

Integrating NCPTSD Mobile Apps into Veteran Mental Health Care



National Center for
PTSD
POSTTRAUMATIC STRESS DISORDER

This video series is intended to help mental health providers learn to use mobile mental health applications, or “apps,” to supplement the care they provide for Veterans with PTSD or other mental health concerns. Each video demonstrates a different aspect of clinical integration of mobile apps. We provide an overview of skills and things to consider. You can determine whether and how to best integrate mobile apps into your work, based on:

- your discipline
- clinical setting
- the Veteran’s presenting concerns and personal preference

Please note that while these videos are publicly available via the links provided, they are not intended to be shared with patients.



Video#01

Introduction to the Video Series

<https://bcove.video/2sTsdh1>



Video#02

Providing Information About Self-Care Mobile Apps to a Veteran

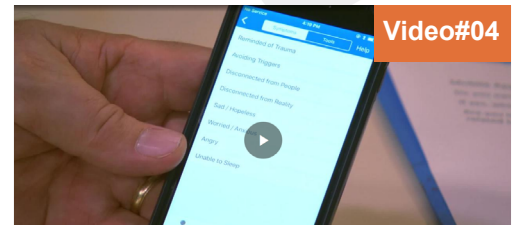
<https://bcove.video/2TIK4bl>



Video#03

Introducing a Mobile App into a Veteran’s Care

<https://bcove.video/2B8OonS>



Video#04

Demonstrating an App: Privacy and Security

<https://bcove.video/2TjsxB9>



Video#05

Obtaining Informed Consent

<https://bcove.video/2BjRaH5>



Video#06

Assigning Homework Using a Mobile Mental Health App in Clinical Care

<https://bcove.video/2sTc4rH>



Video#07

Demonstrating the CBT-i Coach Mobile App to a Veteran

<https://bcove.video/2BblseM>



Video#08

Integrating PE Coach with Prolonged Exposure Therapy

<https://bcove.video/2sVy7OE>



Video#09

Incorporating Mobile Technology into Suicide Safety Planning

<https://bcove.video/2t2cTid>



Video#10

End of an Episode of Care: Using Apps for Self-Care Post-Treatment

<https://bcove.video/2B6rJbG>

