

# Innovative Technologies For the Improvement of Mental Health

Joint Research Workshop 11-12th of September, 2023

Hosted by: The Laboratory for the Treatment and Study of Mental Health and Wellbeing, Department of Psychology, The Hebrew University of Jerusalem.

Location: Jack, Joseph and Morton Mandel School for Advanced Studies in the Humanities.



Prof. Jonathan D. Huppert, The Hebrew University  
Prof. Per Carlbring, Stockholm University



## Monday, 11th of September

- 08:30 Mount Scopus Tour
- 09:00 Introductions
- 09:30 Transdiagnostic Written Exposure therapy: Initial Results. *Elad Zlotnick, HU*
- 10:00 Online Imagery Rescripting: Results and Implications. *Hila Sorka, HU*
- 10:30 Work-related Mental Illness in adults with ADHD: *Martin Oscarsson, SU*
- 11:00 Break
- 11:30 Digital Dodobird. *Marcus Oscarsson*
- 12:00 Imagery Interventions in SAD. *Snir Barzilay, HU*
- 12:30 Digital interventions for SAD. *Per Carlbring, SU*
- 13:15 Lunch at Maiersdorf Faculty Lounge
- 14:30 Round Table: What are the most pressing questions in clinical psychology today? *Gerhard Andersson, Per Carlbring & Jonathan Huppert*
- 17:00 Evening Schedule

## Tuesday, 12th of September

- 09:30 Brainstorming session: How do we study mechanisms? *Rivkah Frolich and Elad Zlotnik, HU*
- 10:15 Brainstorming session: The role of therapists in online interventions. *Hadar Arnon and Snir Barzilay, HU*
- 11:00 Break
- 11:30 Brainstorming session: Low hanging fruit? *Alexander Rozental, SU*
- 12:15 Brainstorming session: Pushing the boundaries of tech in psychology. *Per Carlbring, SU*
- 13:15 Lunch at Maiersdorf Faculty Lounge
- 14:30 Proposal direction and summaries. *Per Carlbring and Jonathan Huppert*
- 16:00 Evening Schedule