



# How to Use Technology to Deliver and Enhance ACT

Sponsored by the ACTing with Technology SIG



## Technology Planning Worksheet

Use this worksheet to help you plan how you can use technology, such as mental health apps or websites, in your work or clinical practice. It is highly recommended that you test each listed technology yourself before using it with clients. The first row has already been completed to serve as an example. See our separate Technology Handout for a list of recommended programs.

Technology/program	What function does this technology serve?	In what situations/how might you use it?	Anything else to mention to a client?
<i>YouTube videos for mindfulness  youtube.com</i>	<i>Provides an accessible resource that clients can use to formally practice mindfulness. YouTube clips are free, allow for choice, and use a platform that clients are likely already familiar with.</i>	<i>As homework when introducing mindfulness to a client. Tell the client to search "leaves on a stream" on YouTube, then follow up in the next session.</i>	<i>Some mindfulness exercises can be ACT inconsistent, focusing on stress reduction. [You might also note: cost, android/iPhone, specific parts to focus on, privacy issues, how often it should be used, etc.]</i>