



SENTIO SELF-DIRECTED iCBT BY HOMEWOOD HEALTH™

Online iCBT Therapy

Homewood Health has developed an internet-based Cognitive Behavioural Therapy (iCBT) program called Sentio. iCBT has been proven to be an effective therapy for mild to moderate depression, anxiety and other mental health issues. Developed by Homewood clinical professionals using evidence-based research Sentio contains over 20 treatment goals to help you learn about and change your thought patterns, and improve how you feel.

Sentio Self-Directed iCBT offers you online mental health support, accessible anytime, anywhere from a smartphone or computer. After completing an online assessment, you'll be recommended a series of treatment goals to work on at your own pace. For up to 12 weeks, you'll work through your treatment goals on your own. These goals will help improve your mental health and well-being.

What is Cognitive Behavioural Therapy?

Cognitive Behavioural Therapy (CBT) is a form of psychotherapy that focuses on the links between thoughts (cognitions), feelings and behaviour. Thoughts lead to feelings. Feelings lead to behaviours. Behaviours can, in turn, positively or negatively influence feelings. The Sentio iCBT program helps you recognize how those thoughts, feelings and behaviours mutually impact each other, and gives you the tools you need to change your thought patterns and improve how you feel.

How Does Sentio Differ from Traditional CBT?

Sentio takes traditional CBT to a new level of interaction and accessibility. It addresses common obstacles to receiving mental health support. Obstacles may include limited access to counsellors or therapists or feeling unsure about discussing mental health concerns with another person.

Sentio provides improved access to mental health support for people with little time, mobility issues or who live in rural or remote areas. You can access Sentio on your computer, phone or tablet, anywhere and anytime.

Sentio is not meant to replace help if you're in crisis. If you're experiencing an emergency situation and need immediate help, contact your family doctor or emergency services at 9-1-1.

How Does Sentio Work?

Your Sentio iCBT experience begins with a short online self-assessment to guide you to the care path that meets your needs. The customized care path offers various treatment goals and exercises that you can choose from and work towards based on your needs and interest. Every two weeks you'll be directed to complete an assessment that will provide you with insight on your progress.

What Can You Expect from the Sentio Experience?

Sentio is an interactive and engaging platform that offers you psychoeducational modules that are interesting and informative. The modules are paired with activities and exercises to help you learn new skills and use them in everyday situations. The interactive tools offered in Sentio include video and audio, as well as journaling and symptom tracking.

Your Information is Secure

Any use of Sentio iCBT online is private and confidential, in compliance with federal Personal Information Protection and Electronic Documents Act (PIPEDA) and provincial legislations. Homewood Health will not disclose or release your information without your knowledge and permission.

To get started, visit Sentio at [Homeweb.ca](https://homeweb.ca)

