

Support clients to develop skill-building strategies using e-therapy

Help clients develop mental health skills through practical, evidence-based skill-building techniques that can be used in your digital mental health practice

What is skill-building, and who is it for?

Skill-building is a practical way for clients to gain mastery over a personal challenge. It's a transdiagnostic strategy, meaning it can benefit individuals across a wide range of mental health concerns, and complement your existing therapeutic approach. By learning and practicing targeted skills, clients can shift unhelpful thoughts, break patterns, and respond differently in difficult moments.

What are the benefits of skill-building?

Benefits for clients:

- > Builds confidence through directly targeting discomfort
- > Enhances self-efficacy and personal agency
- > Promotes a helpful and individualised therapy experience

Benefits for healthcare professionals:

- > Produces immediate benefit and/or feedback opportunities
- > Can be easily adapted for telehealth or virtual settings
- > Supports engagement through shared experiential learning
- > Allows for measurable progress and consolidation of an overall treatment plan

Delivering skill-building digitally

Skill-building works best when it's hands-on and practiced in real time. In virtual or digital sessions, you can adapt experiential exercises using:

- > **Phone counselling:** e.g. Guide clients through imagery-based exercises
- > **Video conferencing:** e.g. Share your screen for visual demonstrations
- > **Email:** e.g. Provide interactive, self-paced worksheets
- > **Online resources:** Collaboratively use tools and resources provided in an evidence-based online program.



Demonstrating the skill with your client during sessions, then reflecting together on the experience, makes it more likely that clients will apply what they've learned outside of therapy.



Use Mental Health Online to support client skill-building: Face-to-Face, virtual, or between-session work

Below are practical, evidence-based skills drawn from Mental Health Online's treatment programs ready to use in your sessions or between them. Many of the below skills are available as downloadable resources. **Log in** to explore the full resources and start applying them in your practice.

Skill	Why build this skill?	How to practice this skill digitally	Resources available in:
Producing panic sensations	To increase tolerance for an uncomfortable experience	Sit in a rotatable office chair and spin in it for one minute during session	Module 7 of the Panic Stop! program
Mindfulness in everyday life	To build mental discipline in paying attention	Ask client to focus on an ordinary item near them right now, and to spend 2 minutes describing what they see, smell, feel, hear and taste (if relevant)	Module 10 of the Depression Online program
Dealing with requests 'out of the blue'	To practice assertive communication and boundary-setting	A role-play exercise (written or verbal) where the therapist makes a request of the client, and the client practises their desired response	Module 7 of the Anxiety and Worry program
Imagined Exposure	To mentally rehearse a feared situation and plan a preferred response	Show a video of, or talk the client through a feared situation (for example boarding a train, making a phone call)	Module 9 of the Panic Stop! program
The Pie Chart of responsibility	To highlight how much responsibility someone actually has in a situation, compared to how much responsibility someone thinks they have	Draw two circles on a digital whiteboard. Ask the client to describe and create segments for how much responsibility they feel they have in a situation for Circle 1. Then work with them on how much responsibility they actually have for Circle 2.	Module 8 of the OCD Stop! program

Ready to bring these resources into your sessions?

Sign up or log-in for free access to Mental Health Online's programs and explore a library of tools, digital activities, and guided interventions.