

Departmental Seminar

Psychological Interventions in the Age of Digital Technology: New Therapy Approaches for Psychosis

11:30 a.m. – 12:30 p.m. | August 22, 2017 (Tuesday)

Rm 813, 8/F, The Jockey Club Tower | Centennial Campus | The University of Hong Kong



Dr. Matteo Cella

Department of Psychology
Institute of Psychiatry, Psychology & Neuroscience
King's College London

Abstract

Psychosis is one of the most debilitating mental health conditions and it is estimated that that only about 10% will recover completely. As the disorder starts in early adulthood the illness consequences have far reaching implications for the individual, their family members and society. Current interventions are primarily pharmacological and target symptoms such as hallucinations and delusions. While medications often achieve symptom remission functional and social difficulties tend to persist for many years.

Psychological interventions have proven helpful to support recovery and are valued by service users. However these approaches tend to be resource intensive and services may find it difficult to offer these routinely. Some people with psychosis may also find it difficult to engage with these therapeutic approaches due to cognitive difficulties and negative symptoms (e.g. poor motivation).

Digital technologies offer the possibility to improve the recovery prospect and the reach of psychological interventions. Wearable devices and mobile phones can support regular symptoms monitoring and allow for psychological interventions to be delivered outside the clinic. Virtual Reality can be used to enhance assessments and therapy. These digital technologies may provide useful both as stand-alone therapies and in support of therapists.

In this talk I will present some new approaches using digital technology to improve the access, reach and potential of psychological therapies for people with psychosis. I will also present some data from preliminary studies and point out directions for future work.

~All are Welcome~