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| **TEXAS CTE LESSON PLAN**  [www.txcte.org](http://www.txcte.org) | |
| **Lesson Identification and TEKS Addressed** | |
| **Career Cluster** | Human Services |
| **Course Name** | Counseling and Mental Health |
| **Lesson/Unit Title** | The Use of Technology in Counseling and Mental Health |
| **TEKS Student Expectations** | **130.276. (c) Knowledge and Skills**  (7) The student analyzes the technology related to information services. The student is expected to:  (A) review the processes for collection and dissemination of health care data  (B) classify equipment used in the delivery of mental health services and  (C) employ technology consistent with the students’ level of training |
| **Basic Direct Teach Lesson**  (Includes Special Education Modifications/Accommodations and  one English Language Proficiency Standards (ELPS) Strategy) | |
| **Instructional Objectives** | **Students will:**   * Understand methods of collecting and disseminating client information * Summarize the technology methods utilized for meeting the needs of clients |
| **Rationale** | With the use of the Internet, the field of counseling and mental health offers new choices for clients. Individuals in the field of counseling and mental health are using new technology in therapy and in training mental health practitioners. As an individual pursuing a career related to counseling and mental health services, it is important to understand how this groundbreaking avenue provides an integrated foundation in mental health occupations and Internet technology applications. |
| **Duration of Lesson** | Three 45-minute class periods |
| **Word Wall/Key Vocabulary**  *(ELPS c1a, c, f; c2b; c3a, b, d; c4c; c5b) PDAS II (5)* | **Audio-teleconferencing:** Two-way electronic voice communication between two or more people at separate locations  **Collection:** The act or process of getting things from different places and bringing them together  **Data:** Facts or information used usually to calculate, analyze, or plan something  **Dissemination:** To cause (something, such as information) to go to many people  **Health Insurance Portability and Accountability Act (HIPAA):** The federal Health Insurance Portability and Accountability Act of 1996, of which is the primary goal of the law is to make it easier for people to keep health insurance, protect the confidentiality and security of health care information and help the health care industry control administrative costs  **Telecommunications:** The use of wire, radio, visual or other electromagnetic channels to transmit or receive signals for voice, data, and video communications  **Telehealth:** The use of electronic information and telecommunications technologies to support and promote long-distance clinical health care, patient and professional health-related education, public health, and health administration |
| **Materials/Specialized Equipment Needed** | **Equipment:**   * Computer with projector for multimedia presentation * Computers with Internet access (be sure to follow district guidelines)   **Materials:**   * Cell phone * Computer monitor * Laptop * Web cam   **Supplies:**   * Cardstock * Container such as a basket * Glue * Magazines to cut pictures out * Poster board (one per group to create project) * Scissors * Copies of handouts   **PowerPoint:**   * The Use of Technology in Counseling and Mental Health   **Technology:**   * Free iPad Apps   + 7 Cups of Tea – Free Anxiety Relief, Depression Help, Therapy, and Counseling<https://itunes.apple.com/us/app/7-cups-tea-free-anxiety-relief/id921814681?mt=8> * Infographic:   + Electronic Health Records Infographic How do electronic health records (EHRs) connect you and your doctor? In the past, medical data was only stored on paper, making it difficult for your health care providers to share your information. Between 2001 and 2011, the number of doctors using an EHR system grew about 57%, making it easier for you and all of your doctors to coordinate your care, and often reducing the chance of medical errors. Where are electronic health records headed? In this Infographic, view the history of electronic health records and see how they may improve your health and health care in the future.<http://www.healthit.gov/patients-families/electronic-health-records-infographic> * TedxTalk:   + Tan Le: A headset that reads your brainwaves Tan Le’s astonishing new computer interface reads its user’s brainwaves, making it possible to control virtual objects, and even physical electronics, with mere thoughts (and a little concentration). She demos the headset, and talks about its far-reaching applications.<https://www.ted.com/playlists/2/tech_breakthrough> * **YouTube:** * Modern Technology in Cognitive Behavior Therapy (CBT) Treatment At a recent Beck Institute Workshop, Dr. Torrey Creed provides an anecdote to illustrate how the use of video games can be helpful in CBT treatment, particularly with children and adolescents.<https://youtu.be/j8L4b0WpAIc>   **Graphic Organizers:**   * Note-taking The Use of Technology in Counseling and Mental Health * The Use of Technology in Counseling and Mental Health * What-Why-How Graph   **Handouts:**   * Games as Counseling/Therapy Tools * Rubric for Technology in Counseling and Mental Health Services Project * Use of Technology in Counseling and Mental Health Situation Cards * Technology in Counseling and Mental Health Services Project * Thumbs Up, Thumbs Down |
