mandatory steps, to ensure client safety and confidentiality?**
- Do we have a clear strategy for handling potential risks including:
 - **Client information getting hacked**
 - Cyber criminals using psychological manipulation to trick users into making security mistakes or giving away sensitive information
 - Being subject to Cyber fraud – where **client information gets targeted with malicious intent**
- Do we know the reporting requirements we need to comply with if a data breach occurs?

At this timely and practical webinar, we have invited Cath Knibbs, who is the leading cyber-security expert and Adult Trauma Psychotherapist to specifically address these issues and explain:

- What are the cyber and online security issues that we face as practitioners when using computers, devices or mobile phones for online client sessions?
- What are the implications of Data Protection Act 2018 and the specific relevance these have for adult and young clients?



- How do we regularly conduct technical assessments for our devices and applications so as to stay compliant with requirements?
- What steps can we take to keep ourselves free of *technological anxiety* which is concomitant with online client sessions?

Learning objectives:

- Discuss what steps can we take to make our online and technical systems safer to use and what are the **technical hygiene standards we need to maintain** from a legal and ethical standpoint.
- Discuss the **reporting guidelines** we need to include in our repertoire of actionable steps.
- Discuss how do we stay cognizant, prepare for and best manage online hacks and breaches.

About the speaker

Cath Knibbs is a Clinical Doctoral Researcher, Online Harms Consultant, Public Speaker, Author and Child / Adult Trauma Psychotherapist. She writes about and works with cybertrauma which is any trauma that occurs through an internet-ready device and writes about why we do what we do in the digital spaces. She is a co-director for the Journal 'Cybersecurity in Digital Mental Health' and Digital Lead for the West Yorkshire Adversity, Trauma and Resilience framework.

She is an advocate for children's rights, privacy, and digital explorations online. She also educates therapists via her company Privacy4 about Data protection, privacy and cybersecurity issues in relation to their practice. She is also a TEDx Speaker this year on the importance of relationships surrounded by technology.

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customerservices@nscience.co.uk

US: +18337161044

UK/Europe:
+44(0)2070961722

Australia:
+1800861953



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