**There’s An App For That: Using Apps to Enhance Your Clinical Practice**

**By Nicole Rafanello, Ph.D. & Francine Rosenberg, Psy.D.**

**MINDFULNESS**

* Mindfulness Daily - $1.99 – offers in app purchases, IOS only
* 7’s Meditation - Free – offers in app purchases, IOS only
* SoundsTrue - Free – offers in app purchases, IOS only
* Zen Friend – Free – IOS and Android, multiple languages
* Breathe 2 Relax – Free – IOS and Android
* SoundCloud – Free – IOS and Android

**DIARY CARD APPS**

* Stop Breathe and Think – Free - IOS and Android
* DBT Diary Card - $4.99 - IOS only
* Pacifica – Free - IOS and Android

**BEHAVIORAL**

* PTSD Coach – Free - IOS and Android
* Anxiety Coach (Mayo Clinic) $4.99 IOS only
	+ Self-help app designed to reduce anxiety, fear and worry Anxiety Coach was designed by clinical psychologists Stephen Whiteside (Director of the Pediatric Anxiety Disorders Program at Mayo Clinic) and Jonathan Abramowitz (University of North Carolina).
	+ Exercises are based on [exposure training](http://socialanxietydisorder.about.com/od/glossary/g/exposure.htm) commonly practiced as part of [cognitive-behavioral therapy (CBT)](http://socialanxietydisorder.about.com/od/treatmentoptions/a/cbt.htm). The app also includes learning material so that users can learn more about how and why these techniques work.
* Mood Kit - $4.99 IOS only

#### Activities: Take action to improve your life with mood-enhancing activities

#### Thought Checker

#### Mood Tracker

#### Journal

* T2 Mood Tracker Free, IOS and Android
	+ T2 Mood Tracker is a mobile application that allows users to monitor and track emotional health. Originally developed as a tool for service members to easily record and review their behavior changes, particularly after combat deployments, it has now become very popular with many civilian users around the world.
	+ The app records a range of emotions for anxiety, depression, head injury, stress, posttraumatic stress and a user’s general well-being. Users can also create items to track their progress in unique areas. The saved results are displayed in an easy-understand graph. The data is saved in a graphical or spreadsheet file which can be transferred by e-mail or other wireless connection.
* Live OCD Free- $29.99 IOS Only
* Coach.Me – Free, IOS and Android
	+ Habit breakkeep track of how many times a week you are “checking-in” into your new habit,
	+ See graphs about your performance. The app also allows you to set reminders for yourself, on a per-habit basis.
	+ What is most interesting is the community of people who form around each habit. Let’s say you want to start doing meditation, or writing your blog. Each day when you “check-in” you can see other tens of people (sometimes hundreds or thousands) checking in on the same habit, which is very motivating. The community will also support you by giving you “props”, as well as answering your questions.

**RECOVERY**

* Recovery Key - $5.99 - IOS only
* My Recovery Toolkit- Free, IOS and Android, In App Purchases
* Recovery Record Clinician- Free, IOS and Android
	+ Patients can enter a code so their clinician can monitor self-monitoring data entered between visits.
	+ Patients can enter their specific food plan.
	+ Summarize self-monitoring date in graphs and charts.
	+ Clinicians can print PDF reports, customize self-monitoring forms, chart weight and BMI, and see results of the Eating Disorder Examination (EDE-Q).

**FUN / DISTRACTION APPS**

* Deep Calm – Free IOS only, multiple languages
* Puzzler – Free IOS only
* ITunes – Free IOS only
* White Noise and/or Relaxing Sounds - Free – IOS, other versions for Android

**PRACTICE ORIENTED APPS**

* Box- Free, IOS and Android
	+ Online storage system, HIPAA compliant
* Epocrates- Free, IOS and Android
	+ In free version: Drug Information, Interactions, Pill ID,
	+ In paid version $175/yr: disease information, ICD 10 and CPT codes,
* Square- Free, IOS and Android
	+ Free magnetic card reader, $29 for chip reader
	+ Can manually enter as well
	+ Customer signs receipt using their finger
	+ Customer chooses to have it emailed or texted to them
* ICD10- Free, IOS and Android (upgrade to no ads for $9.99)
* PAR Tool Kit- Free, IOS and Android