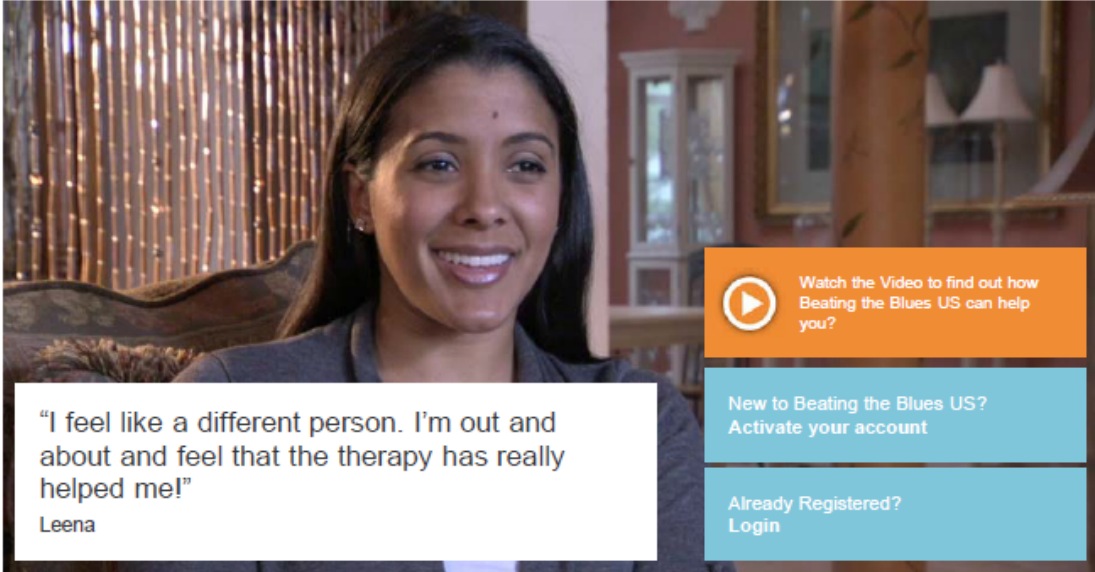


Computerized CBT (CCBT)

<http://www.beatingthebluesus.com/>

[Beating the Blues US](#)
beating the blues US
cognitive behavioral therapy

Contact Us



"I feel like a different person. I'm out and about and feel that the therapy has really helped me!"
Leena

Watch the Video to find out how Beating the Blues US can help you?

New to Beating the Blues US?
Activate your account

Already Registered?
Login

Beating the Blues US™ – helping you to manage your emotional wellbeing

Beating the Blues US treats depression and anxiety by using Cognitive Behavioral Therapy (CBT).

