

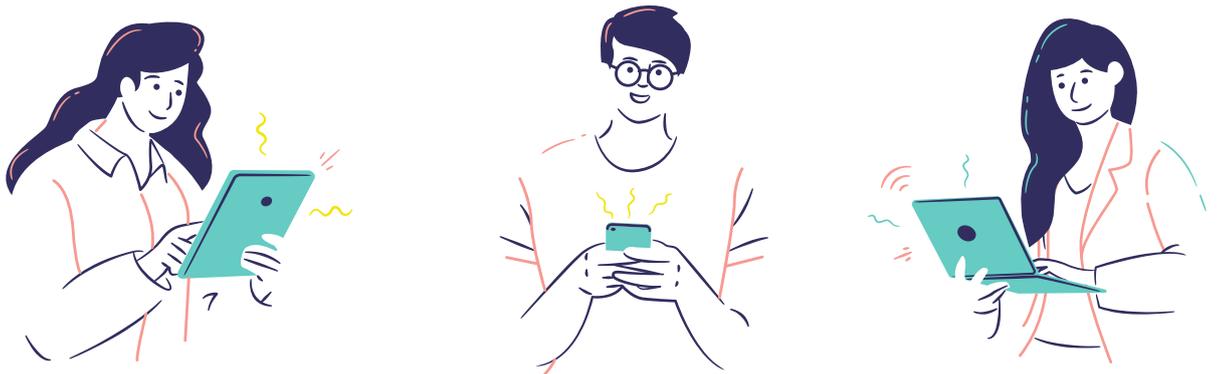
## What is CBT?

Cognitive Behavioural Therapy (CBT) is a skills-based psychological treatment that targets thoughts, behaviours, and physical sensations involved in the maintenance of mental health issues. CBT is the gold-standard treatment for common mental health difficulties, including anxiety and depression. It is a short-to-medium term treatment that is usually delivered face-to-face by a clinician (e.g., psychologist or counsellor).



## What is iCBT?

Internet-delivered CBT (iCBT) includes the same principles and skills provided in face-to-face CBT, however is delivered through a self-paced, online program. Our iCBT programs teach you how to change unhelpful thoughts and behaviours to that maintain symptoms of anxiety and depression. Rather than learning skills during individual therapy sessions in real-time with a clinician, iCBT provides you with these skills via a program which you can complete at a time, place, and pace that **works for you**. iCBT can be completed using any device that has internet connection.



# What's the difference between CBT and iCBT?

It is helpful to discuss the pros and cons of face-to-face CBT and internet-delivered iCBT. This can empower your client to make a decision best-suited to their needs.

You can discuss these two approaches as separate treatments, or consider the benefits of a blended-treatment approach that incorporates iCBT and face-to-face sessions. This can help CBT skills to generalise outside of the therapy room.

CBT (face-to-face)	iCBT (internet-delivered)
<input checked="" type="checkbox"/> Delivered in-person, relies on attendance	<input checked="" type="checkbox"/> Delivered online, anytime
<input checked="" type="checkbox"/> 5-20 sessions on average	<input checked="" type="checkbox"/> 4-10 lessons on average
<input checked="" type="checkbox"/> May require a referral	<input checked="" type="checkbox"/> Does not require a referral
<input checked="" type="checkbox"/> Significant, ongoing financial cost to the client	<input checked="" type="checkbox"/> Fixed, one-off cost, or free when clinician-supervised
<input checked="" type="checkbox"/> Tailored formulation to the client's unique situation	<input checked="" type="checkbox"/> Available with or without clinical input
<input checked="" type="checkbox"/> Structured around the expectations and desires of the client (potential for low fidelity)	<input checked="" type="checkbox"/> Clinically proven structure to optimise treatment gains (high fidelity guaranteed)
<input checked="" type="checkbox"/> Limited geographical availability	<input checked="" type="checkbox"/> Available in all internet connected areas
<input checked="" type="checkbox"/> Potential for long wait times	<input checked="" type="checkbox"/> Immediate access

**THIS WAY UP ↑↑**