

The Internet & Me

Resource Guide



Denise Meyer

**Self-help and Facilitated
Support Online**

Self help and facilitated support online

Dr Denise Meyer

Raising awareness fighting depression



www.studentsagainstdepression.org



The power of ‘imps’ or implementation intentions

- Goal intention =
“I want/intend to reach X!”
- Implementation intention =
“When situation X arises, I will do Y.”



Implementation intentions

- Have an 'If... then...' format
- State a concrete plan for a specific situation
- Pre-decide a course of action so it doesn't rely on willpower alone



Resources

(Click the links below)

www.studentsagainstdepression.org

www.cci.health.wa.gov.au

SAM (Self help for Anxiety Management) app

www.actionforhappiness.org

Raising awareness fighting depression



STUDENTS AGAINST DEPRESSION

.ORG

www.studentsagainstdepression.org



References

Varley et al (2011)

Making self-help more helpful: a randomized controlled trial of the impact of augmenting self-help materials with implementation intentions on promoting effective self-management of anxiety symptoms,

Journal of Consulting & Clinical Psychology, Vol 79(1), Feb 2011, 123-128

Upcoming OLT Events

To register click Here:

www.onlineevents.co.uk/events

May 18 2015

Social Networking and Tutoring Online – Mieke Haveman

June 8 2015

A Tale of Two Countries – Anne Stokes

July 6 2015

Setting up a University Online Counselling Service – Kirstie Adamson

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Online training for counsellors and psychotherapists

OLT Student experiences of training
short clip with course names

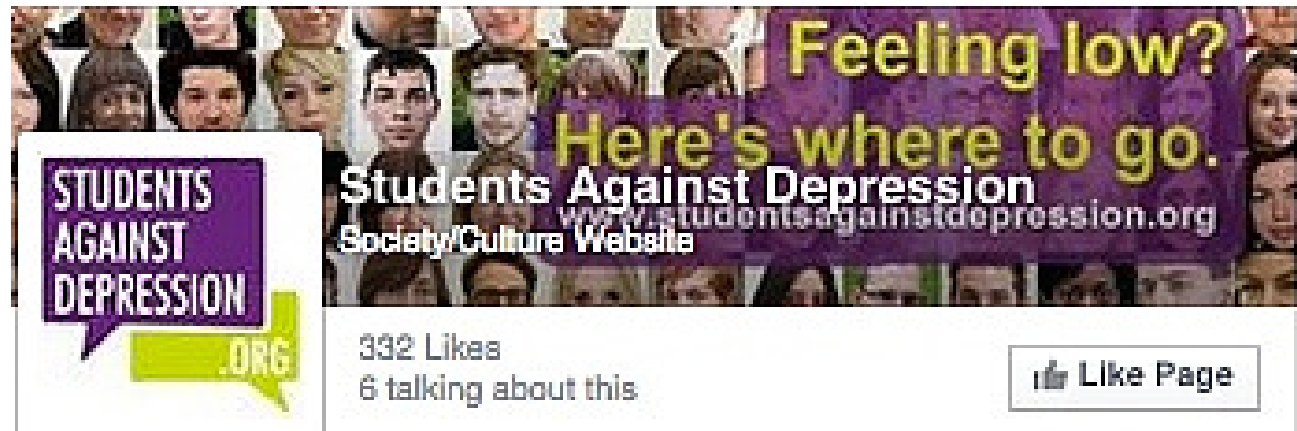


onlinetrainingforcounsellors.co.uk

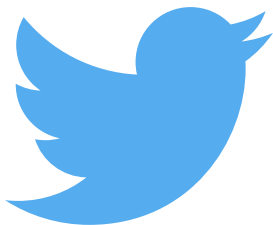
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