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