



# sentio

BY HOMEWOOD HEALTH



Welcome to Sentio by Homewood Health™, our internet-based Cognitive Behavioural Therapy (iCBT) program. iCBT has been proven to be an effective therapy for mild to moderate depression, anxiety and other psychological mental health issues. Developed by clinical professionals using clinically-researched techniques, Sentio contains over 20 treatment goals plus a wealth of tools and resources to help you change your thought patterns and improve your mood.

Cognitive Behavioural Therapy (CBT) is a form of psychotherapy that focuses on the links between thoughts (cognitions), feelings and behaviour. Your thoughts lead to feelings. Your feelings lead to behaviours. Your behaviours can, in turn, positively or negatively influence your feelings. The Sentio iCBT program helps you recognize how those thoughts, feelings and behaviours mutually impact each other, and give you the tools to help you change your thought patterns and improve your mood.

## How Does Sentio Work?

Your Sentio experience begins with a short online self-assessment. The information you input in the assessment leads to a recommended care path for your needs. The care path is customized by offering various treatment goals that you may choose from and work towards based on your needs and interests.

Every two weeks you'll be directed to complete an assessment to provide insights on your progress.

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

