Knowledge of contemporary digital technologies used in the direct and indirect delivery of psychological interventions, for example:

- Platforms for therapists to use for delivery of psychological therapy
    - Videoconferencing (incl. audio only communication)
    - Chat – synchronous (e.g. IESO, chat function on Zoom, Kooth (YP)
    - Phone
    - Email
    - SMS – asynchronous (e.g. mobile phone messaging functionality)
- Computerised therapy programmes/apps
    - Web-based platforms (e.g. Silvercloud, Minddistrict)
    - Apps – no attached web platform (e.g. Headspace)
    - Other digital interventions
- Other technologies used as a tool for use in psychological interventions
    - VR (immersive via headset & desktop-based)
    - AI (including robo-pets)