

Tips for using Digital *Individual Resiliency Training – Patient Education*

The digital *Individual Resiliency Training – Patient Education* is intended to be used dynamically, depending on what works best with each patient. We suggest having an initial conversation with your patient to determine their preferences, and resources available during their journey. Some information that might be helpful to determine with your patient is:

Their preference for:

- Reviewing and sharing the material digitally versus using physical print outs
- Screen sharing during the session versus patient and clinician having their individual devices
- Having sessions virtually, either via phone or video conferencing, in person sessions or a combination of both
- Preference for engaging in their own asynchronous work outside of the sessions versus exclusively working on material during sessions

Their access to:

- Reliable internet
- Email
- Password protected device such as a phone, tablet, laptop or desktop

Your patient's preferences and access to resources, in addition to what is clinically indicated for each patient will determine the best way engage in the digital *Individual Resiliency Training – Patient Education* together. Access to resources, preferences or what is clinically indicated may fluctuate across time, and the way you and your patient engage in the digital material may change session to session, or across their treatment.

Some strategies for engaging in the digital *Individual Resiliency Training – Patient Education*, both in person or virtually may include:

- Sharing your screen and going through the Moodle together
- Downloading activity PDFs from each module to be filled out together during a session (activity PDFs can be accessed both through *Individual Resiliency Training – Patient Education* and *Individual Resiliency Training – Clinician Manual*)
- Email activity PDFs or hyperlinks to select Moodle pages, to the patient prior or post session
- Projecting *Individual Resiliency Training – Patient Education* to a larger screen for particularly dense or challenging psychoeducation content
- Preparing content or guiding questions offline for sessions that you or the patient prefer having without the use of digital material

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Access to resources such as reliable internet and digital devices may vary for patients. Strategies to circumvent these barriers may include:

- Providing patients with a physical space / computer at the clinic to complete sessions or individual work
- Printing out activity PDFs or pages from *Individual Resiliency Training – Patient Education* for the patient
- Collaboratively filling out activity PDFs together during sessions
- Emailing activity PDFs directly to the client

As *Individual Resiliency Training – Patient Education* and *Individual Resiliency Training – Clinician Manual* is being used across sites, evaluation of usability, successes and challenges is being collected to inform future updates and changes. Evaluation surveys can be found directly on the Moodle homepage for both sites. The link below can also be used for clinicians to provide feedback.

<https://edc.camhx.ca/redcap/surveys/?s=YK33W9NLPDTFTW8L>

