

# **Therapeutic Homework Training**

May 23, 2018

12:30 PM – 4:30 PM

Course Outline

- I) Personal Introductions and Outline for the Session**
  - a. Learning Objectives
  - b. Framing Questions to address throughout the day
- II) Definitions and Examples of Therapeutic Homework**
- III) Rationale for use of Therapeutic Homework**
  - a. Evidence for impact on outcomes
- IV) Current Use of Therapeutic Homework in San Diego Out-patient Clinics**
  - a. 2016 Survey Results
- V) Barriers in use of Therapeutic Homework**
- VI) Strategies to overcome barriers**
  - a. Practice Exercise to overcome client resistance
  - b. Infrastructure supports to facilitate homework use
- VII) Accessing Therapeutic Homework Resources**
  - a. Low tech: Paper and Pencil
  - b. High tech: “Apps”
- VIII) Trying out apps for use in therapy**
  - a. Participants will test out the apps which will address:
    - i. Relaxation/Meditation
    - ii. Mood or Emotion Tracking
    - iii. Token Economy Systems
    - iv. Cognitive Restructuring
- IX) Sharing critique of apps in terms of relevance, usefulness, and appropriateness for clients of different ages, cultural backgrounds, etc.**
- X) Wrap-up and Take Home Messages**