



Online Therapy Unit

SERVICE, EDUCATION AND RESEARCH

EXECUTIVE DIRECTOR & FOUNDER

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ABOUT US

The Online Therapy Unit is an Internet-Delivered Cognitive Behavioural Therapy (ICBT) clinical research unit situated on the territories of the nêhiyawak, Anihšînāpēk, Dakota, Lakota, and Nakoda, and the homeland of the Métis/Michif Nation at the University of Regina.

Founded by Dr. Heather Hadjistavropoulos in 2010, the research and clinical teams provide evidence-based ICBT to individuals experiencing mental health problems. The OTU trains therapists and graduate students in the delivery of ICBT while conducting multidisciplinary research on the reach, adoption, effectiveness, and implementation of ICBT.

The Online Therapy Unit team is a group of caring individuals dedicated to improving access to mental health care. Whether you are looking for information on a program or you are interested in research, the Online Therapy Team is always happy to help.

- Online Therapy Unit
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- @online.therapy.unit

ONLINE THERAPY UNIT



SERVICE, EDUCATION, AND RESEARCH

Partners:



MULTI-LESSON COURSES:



Wellbeing Course for Mental Health

Manage depression, anxiety, worry, low mood, and stress



Alcohol Change Course

Strategies to reduce your drinking



Chronic Health Conditions Course

Manage emotional wellbeing in relation to chronic health conditions including pain



Sleep Course

Strategies to improve your sleep



Wellbeing for New and Expecting Parents

Strategies to manage emotional wellbeing as a new or expecting parent

1 Choose one of our programs that addresses your concerns.

2 Complete background intake questionnaires.

3 Book an appointment for a telephone follow-up call. The follow-up call will help determine if the program meets your needs. If not, we will suggest alternative resources or services to ensure the best fit for you.



SINGLE LESSONS:



'Things You Do' Lesson

Cultivate everyday behaviours to improve your emotional wellbeing



'How Can I Help' Lesson

Strategies to help you support friends and family living with depression or anxiety

1 Choose one of our programs that addresses your concerns.

2 Complete background intake questionnaires.

3 Upon acceptance, you will receive an email with your login credentials to access the lesson. If ineligible, we will suggest alternative resources or services to ensure the best fit for you.

ELIGIBILITY:

- 18+ unless otherwise specified
- Able to access computer with internet
- Saskatchewan resident except Alcohol Change Course, 'Things You Do' Lesson, and 'How Can I Help' Lesson are Canada wide

THE ADVANTAGES:

Free of charge

Therapist support via messaging*

Flexible

Resources to keep

Convenient

Research ensures quality

*Not available for single lessons

PROCESS:

All Courses follow a similar format that include:



- Logging into a confidential online account
- Completing symptom tracking surveys
- Reading through engaging lesson slideshows
- Practicing skills

Some courses also include:

- Reading insightful stories and examples
- Watching educational videos
- Optional readings on widespread issues (eg. sleep problems, communication, problem solving, and more)

In **multi-lesson** courses, Saskatchewan residents have the opportunity to contact a supportive and empathetic online therapist using a secure messaging system on our website.

