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National Technology Awards 2017 : Shortlist Published: Press release

posted by Bernadette

PRESS RELEASE

Date: 16/03/2017

The One Stop Psychotherapy Shop AWARD FOR EXCELLENCE IN A NATIONAL TECHNOLOGY AWARDS FINALIST

The One Stop Psychotherapy Shop has been shortlisted for the Healthcare Technology of the Year category of the National Technology Awards 2017. Since its launch, the team behind the One Stop Psychotherapy Shop has grown from strength to strength. The Site which was launched with the idea of providing accessible counselling services 24/7 365 days a year to people in need, now has over 75,000 users from countries and time zones across the world. It has clients in almost every country in the world.

TOSPS.com is listed as the only truly online mental health care clinic with NHS clinic online, and is the only clinic which operates the Cyber Security Seal designed to ensure the very highest of standards of patient care and security. As well as being the leading supplier of digital mental health care in the UK, TOSPS.com is also leading the way with digital therapy tracking, being recently being accredited by the Chartered Institute of Personal Development for its training courses.

Bernadette Boutcher-Sweeder and CEO said "we are extremely proud to have been shortlisted for this award. It stands testament to the hard work and dedication of our therapists and staff who are constantly striving to provide the best service we can to users who are always available to help those most in need, no matter where they are in the world. Our users need us, We are committed to quality of service and innovation when it comes to our services and these are driven by our element, our client and their needs and feedback."

The National Technology Awards hosted by Elected Magazine, are the showcase for the leaders of technology. The National Technology Awards were created to celebrate the technology sector by clients, celebrating the pioneers of new technology and to help drive standards and encourage excellence.

The winners will be determined by an independent judging panel and announced at the National Technology Awards Gala evening on 17 May 2017 at the Millennium Mark London Platform

About the Awards:

The National Technology Awards represent the pinnacle of best practice in Scotland's gadic drives entertainment and the finest in Scotland's tech industry. Elected Magazine our experience together we have created the arena for all technologists, where the very best can be judged.

Find out more: richard@elected.co.uk 07733217456
Follow us on twitter: @TOSPS

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12 Jan

Digital mental health

posted by Bernadette

In the UK, 26 million adults access the internet every day.1 That's 70% of the adult population. On average, internet users aged 16 and over spends more than 20 hours online each week and more than 75% have a social networking profile.
With this growth of the internet, online spaces and smartphone apps, healthcare services are beginning to use these developing technologies to help monitor health and prevent and treat any problems. Digital health is described as its sometimes known as is a wide and varying concept that covers a range of ideas from the use of information and communication technology in medical prescriptions and some more innovative uses of technology for direct treatment.2

While applicable to physical health, there have been strides towards the use of digital health for mental health as a way to care.3 To support and improve mental health, including the use of online resources, social media and smartphone applications. Digital mental health has been associated with benefits such as improved access to services, including online self-help and reduced barriers such as stigma.4

Evidence suggests that e-health provides the potential for reaching clients in accessible and meaningful ways.5 Although there is evidence for the effectiveness of e-mental health services, a recent study found that the majority of people are not aware of web-based therapies and that there is low awareness of e-mental health more widely.6

What is digital mental health?
Online self-help

Not everyone will feel they need or are ready to speak to someone for professional help. An alternative is to engage with some of the many online resources to allow people to engage with self-help. This can be in the form of information and educational materials, online cognitive behavioural management guides or using message boards or online programmes for direct support.7

Online self-help resources can be used in the privacy of your own home, on your own schedule and pace, and there is no waiting list – so they are more practical for many people.8 Your GP may be able to prescribe online self-help resources or local charities may have resources available.

Some online self-help sources do come at a cost therefore it may be helpful to speak to your GP or a professional who can advise you which sources work for which mental health problems.

E-therapy

E-therapies are programmes that use the internet or mobile devices to deliver interactive interventions for preventing and treating depression, anxiety, and other mental health problems.

E-therapies most commonly use cognitive behavioural therapy (CBT) are typically undertaken over several weeks or months. They usually involve users completing modules or exercises while receiving feedback on their progress.10,11 This type of therapy may use message boards, instant messenger with a therapist, or offer live therapy via video-calling platforms such as Skype.

