

Information For Clinicians

What Is This Way Up?

This Way Up is a not-for-profit initiative of **St Vincent's Hospital** and **UNSW** established by Professor Gavin Andrews, AO, MD. We offer online Cognitive Behavioural Therapy (CBT) programs that you can prescribe and supervise your clients and patients through, including;

- Depression
- Generalised Anxiety Disorder
- Mixed Depression and Anxiety
- Mindfulness-Based CBT
- OCD
- Social phobia
- Panic
- PTSD
- Health Anxiety
- Chronic Pain
- TeenSTRONG

Does This Way Up Work?

Our courses are backed by over 26 of the highest quality randomised controlled studies. Our research shows that:

- **80%** of people who complete all lessons benefit substantially
- **50%** of people report no longer being troubled by depression or anxiety

How Do I Use This Way Up In My Practice?

| | |
|----------|---|
| 1 | Register and Login at thiswayupclinic.org with your email address and password |
| 2 | Prescribe online with a Quickscript : fill in the email address, tick the relevant course and our system will take care of the rest |
| 3 | Motivate your clients and patients to continue their progress. Our system will also send automatic reminders and alerts. |