

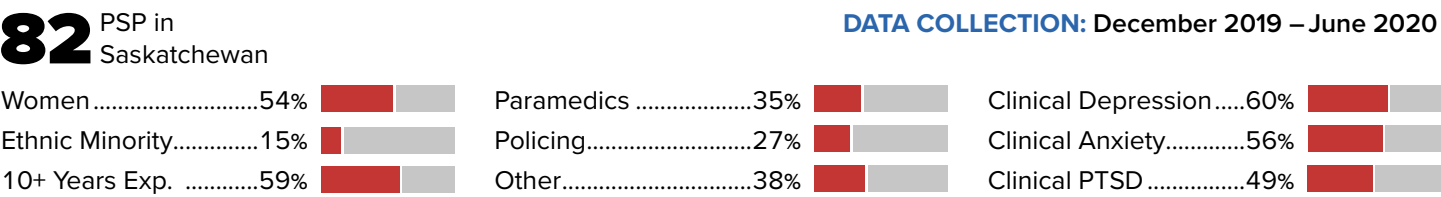
# Insights into internet-delivered cognitive behavioural therapy for public safety personnel: Exploration of client experiences during and after treatment (2021)

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PSPNET offers **free, confidential, and convenient** internet-delivered cognitive behaviour therapy (ICBT) developed with and for Canadian first responders and other public safety personnel (PSP). Learn mental health information and skills in an online platform with optional therapist support via secure messaging or phone calls. **Learn more by visiting [www.pspnet.ca](http://www.pspnet.ca)**

## PURPOSE:

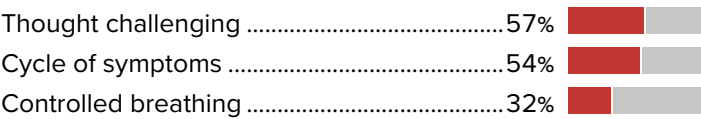
To understand PSP’s experiences of the PSP Wellbeing Course to improve mental health outcomes.



## TOP COURSE FEATURES:



## TOP SKILLS:



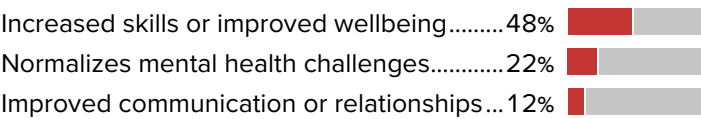
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Once I began the course, I found myself feeling hopeful and even a little more understood in how I am struggling, and the different ways people can struggle with mental health as a PSP.

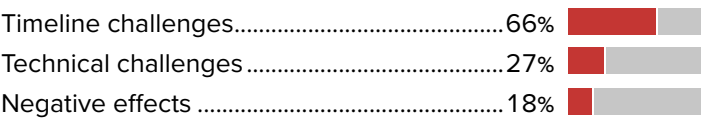
— PSPNET Client

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## ADVANTAGES:



## DISADVANTAGES:



“

The course just made me deal with the issues head on. There was a bit of a tough section, but that is necessary to be able to heal.

— PSPNET Client

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## CONCLUSIONS:

1. ICBT is accepted and perceived as beneficial among PSP.
2. Negative effects were rare and did not appear to impact overall ICBT experiences.