| **Anticipatory Set**  (May include pre-assessment for prior knowledge) | **Prior to class:**  Display as many of the lesson-related supplies (see Materials or Specialized Equipment Needed) that you have available on a table.   * cell phone * computer monitor * laptop * web cam   Script:  Look at the items displayed on the table. As a Counseling and Mental Health professional, how would you use the items in the delivery of mental health services?  Allow time for class discussion.  Distribute the graphic organizer The Use of Technology in Counseling and Mental Health. Encourage students to share and discuss what they know about the use of technology in mental health services. Ask students to identify some ethical factors that need to be considered when considering both client and therapist relationships in reference to online counseling procedures.  Listen and build upon the discussions from the students. Use this opportunity to provide explanation and new definitions for students. |
| **Direct Instruction \*** | Note to teacher: Prior to beginning this lesson, please review, preview, and select the appropriate multimedia for your classes.  Introduce objectives, terms, and definitions.  Distribute the handout Note-taking The Use of Technology in Counseling and Mental Health. Teacher will determine the notes to be recorded by students. Inform students that they will be expected to take notes and participate in discussions while viewing the slide presentation.  Introduce and discuss the PowerPoint The Use of Technology in Counseling and Mental Health. Allow time for questions and class discussion.  Use appropriate notes from Presentation Notes for The Use of Technology in Counseling and Mental Health for discussion.  Using the Note-taking The Use of Technology in Counseling and Mental Health handout, students will have an opportunity to reflect upon, review and respond to the information pertaining to the PowerPoint. They will write a summary of topics or statements which reflect the information from the lesson:   * Discuss the topic * Write down your thoughts * Make a real-world connection to the lesson * How is this going to help you in the future?   Allow for questions and answers to check for understanding.  Videos included in the slide presentation:   * Modern Technology in Cognitive Behavior Therapy (CBT) Treatment At a recent Beck Institute Workshop, Dr. Torrey Creed provides an anecdote to illustrate how the use of video games can be helpful in CBT treatment, particularly with children and adolescents.<https://youtu.be/j8L4b0WpAIc>   *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * checking for understanding * providing assistance with note-taking * providing a peer to read materials * providing a copy of the slide presentation with highlighted words and definitions |
| **Guided Practice \*** | Place students in groups of three.  Distribute Games as Counseling/Therapy Tools to each group. Students will develop a faux mobile application (app) or game to be used by clients as a counseling/therapy tool. Guide the students through the activity.  Students will share their new counseling/therapy tool with the class.  Completion of the handout can be assessed as a daily grade.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * checking for understanding * providing a peer to read materials * providing oral responses |
| **Independent Practice/Laboratory Experience/Differentiated Activities \*** | **Prior to activity:**  Note to teacher: Print the Use of Technology in Counseling and Mental Health Situation Cards on cardstock and cut apart so that the students can draw one for the activity during Independent Practice. Place cards in a container.  Sub-divide class into groups of three.  Scenario: Your team has been accepted into an internship program at the Child and Family Counseling Center. The social worker who is your mentor has requested that your team create an infographic that focuses on effective networking tools and technology that can to be utilized in successful counseling and treatment techniques.  Using the Use of Technology in Counseling and Mental Health Situation Cards, have one student from each group draw a card from a container. The selected card will determine the situation the students will focus on during the project.  