It should come as no surprise that technology (e.g., computers, smartphones, tablets) is an integral part of daily life for many Americans (Pew Research Center, 2015). Not only has technology become more readily available across populations, it is also easier to use. Thus, it only seems natural that mental health professionals are more apt to use this available technology to assess and treat their clients. Furthermore, integrating technology into cognitive-behavioral therapy (CBT) appears to be a “good fit” due to its tracking and empirical nature (e.g., Berry & Lai, 2014; Kelly et al., 2013; Singer et al., 2015).

Examples of Technology and CBT Use

**Smartphone/Tablet Applications**

- With smartphones and tablets more financially accessible for many people, use of these applications is more common.
- Beyond psychoeducation and self-monitoring, its uses include identifying/challenging automatic thoughts and core beliefs. These applications work well for homework assignments to be used in future sessions. Additionally, there are various mindfulness and sleep quality applications available.

**Video and Audio Recordings (by client)**

- As a result of technological advances and increased accessibility, individuals are more easily able to record, store, and access video and audio files.
- Clients can use video and audio recordings to track their thoughts, feelings, and behaviors in real-time. They can also monitor their exposure exercises and access recordings that aid the meditation and relaxation process.

**Videos and Pictures (watched by client)**

- Videos and pictures are widely available on the Internet. There is relatively easy access to websites such as Google and YouTube. Beneficial materials for clients to view can also be purchased.
- Videos and pictures can make psychoeducation more appealing and relatable to clients. Pictures are often used in exposure therapy. These methods offer a change of pace in treatment and can be watched by clients at home or together with their therapist.

**Virtual Reality**

- Virtual reality involves using technology to immerse a client in an artificial environment that can closely resemble real-life experiences. Evolving technology has resulted in more realistic and interactive programs.
- This specialized technology can be utilized in exposure therapy, which allows for more control, safety and efficiency than true in-vivo exposure. Virtual reality can be used in conjunction with biofeedback and the measurement of distress, as well as challenging automatic thoughts.

Cautions Using Technology

Although using technology in therapy can have many enhancing effects for therapeutic outcomes, caution should be taken into consideration for selection and application. The following are three frequently observed concerns when using technology in therapy:

1) Overusing technology just for the sake of using technology
   -- Not having a purposeful approach when using technology can result in poor treatment outcomes
   -- Technology should only be used if it can truly supplement and enhance existing assessment and treatment goals
2) Not being familiar with the technologies that are used
   -- The source of the technology and its purpose needs to be considered
   -- Therapists should become familiar with each chosen technology by first using it themselves
3) Not fully considering the appropriateness based on each client’s idiosyncratic needs
   -- Examples include: demographic backgrounds (e.g., socio-economic status), presenting problems, and level of distress (i.e., presenting symptoms and severity)

Contact Information
Email: am.volungis@assumption.edu
Website: www.dradamvolungis.com
LinkedIn: www.linkedin.com/in/adamvolungis