

Humboldt Kolleg

Hilton Garden Inn Hotel, Doamnei St. 12, Bucharest
18-22 November 2020

Global Challenges of the 21st Century

- 1) Technological development and human health/ quality of life*
- 2) Climate change and environmental sustainability*
- 3) Democracy and cohesion in Europe*

Increasing Quality of Life and Access to Mental Health Services Through Cutting-edge Technology and Artificial Intelligence

Current mental health services are on a constant search for more durable and accessible counseling solutions. Though many interventions out there are efficient in terms of increasing quality of life through less emotional distress, existing interventions have reached their limit in terms of client adherence and long-term durable results. Therefore, the current presentation focuses on the substantial contribution that innovative technologies can add to current counseling options for highly prevalent mental health issues, such as depression. The role of virtual reality, portable technologies, and AI-powered conversational agents for mental health will be brought into discussion alongside their expected contribution to an increased quality of life and client adherence.

Ioana Podina is a psychologist and Assoc. Prof. at the Department of Psychology, University of Bucharest (UB). Dr. Podina is an internationally certified cognitive-behavioral psychotherapist (Albert Ellis Institute, New York, US) with a background in genetic counseling. She is the head of the Cognitive Clinical Sciences Laboratory from the UB, <http://laboratorstiintecognitiveclinice.ro/>. Her main research interests target the development of scientifically based e-Health interventions for behavior change and mental health counselling and in this respect she has several high ranking peer reviewed articles published.