

# INVITATION

## „Getting in touch with digital interventions for mental health: practical insights for health professionals”

Online psychotherapy and e-mental health are on everyone's lips, but what is behind it? What technical possibilities are there? And how do these programs work? In the context of this year's World Congress of Psychiatry (WPA congress) renowned scientists will discuss the opportunities and risks of e-mental health and give an overview of the current state-of-the-art of science. This eMEN event addresses psychiatrists, psychotherapists, e-mental health developers and of course the interested public. Psychiatrists and psychologists will report on their experiences with internet-based intervention during psychotherapy in their clinical routine. Another highlight of the event will be a start-up slam: Six innovative companies will present their ideas for the digital support of psychotherapy. Finally, all presented e-mental health tools and programs can be tested on site and discussed with the developers.



Thursday, 12 October 2017

13:00 – 17:00

Messe Berlin | Hall 7 | Room: New York 2  
Messedamm 22 | 14055 Berlin, Germany

## PROGRAMME

Chair: Prof. Dr. Wolfgang Gaebel,  
Chairman of the German Alliance on Mental Health

From 12:30 registration

13:15 -13:20

### ■ Opening

Dr. Iris Hauth, past president DGPPN

13:20–13:30

### ■ Welcome note

Oyono Vlijter, project leader of EU Project „eMEN“, Arq Foundation, Netherlands

13:30–14:00

### ■ Keynote: Learning from Sweden: e-mental health in research and care

Prof. Dr. Gerhard Andersson, Linköping University, Sweden

14:00–14:15

### ■ Quality criteria for e-mental health in Germany

Dr. Jan Philipp Klein, University Hospital Schleswig-Holstein, Germany

14:15–14:45 | coffee break

14:45–15:05

### ■ Blended-care in clinical daily routine: experiences in Germany

Dr. Rüdiger Zwerenz, Clinic and Polyclinic for Psychosomatic Medicine and Psychotherapy in Mainz, Germany

15:05–15:25

### ■ Self-help treatment programs: prospects and boundaries

N.N., GET.ON Institut, Germany

15:25–15:45

### ■ Virtual reality: the third dimension of psychotherapy

Dr. Youssef Shiban, University of Regensburg, Germany

15:45–16:15 | coffee break

16:15–17:00

### ■ Start-up slam

Young companies present their technical solutions and ideas for the improvement of mental health care in 5-minute-intervals. During the breaks and after the event, there is the possibility to try out different e-mental health programs and get in touch with their developers.

*Free simultaneous translation (German ↔ English) via headphones is available. Please bring a deposit (e.g. ID card) to borrow these headphones.*

Participation is free of charge. As the number of participants is limited, we ask you to register in advance on:

[www.dgppn.de/dgppn-akademie/termine/e-mental-health.html](http://www.dgppn.de/dgppn-akademie/termine/e-mental-health.html)

