

***This Way Up* - Information For Clinicians**

What Is *This Way Up*?

This Way Up is a provider of online Cognitive Behavioural Therapy (CBT) programs for anxiety and depression.

This Way Up is funded by the Australian Government and is a not-for-profit initiative of University of NSW and St Vincent's Hospital.

What Programs Are Available?

This Way Up provides online treatment for:

Depression	Mixed Depression and Anxiety
Panic Disorder	Social Phobia
Chronic Pain	Mindfulness
Stress	Insomnia
Generalised Anxiety Disorder (GAD)	
Obsessive Compulsive Disorder (OCD)	
Post-Traumatic Stress Disorder (PTSD)	

What Are The Benefits Of A *This Way Up* Online Program?

- Effective treatment – research studies show our courses help. **80%** who complete a course benefit substantially and **50%** report no longer being troubled by symptoms.
- Immediate access – no wait-list. Just enrol and start.
- Convenient for patients – do a course anywhere, anytime.
- Low-cost – our courses cost less than a single visit to a therapist. Some courses are free.
- Efficient – online CBT teaches important CBT skills but conserves clinician time.
- Motivates patients with regular email reminders.
- Monitors patient progress with regular symptom questionnaires.
- Keeps you informed – as a Supervising Clinician, a GP, psychologist or counsellor can check on an individual patient's progress.

What Does a Course Cost?

Most courses are \$59.

The wellbeing courses such as Stress and Insomnia are free.

How Long Are the Courses?

Courses typically have 6 lessons and the patient has 90days to complete them.

How Do I Use *This Way Up* In My Practice?

There are 2 options:

Self-Help

Clinicians can recommend patients visit the *This Way Up* website and enrol in a self-guided program.

OR

Supervised

You can supervise the program. Clinicians can register as a *This Way Up* Supervising Clinician and prescribe a program for a patient. Patient progress can be viewed online and regular updates will be shared with you as the treating clinician.

How Do I Refer My Patient For A Self-Help Course?

Recommend a specific course to your patient and tell them to register at www.thiswayup.org.au. This is quick and easy and they will be able to get started straight away.

How Do I Prescribe A Supervised Course As The Treating Clinician?

There are 3 Simple Steps

1. You register as a Supervising Clinician through the Clinician's page of www.thiswayup.org.au.
2. You log in and do a QuickScript online, including your patient's email address and the course you are prescribing.
3. The patient clicks the link on the email they receive and registers for the course.

What Are The Advantages Of Registering As A *This Way Up* Supervising Clinician?

- You only need to register once. You can then log in and prescribe courses for as many patients as you like.
- When your patients do Supervised Courses, you will receive emails keeping you informed of their progress. You can also log in to see their program scores.
- Our research shows that patients who are supervised and supported throughout the course have better adherence.
- Registered clinicians also have access to helpful resources and print-outs from the *This Way Up* website.