DIVORCE & SEPARATION PROGRAM

The e-couch Divorce & Separation program may be helpful for people currently going through a relationship separation or who have separated recently.

Divorce & Separation Armchair

- Factors that affect how you feel
- What you miss when you separate
- Practical advice about coping with divorce and separation
- How divorce can affect your children and tips to help them adjust

Self-help toolkits

Problem Solving

Using problem solving to cope with everyday problems.

Cognitive Behaviour Therapy

Identifying catastrophic thinking, reframing thoughts, improving coping skills, and making realistic predictions about your future.

Dealing with anger

Personal triggers and anger warning signs, reframing thoughts, coping strategies, expressing anger appropriately, assertiveness and dealing with resentment.

Physical Activity

Strategies for increasing or maintaining physical activity.

BEREAVEMENT & LOSS PROGRAM

The e-couch Bereavement & Loss program may be helpful for people who have recently lost someone they care about.

Bereavement & Loss Information

- Understanding grief
- Common reactions
- Myths about grief and loss
- Stigma of grieving for losses
- Losing someone through suicide
- Grief and depression

Self-help toolkits

Self-help ideas

Includes acceptance of the need to grieve, finding comfort, keeping connections with the person who has died, and dealing with birthdays or anniversaries.

Changing Unhelpful Thinking

Cognitive behaviour therapy techniques for detecting and changing 'warpy thinking', dealing with feelings of guilt, and reframing unhelpful thoughts.

Also includes progressive muscle relaxation and mindfulness meditation.

www.ecouch.anu.edu.au

More information available at the e-hub Assist Portal for facilitators

www.ehubassist.anu.edu.au

DEPRESSION PROGRAM

The e-couch Depression program may be helpful for people experiencing symptoms of depression.

Beat Depression Armchair

- What is depression?
- How is it diagnosed?
- Where can I find help?
- How common is depression?
- What treatments work?

Self-help toolkits

☐ **Cognitive Behaviour Therapy**
Identifying 'warpy thoughts' and assumptions, reframing thoughts, and pleasant events scheduling.

☐ **Interpersonal Psychotherapy**
Focuses on grief, role disputes, change in relationships, and how to improve relationships with others.

☐ **Problem Solving**
Using problem solving to cope with stressful events.

☐ **Physical Activity**
Strategies for increasing or maintaining physical activity.

☐ **Relaxation**
Practise progressive muscle relaxation.

ANXIETY & WORRY PROGRAM

The e-couch Anxiety & Worry program may be helpful for people who experience anxiety and worry about many different areas of life.

Anxiety & Worry Armchair

- What is the difference between anxiety, stress and worry?
- What are some common anxiety disorders?
- What treatments work?

Self-help toolkits

☐ **Cognitive Behaviour Therapy**
  - Identifying unhelpful beliefs about worry and uncertainty
  - Problem solving for specific worries
  - Strategies for coping with the worry
  - Exploring exploring feelings behind the worry

☐ **Physical Activity**
Strategies for increasing or maintaining physical activity.

☐ **Relaxation**
Practise progressive muscle relaxation and mindfulness meditation.

SOCIAL ANXIETY PROGRAM

The e-couch Social Anxiety program may be helpful for people who have social phobia or experience anxiety in social situations.

Social Anxiety Armchair

- What is social anxiety?
- When is social anxiety a problem?
- Where does shyness fit in?
- How is social anxiety diagnosed?
- How common is social anxiety?

Self-help toolkits

☐ **Exposure Practice**
Graded exposure techniques and practice in handling stressful social situations.

☐ **Modifying Your Thinking**
Cognitive behaviour therapy techniques for changing thoughts and predictions about social situations.

☐ **Attention Practice**
Practise shifting the focus of attention away from oneself in social situations.

☐ **Social Skills Training**
Practise role-playing exercises to develop confidence in social situations.

☐ **Relaxation**
Practise breathing exercises and progressive muscle relaxation.