

ICBT – INTERNET-BASED CBT

With internet-based CBT, you gain access to a well-researched and effective treatment program. You can participate in the program without visiting the clinic, using your computer, mobile phone, or tablet. This flexibility allows you to engage with the program at times and places that are most convenient for you.

The treatment usually spans eight to ten weeks. Throughout the program, you'll receive valuable information and complete practical exercises, much like you would in face-to-face therapy. You will maintain regular contact with a therapist who will support you throughout the process. A key benefit of internet-based CBT is the constant availability of treatment materials, enabling you to stay engaged and review them as needed.

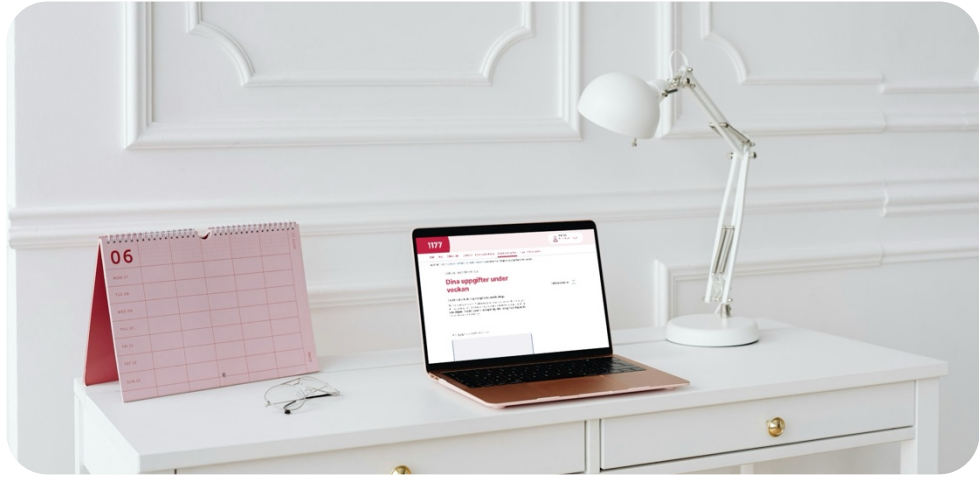


ANXIETY AID - FOR MANAGING ANXIETY

Has anxiety become a barrier that stops you from doing what you truly want? Anxiety Aid could be the solution to help you move forward.

In this program, you will identify the situations that trigger your anxiety to understand what preserves these issues. You will also consider what is important to you and begin taking steps in that direction. Additionally, you will practice new techniques for managing anxiety and other uncomfortable emotions, ensuring they don't interfere with your goals. Over time, these strategies typically make anxiety easier to handle, even though it may still occur. Like all emotions, anxiety is a normal part of life. However, it shouldn't prevent you from achieving your goals or living the life you desire.

HOW IT WORKS



Once you and your therapist decide to start the program, your therapist will grant you access to the treatment materials. You will receive an email with your login details.

The program consists of several modules that you will complete one by one. Typically, you will work on one module per week. Each module includes reading materials and often features videos, images, and audio files. You will also find exercises to complete in each module. Your therapist can review your exercise responses to follow your progress. It is important to dedicate time to the treatment and complete the exercises to achieve your therapy goals.

You and your therapist will agree on how to communicate during the treatment. It is common to exchange written messages within the program, with your therapist providing feedback after each completed module. If you encounter any difficulties or have questions, your therapist is there to help, support, and provide answers.

