



Computerized Cognitive Behavioral Therapy

ComPsych® GuidanceResources® offers an evidence-based interactive Computerized Cognitive Behavioral Therapy (CCBT) program that addresses all of the most common issues associated with behavioral health, such as stress, depression, anxiety, substance use, chronic pain, insomnia, intense emotions, PTSD and mindfulness.

This needs-based digital program directly addresses behavioral health issues in a user-friendly fashion. Used in conjunction with other platforms and/or counseling, CCBT offers expanded alternative access to behavioral health care. These programs help users reduce personal roadblocks, eliminate stress and overcome mental barriers.

CCBT Program Overview

The evidence-based digital self-care tools in the program focus on mental exercises that help users eliminate stress and become aware of mental barriers related to anxiety, relationships, insomnia, depression, stress, bullying and pain.

Program Components

- Guided programs on anxiety, chronic pain and opioids, depression, mindfulness, sleep, stress, substance use disorders (SUDS), and intense emotions, PTSD and trauma, nicotine recovery, pregnancy and early parenting, and COVID-19.
- Access to interactive activities, custom assessments, trackers, personalization/AI and online communities
- Needs-based curriculum directly addresses issues, allowing users to confront problems
- Personalized resources on a range of physical health conditions, including smoking cessation, diabetes, coronary disease and more
- Multiple mechanisms built into the algorithm to catch “at-risk” individuals and guide them to live GuidanceResources services

Outcomes and Results

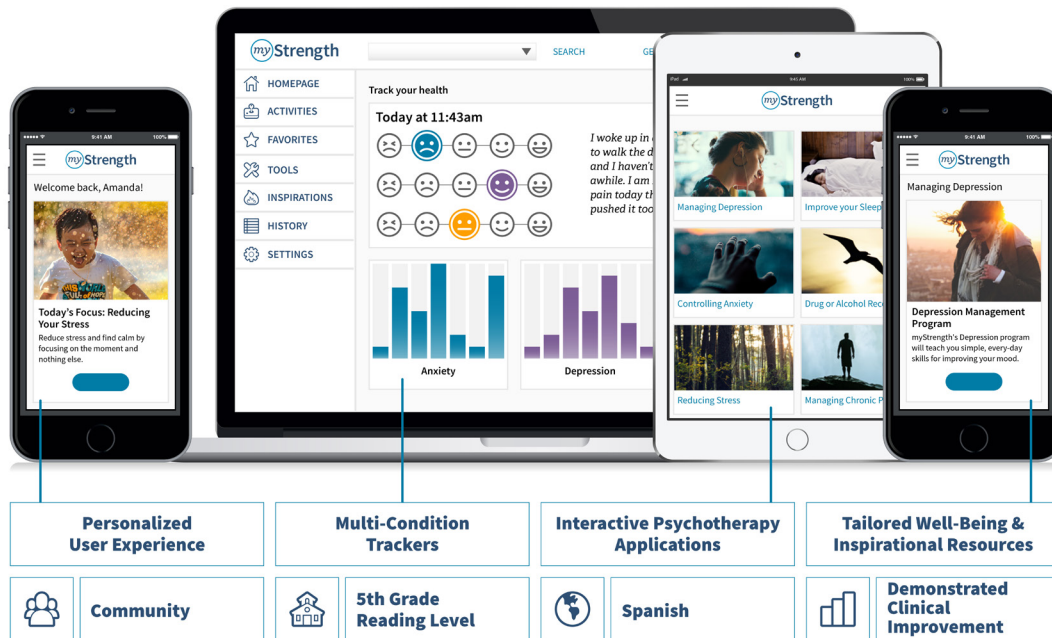
Results show that CCBT programs provide real value to participants, as demonstrated by the following outcomes:

- **25%** – Average reduction in depression and anxiety symptoms as reported by users
- **43%** – mobile usage among CCBT users
- **85%** – Users who register complete their first guided session
- **86%** – Users have a more positive outlook on life because of CCBT
- **Average Session Length:** 13.14 minutes

Stay Ahead of Performance, Productivity and Health Issues

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Digital Platform



Program Differentiators

- Care based on empirically-proven clinical models: cognitive behavioral therapy (CBT), acceptance and commitment therapy, positive psychology, mindfulness, motivational interviewing, and dialectical behavioral therapy (DBT)
- Proven to improve and sustain health and well-being
- Continual development of new, interactive modules, such as the new COVID-19 guided program
- Adjustments made daily and with every interaction. Preferences and goals, current emotional and motivational states and ongoing life events are all captured
- Sophisticated machine learning algorithms create individualized experiences, which include interactive programs, in-the-moment coping tools, inspirational resources and community support
- Responsive web and mobile experience
- Programs targeted for adults, college, youth (aged 13 and older) and Spanish-speaking individuals

About ComPsych®

ComPsych® Corporation is the world's largest provider of employee assistance programs (EAP) and is the pioneer and worldwide leader of fully integrated EAP, behavioral health, wellness, work-life, HR, FMLA and absence management services under its GuidanceResources® brand. ComPsych® provides services to more than 56,000 organizations covering more than 127 million individuals throughout the U.S. and 190 countries. By creating "Build-to-Suit" programs, ComPsych® helps employers attract and retain employees, increase employee productivity and improve overall health and well-being. For more information, visit www.compsych.com.

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