



Guest Lecture

Olivia Clare Keller

Internet-based Cognitive Behavioural
Therapy and blended care for common
mental health issues

Tuesday, 11 May 2021, 1:00pm - 2:30pm, CEST

Zoom: ethz.zoom.us/j/66252168291

About Olivia Keller

Olivia Keller has a MSc in Clinical Psychology and is a BABCP accredited Cognitive Behavioural Therapist. Over the past ten years, Olivia has worked clinically in Switzerland, the UK, and the US, focusing on crisis care, digital therapies, and treatments for common mental health issues such as Depression and Anxiety Disorders. Olivia is the Executive Director of the Centre for Digital Health Interventions with a focus on continuing education and mental health research.

About the Lecture

Digital health interventions are becoming more popular around the world, with technological advancements and the COVID-19 pandemic accelerating the trend for patients and clients to access care in a digital format. The lecture focuses on some of the recent trends for psychological therapies to combine therapy sessions with digital tools. What does this shift mean for patients seeking care and what can we learn from some of the countries and sectors spearheading this trend? Crucially, some of the evidence for these methods will be reviewed and there will be a discussion on how services can integrate blended care offerings.

We kindly invite you to this guest lecture.

Prof. Dr. Tobias Kowatsch

Assistant Professor for Digital Health, University of St.Gallen (HSG)

Adjunct Assistant Professor, Saw Swee Hock School of Public Health, National University of Singapore

Scientific Director, Centre for Digital Health Interventions, ETH Zurich & University of St.Gallen; Lead PI*

Prof. Dr. Elgar Fleisch

Professor of Information Management, ETH Zurich & Professor of Technology Management, University of St.Gallen Advisory

Scientific Advisory Board Member, Centre for Digital Health Interventions, ETH Zurich & University of St.Gallen; PI*

Prof. Dr. Florian von Wangenheim

Professor of Technology Marketing and Head of Department Management, Technology, and Economics, ETH Zurich

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