

# Sentio iCBT by Homewood Health

## What is Cognitive Behavioural Therapy (CBT)?

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.

## What is Sentio iCBT?

Homewood Health has developed a two-tiered internet-based CBT program called Sentio, containing over 20 treatment goals to help you change your thought patterns and improve how you feel. iCBT has been proven to be an effective therapy for mild to moderate depression, anxiety and other mental health issues.

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 interests. Every two weeks you'll be directed to complete an assessment that will provide you with insight on your progress.

## Experience the Benefits of Sentio

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.

Our online assessment will match you with one of the following programs:

### Sentio Self-Directed

Sentio Self-Directed iCBT offers you online mental health support, anytime, anywhere from a smartphone or computer. After completing a short 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.

### Sentio Counsellor-Assisted

Sentio Counsellor-Assisted iCBT offers guided support from a dedicated counsellor with unlimited messaging for up to 12 weeks. Your counsellor will support you through asynchronous chat to help you work on, and reach your goals. They'll also provide you with meaningful and personalized feedback to help improve your motivation, follow the treatment recommendations and will help you work through problems or difficulties you face while participating in the program.

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

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14<sup>years</sup> Homewood  
Health

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