



SENTIO INTEGRATED THERAPY 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 Integrated Therapy offers you a unique online experience. You'll be guided by a dedicated therapist with regularly scheduled video or phone therapy sessions for up to 12 weeks. As you start the program, you'll be assigned a therapist who will support you with weekly therapy sessions to help identify your needs, assign goals, and help you reach your goals as you work through the iCBT program.

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 your mood.

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 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 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. Based on the results and conversations with you, your therapist may recommend additional treatment goals to pursue. You will also benefit from regular individual sessions with your therapist to further discuss your needs and receive support in achieving your goals.

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. In addition to the Sentio platform, you will benefit from regular individual meetings with your therapist as well. This will provide you with an opportunity to further discuss your issues, treatment needs and work on a plan to help you achieve your goals.

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://www.homeweb.ca)

