

Children and Adolescents Psychotherapy and Technology (CAPT)

The Children and Adolescent Psychotherapy (CAPT) Research Lab began at Palo Alto University in California. Founded and led by Dr. Eduardo Bunge in 2013, the CAPT Lab emphasizes an evidence based approach to childhood and adolescent disorders and the integration of new technologies.

The group seeks to enhance clinical practice by developing and evaluating evidence-based psychological interventions using Internet sites,

eHealth, mHealth, apps and other technological applications.

Some examples of the studied technologies include computer-aided psychotherapy, online and text based interventions, video games, apps, and wearable devices.