



THINKING INSIDE THE BOX SET

FROM SUPERHERO THERAPY TO TECH APPLICATIONS: USING MEDIA AND TECHNOLOGY TO ENGAGE, EXPLORE, AND ENABLE RECOVERY



WEDNESDAY 12TH JULY 09:30-16:30

THE ARDILAUN HOTEL, TAYLORS HILL, GALWAY

From the use of fantasy characters and themes in CBT and ACT; to delivering therapy through computers; to an exploration of the development of apps to aid suicide prevention; this conference presents a variety of speakers who have used media and technology in their work with young people, and looks to the future of applying technology to enhance mental health.

Cost €60 if payment received by 28th June, €70 after this

Payment includes buffet lunch and a copy of "Superhero Therapy" book by Dr Janina Scarlet

CPD points are being sought from College of Psychiatrists of Ireland and Irish Association of Social Workers

Speakers

Dr Janina Scarlet

Dr Janina Scarlet is a Licensed Clinical Psychologist, a scientist, and a full time geek, currently working in San Diego, California. A Ukrainian-born refugee, she survived Chernobyl radiation and persecution. She immigrated to the United States at the age of 12 with her family and later, inspired by the X-Men, developed Superhero Therapy to help patients with anxiety, depression, and PTSD, working with various ages from teens to war veterans. Her book "Superhero Therapy" came out on 1st December 2016 in the UK and Ireland, and will be launched 1st August 2017 in the U.S. She has also contributed chapters to many geek culture psychology books, including The Walking Dead Psychology, Game of Thrones Psychology, and Star Wars Psychology (the latter recently being translated into her native Russian tongue!)

Dr Scarlet will be talking about her work with Superhero Therapy and describe how fantasy figures and themes can be incorporated into evidence-based therapeutic models, to enhance engagement and development of the therapeutic relationship and thus improve outcomes for patients. She will also be facilitating an experiential session where attendees will identify and reflect on their own "origins story", a common theme in the Superhero genre, exploring the psychological journey from trauma to triumph.

Her work can be found and followed at www.superhero-therapy.com , and on Facebook at Dr. Janina Scarlet (@Shadow.Scarletl) and Superhero Therapy (@superherotherapy).

Dr Conal Twomey

Dr Conal Twomey is a Clinical Psychologist in Training in the HSE who recently completed a Marie Curie PhD Fellowship at the University of Southampton. He also holds the qualifications of BA (Business and Sociology), Higher Diploma in Psychology, and MLitt in Psychology. Dr Twomey has been an author on 15 papers published in scientific journals (https://www.researchgate.net/profile/Conal_Twomey) and has presented his findings at various international clinical psychology and psychiatry conferences. A central focus of his research has been around computerised therapy for young people and adults; for example, he led a multi-site randomised controlled trial of a computerised CBT programme (MoodGYM) within HSE services.

Dr Twomey's talk will address a paradoxical question: is it possible to maintain the therapeutic relationship when therapy is principally delivered using computers, the Internet or Smartphone devices? He will also explore the various ways in which computerised therapy can be provided (e.g. pure self-help; guided; personalised) and share his experiences working with the youth-orientated computerised programmes of MoodGYM, Deprexis, Pesky Gnats and Mindful Gnats.

Dr Ruth Melia

Dr Ruth Melia is a clinical psychologist currently working in PCCC Psychology, Galway in. She is an adjunct lecturer in NUI Galway and worked in collaboration with their IT department in developing technologies for use in mental health initiatives, and obtained a Fulbright Scholarship to work in the Suicide Prevention Research Laboratory in Stanford University. Dr Melia is also the co-founder of CAATCH, a suicide prevention initiative. Her presentation will focus on this research and development of technology based initiatives.

Dr Deirdre Cleary

Deirdre Cleary is a psychologist working in PCCC Psychology Galway, working with children, adolescents, and families. Her presentation today is on the use of children's media, such as Inside Out and The Incredibles, in a parenting group to increase understanding of emotional dysregulation and explore management strategies to enhance parenting.

Dr Gary McDonald

Dr Gary McDonald is a consultant child and adolescent psychiatrist working in North Galway CAMHS, and is a self-proclaimed Potterphile, with interests outside Hogwarts extending from Middle Earth to Metropolis. Complimenting today's themes, he will provide an overview of relevant literature and resources, both formal and examples of content in popular and social media that can be incorporated into therapists' daily work to help engage patients. This can be of particular relevance to those who may have difficulty grasping concepts in "straight" therapy, often related to specific learning styles or developmental disorders.

TIMETABLE

09:00 Registration Tea and Coffee

09:30 Welcome and Introduction: **Dr Gary McDonald**

09:45 **Dr Janina Scarlet**
Superhero Therapy

10:30 Q&A

10:40 **Dr Gary McDonald**
Into the Looking Glass - a brief reflective exercise

10:50-11:10 Break

11:10 **Dr Conal Twomey**
Computerised therapy for young people: maintaining the therapeutic relationship
11:50 Q&A

12:00 **Dr Ruth Melia**
Innovative Use of Mobile Health Technology in Suicide Prevention
12:40 Q&A

12:50 Lunch

13:55 Introduction to afternoon sessions

14:00 **Dr Deirdre Cleary**
Using children's media in a parents' group on emotional dysregulation in children

14:45 **Dr Gary McDonald**
The Truth is Out There: An overview of literature and resources for media-based therapy

15:30 **Dr Janina Scarlet**
Experiential session: *Therapist - Origins*

16:20 **Dr Gary McDonald** : Final remarks

16:30 Conference close

To Book:

Please email Dr Gary McDonald at gary.mcdonald@hse.ie to provisionally reserve a place. Payment is by cash or cheque (payable to HSE), unfortunately card payments are not possible. All payments can be sent to David Dawson, Finance Dept, CAMHS Inpatient Unit, Merlin Park, Galway