Distribute the Technology in Counseling and Mental Health Services Project handout. Instruct groups to think of effective networking tools and technology that can to be utilized in successful counseling and treatment techniques for their client(s) and incorporate the information as an infographic. Their infographic must include:   * A clear focus on the use of technology in counseling and mental health * Five networking tools and technology-based methods such as social media * A technology-based method for collecting and disseminating health care data such as using tablets for replacing the conventional paper-based way of tracking patient’s record * Three appropriate free mobile applications   Information is required to be retrieved from reliable sources. If a computer lab is available, encourage your students to create an Infographic for the project. Poster boards may also be used for the assignment.   * Piktochart® Easy-to-use free infographic creator<http://piktochart.com/>   An example of an infographic made on Piktochart® is available Infographic – FCS Career (Example) in the Recommended Strategies tab under Graphic Organizers/Handouts for you to view. Project will be presented during Lesson Closure.  Distribute and review Rubric for Technology in Counseling and Mental Health Services Project prior to the start of the assignment so that students are aware of assessment procedures.  Keep students focused and on task. Provide assistance if needed.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * checking for understanding * shortened, simplified instructions * providing oral responses |
| **Lesson Closure** | Review objectives, terms, and definitions.  Students will present their projects. Allow time for questions and discussion.  Distribute the Thumbs Up, Thumbs Down handout. Students will write two things they liked (thumbs up) from the lesson/project and two things (thumbs down) they would change about the lesson/project. Students will add pictures to support their ideas. |
| **Summative/End of Lesson Assessment \*** | Student projects will be presented to the class and assessed with Rubric for Technology in Mental Health Services Project.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * checking for understanding * shortened assignment * providing extra time * providing oral responses |
| **References/Resources/**  **Teacher Preparation** | **Images:**   * Photos obtained through a license with Shutterstock.com®.   **Textbooks:**   * Rathus, Spencer A. (2007). *Psychology: principles in practice*. Holt Rinehart & Winston.   **Websites:**   * American Counseling Association 2014 ACA Code of Ethics Resources.<http://www.counseling.org/knowledge-center/ethics/code-of-ethics-resources> * American School Counselor The American School Counselor Association (ASCA) supports school counselors’ efforts to help students focus on academic, career and social/emotional development so they achieve success in school and are prepared to lead fulfilling lives as responsible members of society.<https://www.schoolcounselor.org> * Counseling Today Finding technology’s role in the counseling relationship.<http://ct.counseling.org/2011/10/finding-technologys-role-in-the-counseling-relationship> * Marlene M. Maheu, PH.D. American Association for Marriage and Family Therapy (AAMFT) Code of Ethics Addresses “Technology-Assisted Professional Services.”<http://telehealth.org/blog/aamft-code-of-ethics> * Person-Centered Tech Emailing and Texting Security vs. The ACA 2014 Code of Ethics<https://personcenteredtech.com/2014/04/emailing-and-texting-security-vs-the-aca-2014-code-of-ethics-2nd-in-a-series>   **YouTube:**   * Modern Technology in Cognitive Behavior Therapy (CBT) Treatment At a recent Beck Institute Workshop, Dr. Torrey Creed provides an anecdote to illustrate how the use of video games can be helpful in CBT treatment, particularly with children and adolescents.<https://youtu.be/j8L4b0WpAIc> |
| **Additional Required Components** | |
| **English Language Proficiency Standards (ELPS) Strategies** | * Ask students to repeat your instructions back to you to be sure they know what is expected of them before each new phase of the lesson. * Discuss vocabulary in detail and make sure everyone has a firm grasp on it before moving forward with the lesson. * Use graphic organizers and visuals to explain the lesson in detail. * Print fill-in-the-blank handouts of the PowerPoint notes for students to follow along with the lesson * Provide note-taking assistance using Article Stop and Jot |
| **College and Career Readiness Connection[[1]](#footnote-1)** |  |
| **Recommended Strategies** | |
| **Reading Strategies** | Current Events: Assign students to read about the use of technology in counseling and mental health. Information can be found in newspaper articles, magazines, journals, and online print. Suggestions:   * Home Telehealth – VA Telehealth Services<http://www.telehealth.va.gov/ccht/index.asp> * iPhones, iPads and HIPAA -Compliant Practice: Locking Down Your Apple Device<https://personcenteredtech.com/2013/08/iphones-ipads-and-hipaa-compliant-practice-locking-down-your-apple-device> * Real-time Clinic-Based Video Telehealth<http://www.telehealth.va.gov/real-time/index.asp> * VSee and HIPAA Compliant Practice: A “Skype Therapy” Alternative<https://personcenteredtech.com/2013/06/vsee-and-hipaa-compliant-practice-a-skype-therapy-alternative> * Have students form their own questions about the text prior to reading or have them write down any questions that come to mind as they are reading. * Encourage students to connect reading to their life experiences or prior knowledge. |
