

# Clinical Seminar/Colloquium

## Australia's Mind Spot Clinic: Accessible, efficient and effective online assessment and treatment for anxiety and depression

**Abstract:** Dr. Nickolai Titov will describe his research on Internet-delivered cognitive behaviour therapy leading to the development of the MindSpot Clinic, an Australia-wide online and telephone evidenced-based treatment service for people with anxiety and depression. In addition to sharing his research findings on clinical and cost-effectiveness of online treatment, he will discuss lessons learned in delivering online treatment and also share insights into how online psychological treatment is being implemented in other centers around the world.

**Bio:** Dr. Titov is a Professorial Fellow at Macquarie University in Sydney Australia and Director of the eCentreClinic and MindSpot Clinic. His research focuses on the development and evaluation of strategies for reducing barriers to psychological treatment. He has conducted over 40 clinical trials evaluating Internet-delivered treatment interventions, including transdiagnostic cognitive behaviour therapy. Dr. Titov is also on the Australian Government Mental Health Expert Reference Group.



**All welcome to attend this free lecture!**

**Location:** Education Auditorium (EA106), University of Regina

**Date:** Thursday, October 8th, 2015

**Time:** 4:15 pm Saskatchewan Time

***Not in Regina? You can still join us! The event will be live streamed. The link can be found at [www.onlinetherapyuser.ca](http://www.onlinetherapyuser.ca) or by clicking [HERE](#).***

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