





This course shows ways to manage negative thoughts, feelings and behaviours that feed depression. It includes activity scheduling, thought challenging, lifestyle tips and other skills that are evidenced-based to help members manage their mood. A Behavioural Activation Diary is available so that members can manage their mood through increased activity.

In this course, members will learn how to face their fears so they can live fuller lives. Members learn the psycho-education behind what keeps a phobia going and a variety of techniques are available so that members can work towards managing fears and phobias. In addition to learning how to manage avoidant and distorted thinking, members will use a Graded Exposure Treatment programme so that they can face their fear one step at a time.

OCD can feel very repetitive, time-consuming and a difficult subject to discuss with others. As well as containing OCD theories, this course provides a range of techniques and strategies that help members manage obsessive and intrusive thoughts. There are a variety of techniques covered within the course that support members to reduce repetitive checking and reassurance seeking behaviours.

This course gives members information about the misconceptions about self-harm and gives advice on how to treat self-injuries. The course contains a variety of distraction and emotional regulation techniques, which are evidence-based to prevent self-harm and other self-destructive behaviours. A self-harm diary is available so members can self-monitor, and record their progress coping with urges to self-injure or use self-destructive behaviour.

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