

Accessible Therapy: Supporting Wellbeing Through Technology

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As part of the Blue Plate Research Event Series, Dr. Michael Levin presented Tuesday, May 6, at Gallivan Hall in Salt Lake City. The event, titled “Accessible Therapy: Supporting Wellbeing Through Technology,” also included a Q&A session with the presenter.

The talk will provide an overview of Dr. Levin’s work, which seeks to provide broad access to evidence-based mental health resources through accessible Acceptance & Commitment Therapy (ACT) programs. You can find a number of these programs online on the [ACT Self-Help site](#). Specific examples of digital ACT research and publicly disseminated services were discussed in areas including:

- Mental health of college students
- Obsessive-Compulsive and Related Disorders
- Chronic health conditions
- Health behavior changes

Those interested in future events should RSVP at blueplateresearch.usu.edu.

Blue Plate Research is sponsored by Regence BlueCross BlueShield of Utah and hosted by the Utah State University Office of Research.