



# sentio

BY HOMEWOOD HEALTH



## SENTIO 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 psychological mental health issues. Developed by clinical professionals using clinically-researched techniques, Sentio contains over 20 treatment goals plus a wealth of tools and resources to help you change your thought patterns and improve your mood.

### 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. Your thoughts lead to feelings. Your feelings lead to behaviours. Your behaviours can, in turn, positively or negatively influence your feelings. The Sentio iCBT program helps you recognize how those thoughts, feelings and behaviours mutually impact each other, and gives you the tools to help you change your thought patterns and improve your mood.

### How Does Sentio Differ from Traditional CBT?

Sentio takes the traditional CBT approach to an entirely new level of interaction and accessibility for Canadians. It addresses common barriers to accessing mental health support such as limited access to counsellors or therapists or hesitancy to disclose mental health concerns to another person. The program provides greater accessibility to mental health support for those who have limited time, mobility issues or who live in rural or remote areas. It also ensures that evidence-based mental health support is more broadly available.

You can access Sentio on your computer, phone or tablet, anywhere and anytime.

**Sentio is not meant to replace assistance if you are in crisis. If you are experiencing a crisis situation and need immediate assistance, contact your family doctor or emergency services at 9-1-1.**



## How Does Sentio Work?

Your Sentio experience begins with a short online self-assessment. The information you input in the assessment leads to a recommended care path for your needs. The care path is customized by offering various treatment goals that you may choose from and work towards based on your needs and interest. Sentio guides you towards appropriate iCBT modules and exercises based on the goal(s) you choose.

Every two weeks you'll be directed to complete an assessment to provide insights on your progress.

## What Can You Expect from the Sentio Experience?

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

## Your Information is Secure

Any use of homeweb.ca 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**

