Change the way you think, and feel better
Digital Cognitive Behavioral Therapy

Digital Cognitive Behavioral Therapy (DCBT) programs have proven to work just as well as face-to-face therapy and prescription medicines. They’re easy to use, educational, interactive and self-paced. You can use them anywhere at any time—all you need is a computer or mobile device that can play videos. Modules are available to help with a variety of conditions:

**ComfortAble™**—for chronic pain
This seven-session program helps:
- Improve functioning
- Prevent pain flare-ups
- Change unproductive thoughts and behaviors
You’ll also find information on specific conditions like back pain.

**FearFighter®**—for anxiety, panic & phobia
In this nine-session program, you’ll:
- Learn how the body reacts to anxiety
- Take part in core belief exercises and keep a diary
- Create and maintain a fear ladder with goals
These activities help with overcoming fears and breaking the cycle of unhelpful thoughts and behaviors.

**MoodCalmer**—for depression
This four-session program helps you:
- Understand signs and symptoms
- Challenge negative thoughts
- Schedule pleasant activities to help manage relapse

**OCFighter**—for obsessive compulsive disorder
This nine-session module provides interactive videos and user success stories to help you:
- Understand ritual impacts
- Identify triggers
- Develop self-management skills to reach your goals

**RESTORE®**—for insomnia & other sleep difficulties
This six-session program teaches skills, techniques, and exercises to help improve your sleep and sleep quality. Between modules, you’ll be asked to:
- Track your sleep daily
- Complete homework
- Work on exercises

**SHADE**—for substance use disorder
This ten-session program helps reduce alcohol and substance use. It can also help with depression related to use, and it:
- Teaches skills and techniques to understand addiction
- Helps improve mood, relaxation and mindfulness
- Promotes long-lasting, skill-based changes in behavior

Feel better today. Go online to get started.

*You may not have access to all of the modules.*

Employee Assistance Program
1-800-327-5043

The UNIVERSITY of OKLAHOMA