



UniversitätsKlinikum Heidelberg

*The Center for Psychotherapy Research  
at the University Hospital Heidelberg*

### **Organizer:**

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### **Workshop Fee:**

*EUR 100  
(+ EUR 50 for Dinner)*

### **How to register:**

*Please e-mail us before Nov 30, 2013  
[hans.kordy@med.uni-heidelberg.de](mailto:hans.kordy@med.uni-heidelberg.de)*

### **Workshop Venue:**

*Institut für Medizinische Psychologie  
Bergheimer Str. 20  
69115 Heidelberg*



## **Expert Workshop**

The role of Information and  
Communication Technology for  
Mental Health Services in the  
21<sup>th</sup> Century:

eMental Health beyond Placebo-  
Beating

*December 4-5, 2013*

## Wednesday, Dec 4, 2013

- 09.00-09.15 **Welcome & Introduction**  
Hans Kordy, Univ. of Heidelberg
- 09.15-10.45 **Bridging distances – extending the reach of experts**  
**MoodGym: helping individuals with depression “world wide”.**  
Kathleen Griffiths, Australian Nat. Univ. Canberra, Australia
- Deploying eMental Health in underserved regions**  
Ann McCreath, Glasgow Univ., UK
- Telepsychiatry in Chile: a road to go**  
Graciela Rojas, Mariane Krause, Alvaro Carrasco, Univ. of Chile, Chile
- 10.45-11.15 *Coffee Break*
- 11.15-12.45 **Optimizing delivery of mental health care through ICT:**  
**Aftercare-Bridges: adjusting mental health services to patients needs.**  
Markus Mößner & Hans Kordy Univ. of Heidelberg, Germany
- Interreality in the Management and Treatment of stress-related-disorders: an EU-wide collaboration**  
Brenda Wiederhold, Virtual Reality Medical Institute, Brussels, Belgium
- Online vs. Face-to-Face group-therapy: Enhancing care for individuals with Bulimia Nervosa**  
Stephanie Zerwas & Cynthia Bulik, Univ. of North Carolina, USA
- 12.45-14.00 *Lunch*

## Wednesday, Dec 4, 2013

- 14.00-15.00 **Improving care through ICT for patient with chronic illness:**  
**Smart technology and results of online migraine self-management with 11 months control**  
Marjolijn Sorbi, Utrecht Univ., the Netherlands
- SUMMIT: an internet-delivered disease management strategy for patients with recurrent depression**  
Markus Wolf, Univ. of Heidelberg
- 15.00-15.30 *Coffee*
- 15.30-17.00 **eMental health: More for less? Cost-effectiveness of an e-mental health self management intervention with automated tele-monitoring for recurrent depression.**  
Claudi Bockting, Univ. of Groningen, the Netherlands.
- Preparing for the “market”: economic feasibility analysis exemplified with ProYouth.**  
Fikret Oezer, Univ. of Heidelberg
- Virtual Reality: broadening the tool box of therapists.**  
Julia Diemer, Univ. of Regensburg
- 19.00 **Dinner:**

## Thursday, Dec 5, 2013

- 09.00-10.30 **Optimizing promotion of Mental Health through ICT: ProYouth: Promoting mental health of adolescents in Europe.**  
Stephanie Bauer, Univ. of Heidelberg, Germany
- Implementation of the SMS-COACH to Promote Smoking Cessation for Adolescents.**  
Severin Haug, Univ. of Zürich, Switzerland
- PREDI-NU: Preventing depression and improving awareness through networking in the EU**  
Christine Rummel-Kluge, Univ. of Leipzig, Germany
- 10.30-11.00 *Coffee*
- 11.00-13.00 **Translating eMental Health to established care systems: eMental Health in the UK.**  
Glenys Parry, Univ. of Sheffield, UK
- eMental Health in Australia.**  
Kathleen Griffiths, Australian Nat. Univ. Canberra, Australia
- eMental Health in the Netherlands.**  
Marjolijn Sorbi, Utrecht University, the Netherlands
- eMental Health in Germany from health insurance company view.**  
Patrick Heitz, Barmer GEK, Schw.-Hall
- Thomas Ruprecht, Techniker Krankenkasse, Hamburg
- 13.00-15.00 *Closing Reception*