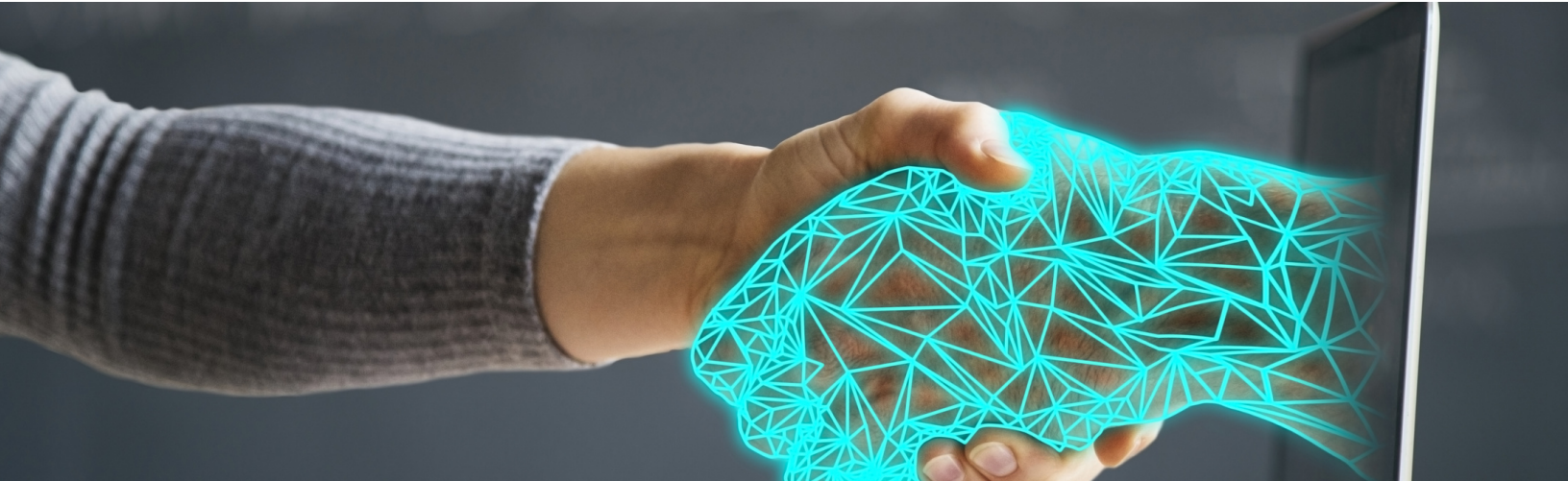


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SACES TECHNOLOGY INTEREST NETWORK DIGEST

Bi-semesterly updates and resources for our members



Highlight: Tech News You Can Use

This month, on page two, we share some exciting research that was presented at the Association for Counselor Education and Supervision national conference. In addition, we wanted to highlight a recent research article that explores the efficacy of online counseling.

- Novella & Samuolis (2020) compared online synchronous video counseling to traditional face-to-face SFBT counseling and found similar efficacy results. It is exciting to see direct comparison studies emerge so that we can all be informed of best practices as the use of online counseling continues to grow. See the full study for additional information: <https://psycnet.apa.org/record/2020-55678-001>
- If any of our readers are doing similar research regarding the efficacy and/or best practices for online counseling, education, or supervision, please email us, as we would love to feature your work in an upcoming newsletter.



OVERVIEW:

- Highlight: TechTools You Can Use
- Resource Spotlight
- Interest Network Updates

We hope this newsletter will provide resources to empower you to harness the power of technology to enhance your research, teaching, practice, and supervision. Please feel free to reach out to us at technologyin@saces.org with any questions or ideas for future editions.

Research Spotlight

We are grateful that Dr. Palma was willing to reflect on his ACES presentation and answer a few questions related to his research on elemental health literacy in counselor education.

Q. a) Welcome to our newsletter! What was the main focus of your presentation and/ or provide a short summary of your presentation?

A. The presentation emphasized the need to teach telemental health literacy in counselor education and supervision programs. Distance counseling is an umbrella term that covers the delivery of counseling services via synchronous and asynchronous means. As defined in the presentation, the term telemental health refers to counseling services delivered via synchronous video and audio technology. Starting in the late 1990s the Association for Counselor Education and Supervision (ACES) developed technological literacy standards for the delivery of telemental health services. **As the ethical issues posed by the delivery of counseling services via digital technology were resolved, there were no telemental health standards for the use of clinical techniques and skills. The presentation provided a framework by which counseling educators and supervisors can provide students with guided experiential learning activities to discover how to adapt clinical techniques and skills to the medium.**

Q. b) How did the ACES experience influence your understanding of your scholarly work?

A. The audience at the ACES conference provided feedback that confirmed the need for counseling students to explore how the skills they learn for in-person counseling function in a live video session. They **liked the idea that it would be practical and cost-effective to add telemental health exercises to existing classes than to create a separate course.** Their comments indicated that the scholarly work that I have done addresses a current concern within the counseling community.

Q. c) What is the main takeaway or application point you hoped to bring to the attendees of your presentation?

A. Current counselor educators and supervisors can provide counseling students with classroom-based experiences that raise awareness of how to adapt clinical skills when delivering telemental health services.

***Editorial Note: Thanks for these great ideas & practice suggestions Dr. Palma!!
This series plans to go into Spring 2021, highlighting interviews with ACES presenters***

Technology Interest Network Spotlight

- We are excited to reflect on the ACES conference in October. This year co-leads (Lea Herbert & Angie O'Gieblyn) were able to meet and snap a few photos at the conference. To close out this year, co-leads wanted to share a light reflection of the end of year and excitement for the year to come.
- LH: "Technology Interest Network readers, thank you for your dedication and loyalty in gaining new insights from the section of the newsletter. I have enjoyed this year brainstorming new technology technology informed by research. As COVID-19 continues to be an evolving force within both counseling and counseling education, professionals must be more open, aware, and express a willingness to try more technology mediated interventions to advance the field. I have learned so much from Dr. O'Gieblyn, she is wise and advises me in both my role as a co-lead and as a doctoral researcher.
- AO: "I am grateful to serve SACES alongside the my great co-leader Lea. I love helping members access the latest research related to technology and counselor education. It is my hope that this interest network will continue to be a valuable resource for members. Please email us at technologyin@saces.org with any needs or suggestions!



Nils J. Palma,
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December's
Researcher
Spotlights