

Advances in Technology-Assisted Interventions for Addiction: Overcoming Barriers to Access, Retention, and Adherence

Suzette Glasner, Ph.D.

Associate Professor, University of California, Los Angeles

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11:00am – 12:00pm PST

2:00pm – 3:00pm EST

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WEBINAR DETAILS

This workshop focuses on recent advances in technology-based treatments for addiction, including digital health tools for overcoming substance use and co-occurring chronic conditions. Dr. Glasner will discuss lessons learned from multiple studies she has conducted involving the development and validation of digital interventions targeting treatment engagement, adherence, and substance use outcomes.

ABOUT THE PRESENTER

Suzette Glasner, Ph.D., is an Associate Professor at UCLA, in the Department of Psychiatry and Biobehavioral Sciences, and Vice President of Clinical Affairs at Quit Genius, a digital addiction specialty clinic. Dr. Glasner is a licensed clinical psychologist and scientist whose research focuses on developing and testing digital behavioral treatments for addictions and related psychiatric and medical conditions, and understanding the “key ingredients” of psychotherapy. Three evidence-based treatment approaches that have been the focus of her research studies: Cognitive Behavioral Therapy (CBT), Motivational Enhancement Therapy (MET), and mindfulness based treatments.



Recently she has developed and is testing interventions that deliver these types of treatments using text messaging, social media, and other digital platforms. She brings the unique perspective of having led clinical research programs in both academic and industry settings. Dr. Glasner’s award-winning book, *The Addiction Recovery Skills Workbook* (New Harbinger, 2015), integrates her scientific knowledge about the causes and most effective treatments for addictions, and nearly two decades of clinical experience treating individuals and families who are affected by addictions and mental health difficulties.

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