



Skills-based Videoconferencing Week One Learning Activity

Welcome aboard! We are very excited to have everyone join this learning project to prepare to effectively practice in an online environment. This is the first week's learning activity. Part 1 is a reading assignment and Part 2 is to prepare your introduction to the cohort.

Each session is 1.5 hours and we would like to hear from everyone so preparing your responses for both questions ahead of time will be very helpful in this process.

Week 1 Learning Activity and Prep Introduction:

1. Reading

- a. Read the article, "Ethical and Legal Considerations for Internet-Based Psychotherapy"
- b. Be prepared to identify/share three key points for discussion

1. Introductions (1 to 2 minutes max each person)

- a. Tell us about yourself and your present role (are you currently providing treatment and/or recovery services in the behavioral health field)?
- b. Rate on 1-10 scale comfort level with technology
- c. Experience with videoconferencing /telehealth applications to offer treatment and/or recovery services
- d. What you expect to get out of group?
- e. What you would like to find out about Skills-based Videoconferencing?