

## Psychological Digital Practice

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This book is about the knowledge, skills and professional issues for digital practice by psychological practitioners. It is aimed as a core text for students and qualified psychological therapists wanting to engage in ethical digital practice to support wellbeing at many levels of delivery, from online therapy to immersive gaming interventions. It covers all areas of current practice as well as directions for a digital future for applied psychology. The unique combination of clinical, research and industry digital expertise that editors Pote, Moulton-Perkins and Campbell brings positions this text as the first in its field to provide both a firm grounding in the evidence base whilst equipping the novice and experienced online therapist with the practical tips needed to deliver safe and effective practice, whether that be in NHS private practice or wellbeing industry contexts, within national borders or across them. The digital competencies are aimed at pre-registration level training, but many practitioners will not have already received this as part of their historical training and will therefore find it relevant and useful, particularly given the move to digital practice as a result of COVID-19. The text is informed and structured around the Division of Clinical Psychology Digital Mental Health Skills Competency framework's (British Psychological Society, 2020) and as such provides a rigorous and coherent coverage of all the skills required for psychological digital practice, from the basics to beyond.

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