***Morris County Psychological Association***



**Morris County Psychological Association**

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**3/13/2024**

**here’s Still an App for that:  An Update on Using Apps to Enhance your Clinical Practice**

Presented by Francine Rosenberg, PsyD

**Announcements**:

**Meeting Attendees:**

Rhonda Allen

Roderick Bennett

Phyllis Bolling

Richard Brewster

Regina Budesa

Sarah Dougherty

Deborah Fisch

Pamela Foley

Dan Gallagher

Kenneth Gates

Marc Gironda

Ronald Gironda

Hayley Hirschmann

Mary Larsen

Ilana Lev-El

Edward Linehan

Marilyn Lyga

Sharon Ryan Montgomery

Susan Neigher

Francine Rosenberg - presenter

Nancy Sidhu

Ron Silkovitz

Milton Spett

Nanette Sudler

Tamsen Thorpe

Beverly Tignor

Joanne Van Nest

Aaron Welt

Michael Zito

**Presenter Bio:**

Dr. Rosenberg is a psychologist with Morris Psychological group with a practice primarily devoted to the CBT treatment of anxiety disorders, particularly OCD.  She has a special interest in technology and routinely recommends apps to her patients to use as a companion to therapy.  Dr. Rosenberg is presently on the medical staff of Morristown Medical Center and is a member of the New Jersey Craniofacial Center.

**Overview and Objective of Today’s Talk**

 Our patients have ready access to smart phones, and despite concerns that excessive screen time can be detrimental, these devices also offer quick and easy access to thousands of tools that can complement psychotherapy.  This program will provide an update on the many useful applications or “apps” that are readily available to the consumer and the treatment provider.

***Learning Objectives:  By the end of the session, participants will be able to:***

*Participants will be able to:*

1.     Indicate the different areas of practice in which apps can be helpful.
2.     Name current apps specific to psychiatry or psychology.
3.     Identify apps that would enhance their own clinical practices.

*This program is intended for psychologists, psychiatrists, social workers, nurses, mental health counselors, marriage and family therapists, physicians and graduate students. It will be presented at an introductory level, meant for those with little prior knowledge of the subject matter. The presenter does not have any commercial support and/ or conflict of interest for this program****.***

**Newsletter submitted by:**

**MCPA Secretary – Melissa Klika, Psy.D.**