

# Clinical Techniques and Best Practices in using a Telehealth Platform

With *Cinthya Chin Herrera, PsyD*

A FREE training presented by Alameda County Behavioral Health and A Better Way

## Course Objectives

- 1.) Describe various clinical care considerations that can be used to promote stability in care across varied tele-therapy modalities and frameworks.
- 2.) Discuss at least 3 specific best practices for providing telehealth services to clients with ranging developmental needs and levels of acuity.
- 3.) Discuss ways to address common barriers for client engagement in services delivered through a telehealth platform.
- 4.) Practice at least 2 creative and adaptive techniques for therapeutic and collaborative engagement that can be integrated into mental health work.

The rapid spread of COVID-19, its variants, and use of distancing measures are changing the way providers work across systems to provide needed mental health services. Extended of remote communication has resulted in new challenges in the ways mental health professionals provide services, engage clients, and manage instability. While much of the evidence base for telehealth services discusses best-practices, the context of the COVID-19 pandemic requires the ongoing adaptation and updates to health practices for the current evolution of circumstances of a remote workforce. This training for service providers across a variety of disciplines provides an interactive and engaging look at remote/telehealth services for consumers of mental health services. Participants explore some common barriers for effective services and numerous techniques, strategies, and practices that can facilitate engagement, risk management, and treatment. Pandemic resiliency strategies will review ways to support high needs clients, online service fatigue, and complex remote multidisciplinary team dynamics.

**Audience:** Alameda County Behavioral Health (ACBH) clinical staff and contracted CBO providers are welcome. Capacity is limited. Open until filled.

**Cinthya Chin Herrera, PsyD**, is the Director of Clinical & Community Training for Westcoast Children's Clinic.



**Friday, March 5th, 2021**

9am-4:00pm | Registration at 8:45am

Online Course | **Zoom link sent 2 days before course**

6 CE's available for Masters and Doctorate level professionals

**TO REGISTER**

Click below to sign up & register:

<https://training.abetterwayinc.net/courses/2162>

Private code: **lrwoje**

A Better Way is approved by the California Association of Marriage and Family Therapists (CAMFT) to sponsor Continuing Education for LCSW, LMFT, LPCC, LEP (62361), and the California Psychological Association (CPA) to sponsor Continuing Education for PhD, PsyD (ABE010). The California Board of Behavioral Sciences (BBS) recognizes CAMFT and CPA Continuing Education credit for license renewal. A Better Way maintains responsibility for this program and its content. Attendees must attend entire course for CE credit.

For accommodations or Grievances, contact: [Trainings@abetterwayinc.net](mailto:Trainings@abetterwayinc.net) | (510) 913-1326