| **Quotes** | The number one benefit of information technology is that it empowers people to do what they want to do. It lets people be creative. It lets people be productive. It lets people learn things they didn’t think they could learn before, and so in a sense it is all about potential. **-Steve Ballmer**  The first rule of any technology used in a business is that automation applied to an efficient operation will magnify the efficiency. The second is that automation applied to an inefficient operation will magnify the inefficiency. **-Bill Gates**  Technology gives us power, but it does not and cannot tell us how to use that power. Thanks to technology, we can instantly communicate across the world, but it still doesn’t help us know what to say. **-Jonathan Sacks**  What new technology does is create new opportunities to do a job that customers want done. **-Tim O’Reilly** |
| **Writing Strategies**  **Journal Entries + 1 Additional Writing Strategy** | **Journal Entries:**   * The benefits of using technology in the field of counseling and mental health include \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. * Texting and chatting with a client is important because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. * Online therapy can help clients by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.   **Writing Strategy:**  This is a good tool to help students develop paragraphs and express their opinions. Give them a prompt, and watch them express themselves in written form.  **What-Why-How Graph**   * What do you think about the topic? (your opinion) * Why do you think it? (reasons) * How do you know? (evidence or examples)   By answering each of these questions, students can create a paragraph.  Distribute the graphic organizer What-Why-How Graph. Give students a writing prompt pertaining to the lesson. |
| **Communication**  **90 Second Speech Topics** | * The use of technology in training and evaluating therapists is important because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. * The best practices in using communication-based technologies with clients include \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. * Advantages of making the Internet a gateway for people who would otherwise not be able to receive counseling and mental health include \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. |
| **Other Essential Lesson Components** | |
| **Enrichment Activity**  (e.g., homework assignment) | * Compare and contrast the different types of technology used in counseling and mental health. * Interview a counselor or mental health professional to identify technology used in his or her practice. * Research and report on various types of therapy (equine, art, music) and the application of technology. * TEDx is a program of local, self-organized events that bring people together to share a TED-like experience. At a TEDx event, TEDTalks videos and live speakers combine to spark deep discussion and connection in a small group. These local, self-organized events are branded TEDx, where x = independently organized TED event. * The video below is related to this lesson. Allow students to view the video, and lead a discussion concerning the TED Talk.   Tan Le: A headset that reads your brainwaves Tan Le’s astonishing new computer interface reads its user’s brainwaves, making it possible to control virtual objects, and even physical electronics, with mere thoughts (and a little concentration). She demos the headset, and talks about its far-reaching applications.<https://www.ted.com/playlists/2/tech_breakthrough> |
| **Family/Community Connection** | Have a psychologist speak to the class on the use of technology in counseling and mental health. |
| **CTSO connection(s)** | **Family, Career, and Community Leaders of America (FCCLA)**  <http://texasfccla.org>  **National Programs**  Career Connection is a program that guides youth to link their options and skills for success in families, careers, and communities.  **STAR Events**  Illustrated Talk, an individual or team event, recognizes participants who make an oral presentation about issues concerning Family and Consumer Sciences and/or related occupations. Participants must prepare a file folder, an oral presentation, and visuals |
| **Service Learning Projects** | Successful service learning project ideas originate from student concerns and needs. Allow students to brainstorm about service projects pertaining to the lesson. For additional information on service learning see: <http://www.nylc.org>  Create an area of the school that students can go to for a time of reflection; include books, ear phones (for listening to music), art supplies, inspirational quotes, and stress-relieving activities. |

1. Visit the Texas College and Career Readiness Standards at <http://www.thecb.state.tx.us/collegereadiness/CRS.pdf>, Texas Higher Education Coordinating Board (THECB), 2009. [↑](#footnote-ref-1)