

Digital innovations?

= adaptations of existing processes by translating information into binary language.

Positive affects on users

- Increase in productivity
- Employment opportunity
- Digital working possibilities

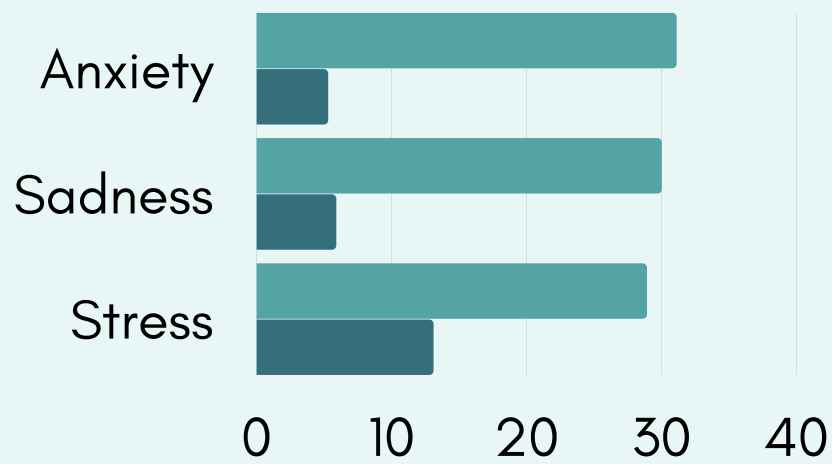
Negative affects on users

- Too many new learnings
- Difficult to disconnect
- Fear of competition & unemployment

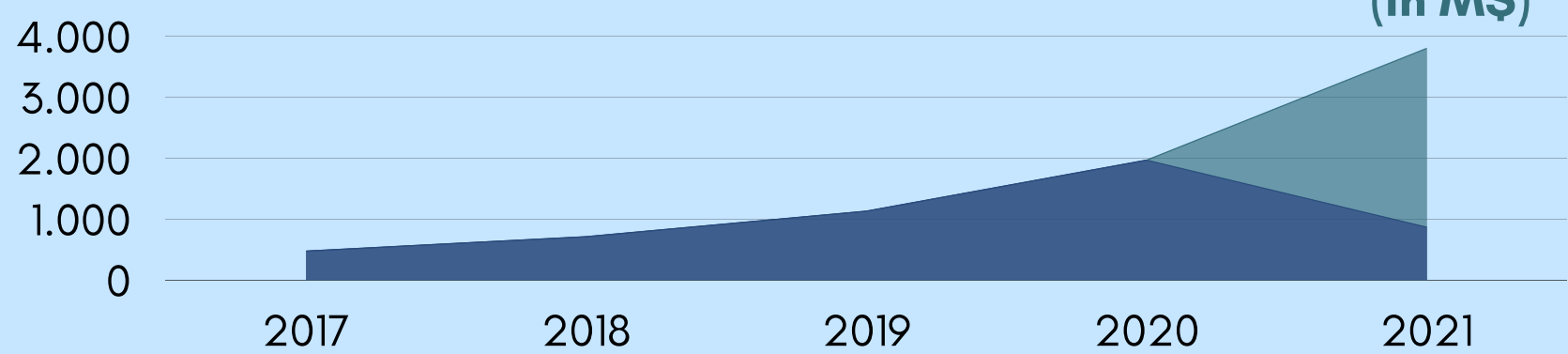
Digital innovations in therapy?



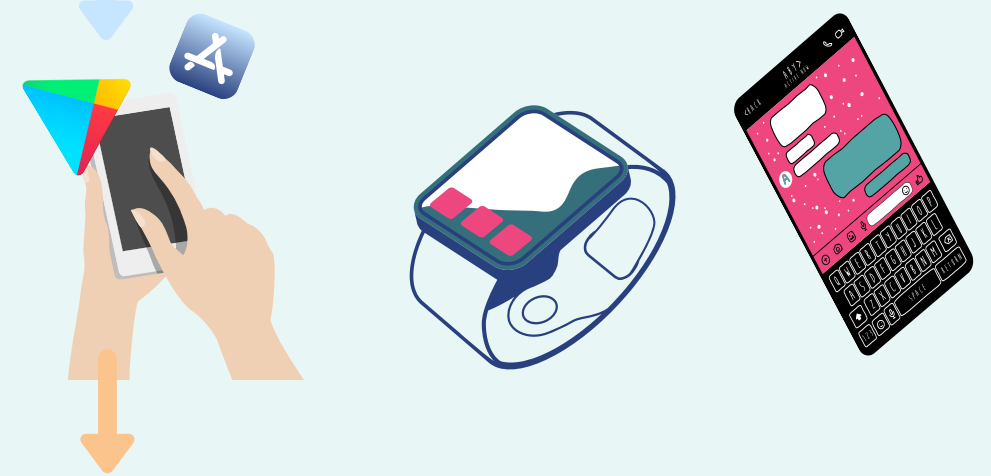
Changes in mental health issues in %



Investment in mental health technology funding by US government (in M\$)



Digital innovations



Methodology

- Qualitative study:
 - 10 therapists
 - grounded theory coding

Positive affects on users

- Accessibility
- Self-awareness
- Cost efficient

Negative affects on users

- Not right for everyone
- Low retention rate
- Questionable security

Findings: affects on therapists

Teleconferencing...

- Guarantees continuity
- Easier & cheaper to plan
- Less non-verbal communication

Text-based counseling...

- Quick check-ups
- Time-consuming
- No non-verbal communication

Mobile applications ('Apps')...

- For simple tasks & follow-up
- No human guidance
- No individualization of treatment

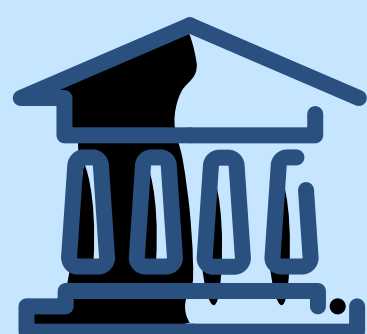
Sensory - & wearable devices...

- More knowledge
- Takes on some workload
- Expensive

Findings: future of therapy



Conclusion



No future without people:

'Trauma is **created** by people, but it is also **healed** by people.'