E-therapies show considerable clinical benefits, especially in the treatment of depression and anxiety, and are recommended in the UK for depression and anxiety by NICE.12

Blended care

Blended care involves a combination of face-to-face treatment with online sessions. This could be online treatment sessions with structured delivery and monitoring of the core treatment intervention and exercises, alongside additional face-to-face sessions. In the face-to-face sessions, therapists can discuss the information learnt in the programme in the patient's needs, problems or wishes in real time.13

This approach is believed to be of benefit as it allows direct contact with a therapist, however the online element helps to encourage patients to take an active role in treatment that can help support the development of self-management skills.14

Online information

The Department of Health's information strategy, which sets out the 15-year framework for transforming information for the NHS, public health and social care, notes that information must be viewed as a service in its own right.15

Research has found that over 50% of adults with internet access use search engines to find information, therefore the majority of us use online sources in some way to help us make decisions.16 Of young adults aged 16-20 who look up health information online, 72% summon up information about mental health issues, 38% looked up information on prescription or over-the-counter drugs, and 34% looked up alternative treatments or remedies.17

In addition, it has been found that those with a mental health diagnosis use the internet to search for information about their diagnosis, different treatment options and medication side effects.18 With evidence suggesting an increased demand for online health resources it is important for those supplying vulnerable individuals to ensure that the quality of online services is maintained.19

Why use digital mental health?
There at many reasons someone might want to use a mental health services:20

Digital mental health resources can be available around the clock therefore can fit around your timings and schedule.
As services can be accessed online via a computer, smartphone or tablet, digital mental health can be used for anyone who doesn't want to work face-to-face with a therapist, or anyone who finds it difficult to live home (i.e. because of agoraphobia or social phobia).
As taking therapies can often have waiting lists, these services can be used when waiting for face-to-face therapy, as a way of providing additional services, a mental health resource, carer support during these waiting times.
Being online means that services can be offered to people in rural areas who may find it difficult to access services face-to-face due to long distances.
Online or blended approaches are likely to be cost effective, and can possibly reduce the direct costs of treatment compared to treatment as usual.

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15 Dec

UK Mental Health Care Clinic Offers President Elect Trump Free Therapy for 6 Months to Help with Transition into New Job

posted by Bernadette

Back in November One Stop Psychotherapy Shop (www.TOSPS.com) reported a huge surge in Americans visiting their online clinic looking for therapy in relation to anxiety. It was reported at the time that one of the main causes of the stress was that, with traffic increased from an average of 100 US visitors a day to in excess of 1,500 visitors a day, a number which has revaluated only.

Similar stories have been been reported from the US, as one night report UK mental health care professionals from the Chartered Institute of Personal Development (CIPD) stated that the election of Donald Trump as President of the US has left many people in shock and in a state of panic. Many people are worried about what the future holds for them and their families, and the CIPD, a not-for-profit organisation that promotes the science of effective people management, stated that mental health professionals say this year demand for their services has been particularly high, and may has contributed to an increase in sleep deprivation also has been reported.

Marie A. Dasovic, president of the American Psychiatric Association, told Market Watch the organisation has also noticed a surge in demand, stretching the country's already strained mental health resources.

"There have been a number of groups targeted in the campaign," she said. "For those groups, it's very frightening to people. It's very frightening to people who are afraid for their safety and the safety of their loved ones."

However, the One Stop Psychotherapy Shop has UK's Number one online clinic Mental Health Care has decided to offer its assistance directly to the top, Richard Nixon chief operating officer said to "We have decided to offer the President elect Donald Trump, six months of free online video counselling, we all know how stressful a new job can be and as Mr Trump's job can be feeling particularly anxious as he doesn't have any previous experience in the arena of politics or government."

"The president elect has also made some rather divisive comments during his campaign which have angered many people, and we believe that he may benefit from a period of reflection and self-analysis, we believe that he is human and we are saying we can help, as we think Mr Trump and any members of his administration to take up to our offer of a months' worth of counselling and therapy, we can of course assure him that everything would be 100% confidential.

Richard also suggested that the President may benefit from more specific treatments, such as relationship counselling which could prove useful in terms of mending bridges with China after the call by Taiwan president, and could even help forge a better working relationship with Mexico.

It's understood that the offer of free therapy has now been made via the Trump election team, but it remains to be seen if the offer is finally will be accepted, after all Mr Trump has a great deal, and this doesn't come cheap.

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07 Dec

One Stop Psychotherapy Acquires New Domains Across the Web

posted by Bernadette

One Stop Psychotherapy Acquires New Domains Across the Web.

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17 Nov

TOSPS.com Crossing International Borders

posted by Bernadette

TOSPS.com Crossing International Borders

It's been a little while since we checked in to give you all an update on how things are progressing with the team at the One Stop Psychotherapy Shop, so today I thought it would be a good idea to let you know about international developments and how we are moving towards being a truly international provider of "online psychotherapy".

