

SYMPOSIUM

E-mental health implementation – from theory to everyday psychiatric-psychotherapeutic healthcare services

Thursday, 14 October 2021

9.00–15.15

Online-Event

The Covid-19 pandemic has shown that the introduction of digital psychiatric-psychotherapeutic healthcare services can succeed very quickly under certain conditions. However, even without the pandemic, legislation regarding e-mental health applications in Germany is now progressing relatively quickly. In October 2020, for example, the DiGA directory was introduced by the Federal Institute for Drugs and Medical Devices, which provides physicians and psychotherapists with an overview of digital health applications that have been tested and can be prescribed.

Nevertheless, the integration of such applications in everyday psychiatric and psychotherapeutic healthcare is not straightforward. What different obstacles occur in the use of digital psychiatric-psychotherapeutic services in inpatient and outpatient care? How can the potential of digital services be further expanded to benefit the patients? What lessons can we learn from our European neighbours?

These and further questions concerning the implementation of digital applications in everyday healthcare will be the focus of our event, to which we cordially invite participants from the fields of healthcare, administration, science, politics and IT companies. The event is free of charge for all participants and takes place as part of the eMEN project, which is financially supported by the EU in the funding area "Interreg North-West Europe".

As the number of participants is limited, please register by email to ivf@lvr.de subjected "eMEN symposium" by Friday, 8 October 2021. Please fill in the form in the attachment to register. Registrations will be considered in the order in which they are received.

Simultaneous translation (German ↔ English) via headphones will be available free of charge.

The organizers will apply with this event for a certification according to the German CME system.

Further information can be found on the [eMEN project website](#) or on the website of the [LVR-Institute for Healthcare Research at the LVR-Institute for Research and Education](#) (German only).

Programme

- 9.30-9.45 **Opening** (in German)
Prof. Dr. E. Gouzoulis-Mayfrank/Prof. Dr. J. Zielasek, LVR-IFuB, Cologne
- 9.45-10.00 **eMEN – a transnational cooperation**
D. Eising, ARQ National Psychotrauma Centre, Diemen, the Netherlands

■ E-mental health: current situation and future developments

- 10.00-10.30 **Scientific evidence of digital psychotherapeutic therapies**
Prof. Dr. H. Riper, VU Amsterdam, Niederlande
- 10.30-10.45 **IMMERSE: Towards person-centered care in psychiatry using machine learning** (in German)
Prof. Dr. U. Reininghaus, Zentralinstitut für Seelische Gesundheit, Mannheim
- 10.45-11.15 *Break*
- 11.15-11.30 **I-REACH: Development of a native-language app for inpatient psychiatric-psychotherapeutic care of people with refugee experience (blended care)** (in German)
Dr. D. Reske/L. Schmidt, LVR-IFuB, Cologne
- 11.30-11.45 **CoPE IT – Development of an internet-based self-help application during the Covid-19 pandemic** (in German)
Dr. E.-M. Skoda, LVR-Klinikum Essen, Essen
- 11.45-12.00 **Moodbuster – Experiences from an inpatient psychiatric implementation study**
Dr. E. Van Assche, Thomas More University of Applied Sciences, Geel, Belgium
- 12.00-12.30 **Discussion of questions from the audience**
Discussants: Prof. Dr. H. Riper, Prof. Dr. U. Reininghaus, Dr. D. Reske, L. Schmidt, Dr. E.-M. Skoda, Dr. E. Van Assche
Moderator: R. Lukies, LVR-IFuB, Cologne
- 12.30-13.30 *Lunch break*

■ Considerations for digital psychiatric care provision

- 13.30-14.00 **Mental healthcare professionals' perspectives on online therapies in inpatient psychiatric care** (in German)
J. Sander, DGPPN, Berlin
- 14.00-14.30 **Training for practitioners: A curriculum for digital psychotherapy** (in German)
Dr. I. Hauth, DGPPN, Berlin
- 14.30-15.00 **Panel discussion: Implementation challenges of e-mental health applications in everyday health care provision** (in German)
Discussants: J. Sander, I. Hauth
Moderator: R. Lukies, LVR-IFuB, Cologne
- 15.00-15.15 **Closing remarks** (in German)
Prof. Dr. E. Gouzoulis-Mayfrank, LVR-IFuB, Cologne