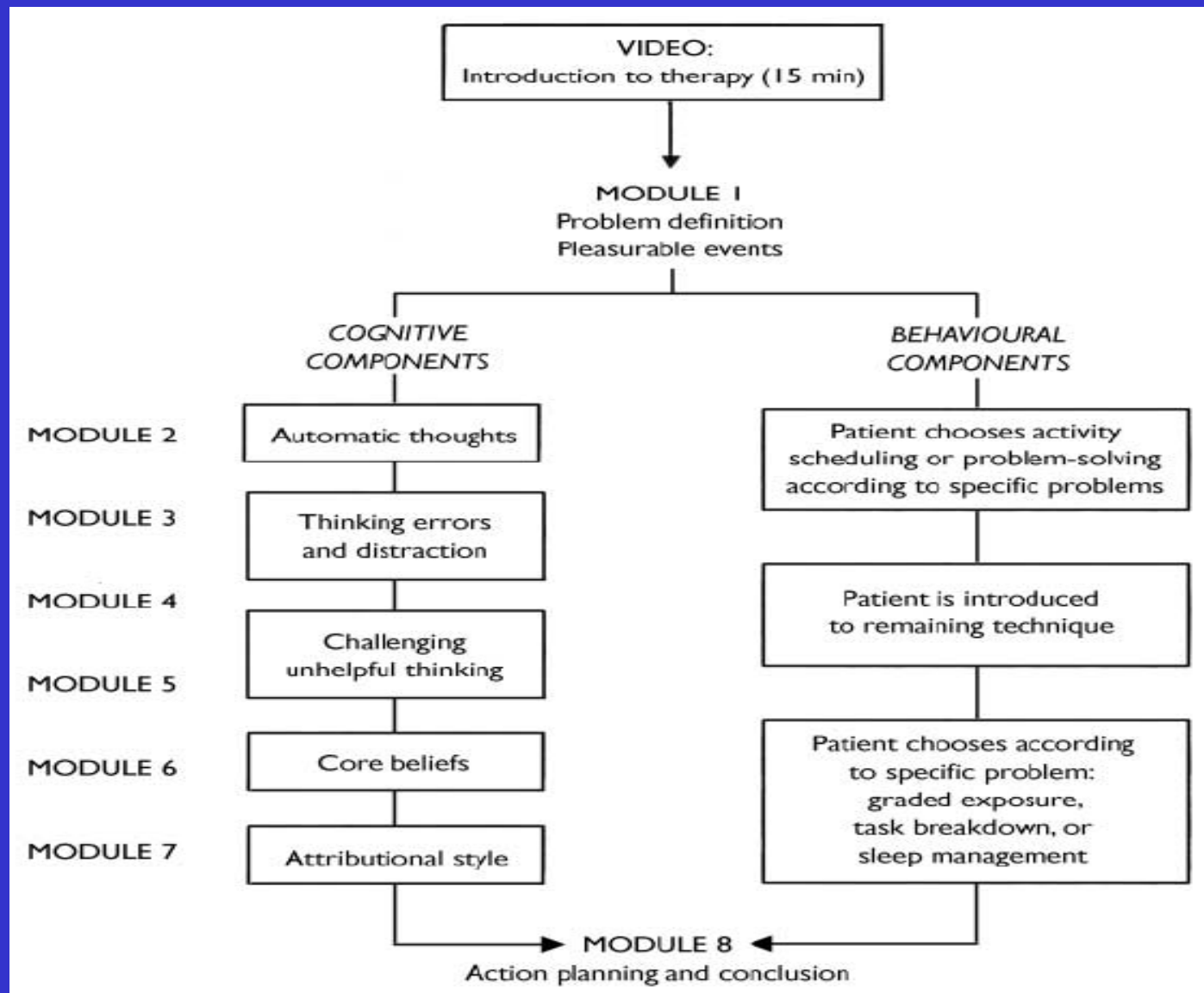
Beating the Blues US offers you 8 weekly online treatment sessions of 50 minutes.

7 out of 10 people who have used Beating the Blues have been able to overcome their depression.

Beating the Blues has been validated through independent research.



Beating the Blues



Teaching CBT Techniques



Problem solving



There are seven stages to the Problem Solving technique.

Step 1: State your problem specifically.

Step 2: Set clear and achievable goals.

Step 3: Come up with as many solutions as you can.

Step 4: Find the information you need.

Step 5: Decide on one of the solutions.

Step 6: Work out the steps to get to the solution.

Step 7: Check your progress.



BACK

The interface for 'Beating the Blues US' session 1. It features a header with the logo and 'session 1' and '1,100,060'. Below the header are five circular profile pictures of participants: CARL, ELAINE, ROSA, BOB, and LEENA. The main area is divided into three columns: A Event or Situation, B Thoughts, and C Feelings. Column A contains three paragraphs of text. Column B is empty. Column C contains three words: Happy (relieved), Anxious, and Embarrassed. At the bottom left is a video player showing a woman with red hair. At the bottom right is a 'Back' button. A progress bar at the bottom shows 82% completion.

beating the blues US
cognitive behavioral therapy
session 1
1,100,060

CARL ELAINE ROSA BOB LEENA

A Event or Situation
You've arranged to meet a friend in a bar or cafe.
Your friend hasn't arrived and the place is starting to fill up.
You are the only person alone.

B Thoughts

C Feelings
Happy (relieved)
Anxious
Embarrassed

Back

82 %

I would think that someone was messing with me, or making me look like a fool, I would feel like a loser.

Practice What Was Learned

Pinpointing problems



1.060.670

ANDREW

ELAINE

JEAN

BOB

HEATHER



Problem Heather 1

Panic attacks

How often does it occur? (How many days a week or times a day?)

4 or 5 times a week (more if I think about getting in the car).

When? Where? What doing?

When I get in the car to drive.
When I think about the accident.
Sometimes when I look at Rebecca.

Rate the level of distress it is causing you.



No distress

Extreme distress



BACK