

Knowledge of levels of intervention and how digital technologies may be integrated at different points in a stepped care model:

- Self-help: awareness of the indirect role clinical psychologists may play in organisations employing watchful waiting/unguided self-help e.g. advising services on digital technologies to offer clients or the general public to support their mental health
- Guided self-help: while clinical psychologists may not use digital technologies themselves directly at this level, they may be supervising or managing teams in which Step 2 practitioners are providing guided self-help via platforms such as Silvercloud or Minddistrict
- Online therapist-delivered high intensity therapy: clinical psychologists may deliver therapy directly via online means such as via video call, asynchronously via email, live chat etc. (this is where the role of the therapist predominates - with no extra online support materials such as Silvercloud or Minddistrict)
Suggested text Blended model: online therapy delivered for Step 3 where high intensity therapists combine digital therapy by altering sessions between using the platform and written feedback and in person therapy.
- Blended therapies: clinical psychologists may integrate or blend synchronous and asynchronous methods using them in a blended way to deliver direct patient care e.g. delivering high intensity face to face therapy via video call, email alone or live chat alongside guiding the client to access between session online materials.
- Adjunctive technologies such as AI, apps etc, may play a part in any of these levels of interventions