For those of you who have been following our progress into the world of online therapy and counselling, you will remember that we have been the UK's leading provider of online counselling services since 2010. We are also the only site the One Stop Psychotherapy Shop, has fully become an international provider of online video counselling.

We have seen a spike of enquiries from a number of countries around the world from clients who are seeking late night counselling services, and we are pleased to be able to offer our services to people in need. We have now been able to offer access to counselling and psychotherapy and specifically looking for online video counselling and psychotherapy cover from countries such as:

- America
- Canada
- Australia
- China
- Russia
- India
- France
- Brazil
- Spain
- Germany
- Malaysia
- Austria

One interesting statistic that has caught our eye at head office, is the fact that since the results of the UK election on the 8th June 2017 we have had the number of visitors from the USA almost triple overnight and we have seen a sustained spike in our users.

Our aim is to become a world leader when it comes to providing online therapy and counselling, and to do this we need the support of people like you, we would like to thank each and every person who uses the site, whether you are a client or a therapist providing counselling and therapy online, and we look forward to sharing with you news of our continued growth and success in the months to come.

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File Under: Online Therapy
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24 Oct

WOW What a year we have had.

posted by Bernadette

We have listened carefully to the needs of our members and worked hard to implement some new modules and changes on the tospss.com web site.

New courses coming soon at TOSPS

Tops will be some of our fantastic new courses, a wide variety of topics this Summer.

Starting in July at the Iolanthe Holistic center in cheltenham we will roll out our bespoke cyber security course to counsellor counselling online. Please see our Facebook/twitter/ blog page for more details.

During August we will be the launch of the "Without prejudice" British Cyber Council course, covering workshops on how to deal with cyber bullying, online harassment and online impersonation. This deep and rather subject will be covered by a multi-disciplinary nationwide panel of experts.

Our train the trainer courses will launch in September and I will write in more detail about this endorsed course shortly.

Also in September we are launching a workshop for young people 17 to 21 to teach them about life skills and offer a safe place to talk about issues affecting them. This will be a fun course, with a mixture of workshops and fun days, offers do not yet begin to touch on it in the frame, watch out for more information on this.

Our web site has also recently developed a new module that will allow your clients to contact you with any questions they have about their therapy or counselling, this will be a secure system, and it will be up to you as a therapist or counselor, how often it wants to log onto your account to check if it has received any profile pages under your blogs, but a link to it will be clearly displayed under your green "book this therapy" link.

The launch of our new Cyber security seal award certificate and process is now on the site, you can take the test any time

Just click on the link for cyber security.

Why not visit our Cyber education hub for more information about internet security.

Members will also notice in their admin area that they can now set their payment currency into different foreign currencies, making it easier for them to accept payment in euro and using sterling and other major currencies.

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08 Jun

new courses

posted by Bernadette

New courses coming this summer and winter at Tops.

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File Under: Online Therapy
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04 Dec

Life Insurance and Mental Health our Guide

posted by Bernadette

Our friends over at the web site " Doesn't grow on trees" posted this informative article this morning concerning life insurance for mental health patients.

http://www.doesntgrowontrees.co.uk/life-insurance-and-mental-health-our-guide/

After posting our guidance on Life Insurance and Pure Insurance it is to have come, especially if you have a family or dependants, one of my starter friends asked me this question:

"Hi Richard, any guidance on who would provide life insurance cover with a schizophrenia diagnosis? Dec is 28 and on 20 insurance. No months if you can't help!"

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04 Dec

The stigma Stamp Stamp on the stigma of mental health

posted by Bernadette

Stamp on the stigma of mental health. The recent high profile news articles by the BBC news concerning the inequality in treatment of mental health patients with celebrities like the Olympic Champion Christine Frank Bronson, presenter Gaylan Norton , Ricky Wilson and Charlie Brooks , now taking up the cause to close our mental health issues at TOSPS.com. The stamp on the stigma of mental health is a campaign that we have been involved in for many years, we have been involved with Mental Health Services, Service Users to no avail. When you have written on our site offline could be a plaster, quarantine, it is bleeding. The symptoms of the plaster indicates to everyone you are hurt, it matters not how hurt you are just that that you have been injured and need to be treated with care and compassion. Mental health issues are the same, if you have a mental illness you are treated with suspicion, you are treated as an object to be avoided, you are treated as a pariah, you are treated as another plaster, you need another plaster, ok.....

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24 Nov

A big welcome to our Membership team

posted by Bernadette

The One stop psychotherapy shop is delighted to introduce you to our New Membership Team

Bernadette

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