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DETAM PILOT COURSE CURRICULUM

DIGITAL EMDR TRAINING AND AWARENESS FOR MENTAL HEALTH PROVIDERS



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the European Union

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1) About the Project

Objectives:

- To understand the purpose and scope of the DETAM project
- To get to know the project team and working group

Content:

- What is DETAM?
 - Definition and importance of the project
- Objectives and Goals of the DETAM Project
 - Promoting digital transformation in mental health services
- Members and Roles of the Working Group
 - Project partners and their contributions
- Planned Activities within the Working Group
 - Activities and events to be conducted during the project

2) The Importance of Digital Awareness: The Role of Therapists in the Digital Age

Objectives:

- To understand general concepts of digital transformation
- To grasp the changing role of therapists in the digital age
- To comprehend the importance of digital awareness in therapy processes

Content:

- Definition and Scope of Digital Transformation
 - Technological developments and their societal impacts
- Definition of Digital Awareness
 - Digital literacy and conscious use of technology
- New Roles of Therapists in the Digital Age
 - Integration of technology into therapeutic processes

3) Basic Concepts and Technologies in the Digital World

Objectives:

- To gain fundamental knowledge about digital tools and technologies used in mental health

- To identify digital technologies used in therapies

Content:

- Introduction to Digital Tools and Technologies
 - Basic digital concepts and terminology
- Online Therapy Platforms
 - Popular platforms and their features
- Mobile Applications and Other Digital Support Tools
 - Mental health apps and their areas of use
- Teletherapy and Remote Counseling
 - Advantages and disadvantages of remote therapy services

4) Digital Security and Privacy

Objectives:

- To understand the concepts of digital security
- To learn methods for protecting personal data in therapy
- To understand the rules of digital ethics and privacy

Content:

- Basic Concepts of Digital Security
 - Encryption, two-factor authentication, secure networks
- Personal Data Protection and Security Methods
 - Data storage and sharing protocols
- Digital Ethics and Privacy Rules
 - Ethical principles in online therapy
- Data Protection Laws
 - KVKK, GDPR, and international regulations

Learning Activities:

- **Quiz:**
 - Assessment of digital security and privacy knowledge

5) EMDR and Digital Applications

Objectives:

- To learn the role and applications of EMDR in the digital world

Content:

- Definition and Working Principles of EMDR
 - Desensitization and reprocessing through eye movements
- Digital Applications of EMDR
 - Digital tools and software used for EMDR
- Integration of EMDR with Technology
 - Conducting online EMDR sessions

Learning Activities:

- Video Presentation:
 - EMDR and digital applications
- Reading Materials:
 - Articles on the role of EMDR in the digital world

6) Communication Skills in Digital Therapy Practices

Objectives:

- To develop effective communication skills on digital platforms
- To learn methods of connecting with clients in online therapy

Content:

- Establishing a Therapeutic Relationship in a Digital Environment
 - Techniques for building trust and empathy
- Verbal and Nonverbal Communication Techniques
 - Tone of voice, body language, and facial expressions in digital settings
- Considerations in Online Therapy Sessions
 - Technical issues and distracting factors

7) Digital Accessibility and Inclusion

Objectives:

- To learn how to ensure that digital therapy services are accessible to everyone
- To develop solutions for individuals with disabilities and groups with limited access to technology

Content:

- Accessibility Standards and Guidelines
 - WCAG and other accessibility standards
- Principles of Inclusive Design
 - Design approaches suitable for all

- Alternative Communication Methods and Technologies
 - Sign language interpreters, subtitles, audio descriptions

8) Ethical and Legal Issues in Digital Therapy Practices

Objectives:

- To understand the ethical and legal issues encountered in digital therapy
- To gain knowledge about data protection laws and regulations

Content:

- Principles of Digital Ethics
 - Privacy, security, and consent processes
- Protection of Personal Data
 - KVKK, GDPR, and international regulations
- Copyright and Content Sharing
 - Use and sharing of digital materials
- Boundaries and Responsibilities in Online Therapy
 - Rights and obligations of both therapist and client

Learning Activities:

- Discussions on Ethical Dilemmas:
 - Evaluation of real-life case scenarios
- Review of Legal Regulations:
 - Analysis of current laws and regulations

9) Emerging Technologies and Future Trends

Objectives:

- To learn how new technologies such as artificial intelligence and virtual reality are used in therapy
- To gain the ability to follow future digital trends

Content:

- AI-Supported Therapy Practices
 - Chatbots, emotion analysis, and personalized therapies
- Virtual and Augmented Reality Therapies
 - VR/AR applications for phobias, trauma, and other conditions
- Impact of Big Data and Analytics on Mental Health
 - Identifying trends and needs through data analysis

- Integration of Technological Innovations into Therapy Processes
 - Adapting new tools and strategies for integration

10) Effectiveness and Limitations of Digital Therapy Practices

Objectives:

- To evaluate the effectiveness of digital therapies
- To determine in which situations digital therapy is appropriate or not

Content:

- Advantages and Disadvantages of Digital Therapies
 - Flexibility, accessibility, technological dependencies
- Research Findings and Statistics
 - Results from recent studies
- Limitations and Considerations in Digital Therapies
 - Technical problems, human factor, ethical concerns

11) Evaluation

Objectives:

- To evaluate personal development and learning processes

Content:

- Feedback and Evaluation Sessions
 - Trainer and peer evaluations

With this comprehensive curriculum, therapists will:

- Understand the impact of digital transformation on therapy processes
- Learn to effectively use digital tools and technologies
- Become aware of digital security, privacy, ethics, and legal issues
- Be able to integrate new technologies into therapy practices
- Evaluate the effectiveness and limitations of digital therapies
- Reinforce their learning through practical applications



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