

Online CBT (Cognitive Behavioural Therapy) for the Treatment of Depression and/or Anxiety



Homewood

i-Volve

Cognitive Behavioural Therapy

Depression & Anxiety

Welcome to i-Volve, Homewood's online, self-paced treatment program for depression and anxiety. i-Volve offers structured programs to help you manage your depression and anxiety using cognitive behavioural therapy (CBT), the current best-practice treatment approach for these conditions. CBT is based on the premise that your thoughts influence your feelings, emotions and behaviours. The program is divided into specific treatment streams for anxiety, depression and overall mental health with each stream containing between seven and nine modules, each module taking between one to two hours to complete.

This innovative treatment program will guide you through exercises that examine and test how you interpret and perceive external stimulation. These insights will help you change and adapt the ways in which you think, feel, and react in various situations.

Cognitive Behavioural Therapy is a common, best-practice psychotherapeutic approach for treating anxiety and depression. Homewood's i-Volve will help you to identify, challenge and overcome your anxious and/or depressive thoughts, behaviours and emotions.

Self-Guided: Work at Your Own Pace

Unlike traditional CBT programs delivered in a therapist's office, Homewood's i-Volve is available 24 hours a day, seven days a week, wherever you choose to access it, and we designed it to allow you to work at your own pace. The exercises in our program have been specifically designed to help you to learn to cope with the various challenges you experience as you learn to challenge your anxiety and/or depression and how to modify your lifestyle.

Tools and Resources

Register now to access a unique range of tools and resources:

- Modules developed and reviewed by clinical experts
- A Session Diary and your personal homepage that contains all of the information you need to move through the program
- A Symptom Tracker and daily diary that tracks the severity of your anxiety and depression or related symptoms



Contact us to learn more.

1-800-663-1142 | TTY : 1-888-384-1152 | International (Call Collect) : 604-689-1717

Numéro sans frais - en français : 1-866-398-9505

www.homeweb.ca

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