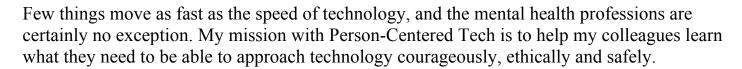# Person-Centered Tech

Digital Ethics Continuing Education for Mental Health Professionals
Roy Huggins, MS NCC Director and Speaker

Press Kit

Updated 10/28/2013

Dear Colleague,

Few things move as fast as the speed of technology, and the mental health professions are certainly no exception. My mission with Person-Centered Tech is to help my colleagues learn what they need to be able to approach technology courageously, ethically and safely.

HIPAA laws were updated in January of this year, and I've been doing a lot of research on how they impact the mental health field. While there are new concerns to be aware of, the basic fact hasn't changed: technology is available to us in mental health practice both legally and ethically. We need only take proper precautions for safety and collaborate with clients – like we do with anything in our work.

The online world is no exception to that rule. The vast majority of people under 30 use a social network. Facebook has over 500 million users. I personally don't know anyone who doesn't have at least one email address. Our clients are sitting at the digital table and would like us to be there with them, holding our healthy therapeutic boundaries all the while.

I not only grew up geek, but I worked as a professional Web developer for over 7 years before joining the mental health profession. I act as Technology Committee Chair for the Oregon Counseling Association and am a member of the Ethics Committee. I am also a member of the Zur Institute's Advisory Board, and am an adjunct faculty member at the Portland State University Department of Counselor Education.

I'm passionate about helping my colleagues catch up to the speed of technology. Please tell me how I can help your group do that, too.

Sincerely,

Roy Huggins, MS NCC
Director, Person-Centered Tech
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Roy can present on these topics:

"Digital Ethics" concerns:

➢ How do I handle email and texting?

➢ How about Skyping with clients?

➢ Can I avoid harmful boundary crossings online?

➢ *How do professional ethics intersect with modern technology?*

Digital Practice Management and Marketing:

➢ Can you make your practice paperless without spending an arm and a leg or running afoul of the "HIPAA police?"

➢ What do you need to know in terms of ethics, law, and good practice about accepting credit cards?

➢ Is the advice that your marketing consultant is giving you ethical for mental health professionals?

➢ *What do I need to know to manage and promote my practice in the 21st century ethically and legally?*

Security and Privacy:

➢ How do we protect clients and ourselves while doing our best clinical work?

➢ How do we balance the confidentiality risks in modern technology with clients' clinical needs?

➢ What do we look for when assessing clients in regards to their needs for confidentiality measures?

➢ *How can I better provide for my clients' safety and confidentiality without sacrificing quality of care?*

HIPAA Security:

➢ Do I need new Business Associate Agreements with my service providers?

➢ In what aspects of clinical practice does HIPAA come into play?

➢ *What does the modern mental health clinician need to know to comply with the HIPAA Security Rule, including the new rules from January 2013?*

What people are saying about Roy's presentations

Roy presents a unique combination of expertise and heart. Unlike most techies, he speaks clearly in terms that psychotherapists and counselors can easily understand. Unlike most counselors he knows technology very well. Equally important is that he is not an alarmist and he neither scares practitioners nor presents a fear-based, rigid risk management approach.

Like very few others, Mr. Huggins can present with warmth and clarity on complex issues that most therapists wonder about in simple, understandable language. These topics include security and privacy of e-mails, texts, laptops, smartphones, tablets, as well as about encryption, electronic health records, and much, much more.

Ofer Zur, PhD; APA Fellow; Director, Zur Institute

I truly can't say enough good things about Roy's GoodTherapy.org continuing education presentation with Ofer Zur, "HIPAA and the Future of Mental Health Practice." Not only was Roy extremely knowledgeable on a complex, contemporary topic, but he made his presentation interesting and engaging for our members. Many thanks to Roy for this important contribution to our continuing education program!

Noah Rubinstein, LMFT; CEO and Founder of GoodTherapy.org

Roy is a great presenter. He brings knowledge, humor, and integrity to his trainings. He has detailed technical knowledge about communication in the 21st century and he brings to that his understanding of psychotherapy and ethics. Every time I have heard him present, I have learned something new about how to manage the challenges we face as psychotherapists in the 21st century.

Larry Conner, MA LPC; Oregon Mental Health Counselors Assoc. Past President

Roy Huggins did a well-received presentation for our organization. He is unusual in his grasp of technology, clinical work, and professional ethics and in his ability to explain how they interact in our day to day practice. All this done in language that was easy to understand without being a techie, and complete with concrete, step by step approaches for maintaining confidentiality in the digital age. I highly recommend him.

Albert J. Bernstein, PhD; President, Pacific Northwest Providers

The material covered was extremely relevant, thorough, and applicable. Value added was far beyond the cost of the training. Thank you!

Past Training Attendee

About Roy

Roy Huggins earned his BA from Grinnell College with a major in Music in 1999. In an interesting twist of fate, his studies in music lead straight in to professional Web development as co-owner and manager of TUG Internet Specialists, a Web development and consulting firm in Grinnell, IA. After a couple years, the firm broke up and Roy moved in to a solo career, where he not only built websites and Internet-based software systems, but also consulted with clients on marketing concerns both practical and ethical, Web-based business plans and Web presence expansion.

In 2007, he received his Masters of Science in Counseling. He spent three years in Sapporo, Japan where he practiced on weekends, then returned to Portland and set up a full-time private practice in 2010. That practice continues to this day.

He has since done consulting and training on digital ethics issues for hundreds of health care colleagues as well as teaching a class on building websites for mental health private practices. Roy is now the Tech Committee Chair for the unified Oregon Counseling Association, a member of the Zur Institute Advisory Board, and an adjunct faculty member at Portland State University's Department of Counselor Education.

In addition to clinical practice, Roy's work is focused on helping colleague clinicians to navigate the modern digital world both ethically and effectively, with "conscientious courage," so that we can meet the people we serve where they are in safe and useful ways.

To get more information and to talk about how Roy can contribute something to your organization:

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Roy's Online Courses: http://zurinstitute.com/rhuggins.html