

Quiz for the private psychotherapist or counsellor: *THE ANSWERS*

How good is my computer and software knowledge for my therapeutic practice?

Notes about this quiz: This quiz is just meant to be a bit of fun, but it does have a serious goal, which is to help you find out whether you are skilled enough digitally for your current private practice. The quiz does not cover every aspect of digital media and awareness and should in no way be used as a tick list for the training you might need. **The mark is out of 30. If you got above 25 you've done well, if not you might need some help!**

- 1) I don't need a social medial policy if I don't work online
 TRUE (0 points) FALSE (3 points) DON'T KNOW (1 point) **YOUR SCORE:**
- 2) I don't need to sign up for the Data Protection Act 1998 if I only have paper records
 TRUE (0 points) FALSE (3 points) DON'T KNOW (1 point) **YOUR SCORE:**
- 3) My clients sometimes text me therapeutically. I am comfortable with this and there's nothing I need to change:
 TRUE (0 points) FALSE (3 points) DON'T KNOW (1 point) **YOUR SCORE:**
- 4) I use email to communicate with my clients. I am comfortable with this and there's nothing I need to change or check:
 TRUE (0 points) FALSE (3 points) DON'T KNOW (1 point) **YOUR SCORE:**
- 5) I share a computer with my family but I have my own password-protected section on it so I feel it is sufficiently confidential. I keep my password hidden away from my computer at the back of my cutlery drawer. This is sufficient to protect either me or /and my client:
 TRUE (0 points) FALSE (3 points) DON'T KNOW (1 point) **YOUR SCORE:**
- 6) My computer guy updates my software quite regularly as I don't understand it. I do keep my records on my computer. I trust him, he has worked for me for years. I don't need to change this in anyway as at least this way I know my virus checker etc is up-to-date and I am therefore sufficiently protecting myself and my client.
 TRUE (0 points) FALSE (3 points) DON'T KNOW (1 point) **YOUR SCORE:**
- 7) My client notes belong to me not my client.
 TRUE (0 points) FALSE (3 points) DON'T KNOW (1 point) **YOUR SCORE:**
- 8) I have heard that clients' records should be encrypted. I am sure my email provider is encrypted, after all they all are, aren't they?
 TRUE (0 points) FALSE (3 points) DON'T KNOW (1 point) **YOUR SCORE:**
- 9) Occasionally I use Skype for therapy when my client is travelling. As it's only occasionally I don't need to worry about the guidelines for online psychotherapy as most of them don't apply to me.
 TRUE (0 points) FALSE (3 points) DON'T KNOW (1 point) **YOUR SCORE:**
- 10) I run a private practice and at least sometimes work online. I need to implement a risk assessment policy for:
 Business risks: TRUE (1 point) FALSE (0 points) DON'T KNOW (0 point) **YOUR SCORE:**
 Practical risks: TRUE (1 point) FALSE (0 points) DON'T KNOW (0 point) **YOUR SCORE:**
 Clinical risks: TRUE (1 point) FALSE (0 points) DON'T KNOW (0 point) **YOUR SCORE:**

YOUR TOTAL SCORE, MAXIMUM 30 POINTS:

Got below 25 points? You might need some help. We can help with mentoring on an hourly basis or you could join one of "Technology basics for psychotherapists and counsellors" or one of our training to work online courses.

To discuss your training and mentoring needs please call either 01273 700 911 or email info@pwtraining.com or look at our website <http://pwtraining.com/training-and-cpd/>

PWT, 83 Downsway, Southwick, West Sussex BN42 4WE



01273 700 911



info@PWTraining.com



www.PWTraining.com