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.