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     This article shows how technology use can be implemented in mental health practice. Providers have increased expectations of utilizing technology with research participants and patients that are receiving psychotherapy and communicating with other professionals. The methods that can be used include text messaging, record keeping, data storage, and videoconferencing. These methods allow professionals to work beyond physical office spaces to better serve their patients. Utilizing technology enables health care professionals to reach populations that may not have had the opportunity otherwise. It also allows the client to be able to manage their health from the privacy of their own home. In mental health, it is shown that some clients function better when they're in their comfortable environment.

     The competencies focus on maintaining an understanding of current risks to privacy and confidentiality around technology, describe the appropriateness for or against technology use, assess points of ingress, and collaborate inform consent and decision to utilize technology (Lustgarten & Elhai, 2018). These competencies are used to help mental health practitioners navigate issues of ethics and laws.

     Technology usage has continued to increase in mental health care to help better care for patients. I feel giving clients more options to control their mental health better is excellent; it provides the client with opportunities to communicate with their health practitioner. It allows patients who may not have transportation to be able to communicate and even video conferencing with their practitioner.

Reference

Lustgarten, S., & Elhai, J. (2018). Technology use in mental health practice and research: Legal

and ethical risks. Clinical Psychology: Science And Practice, 25(2), e12234. doi:

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