

# Using THIS WAY UP in Your Practice



## Assess

Identify if the patient/client is suitable for a THIS WAY UP program. *Are they interested and motivated to learn how to manage their symptoms? Do they have internet access?*

## Introduce

Suggest and explain the program(s) best suited to their needs. Send them a recommendation for a free clinician-supervised program.

## Stay on track

We recommend your client completes a lesson every 1-2 weeks and practices the skills that they learn regularly.

## Monitor progress

Prior to each lesson, your client will complete a K10 (Distress) questionnaire so you can keep an eye on their scores.

## Reach out

Support from a health professional motivates clients to persevere with their treatment program and see the benefits.

## Get started!

Head to our [Clinician Hub](#) to register as a clinician. Log in to the clinician dashboard, select a program and enter your client's email address to invite them to get started with a program.

