

Fast-track your mental health journey



Introducing a 5-week, non-pharmacological program using non-invasive brain stimulation and CBTm therapy, designed to better your mental health!

What is CBTm therapy?

Cognitive Behaviour Therapy with Mindfulness (CBTm) is an education program designed to help you build resilience and improve your mental wellness.

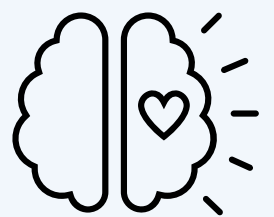
What is *NEW* with CBTm?

Researchers found out that certain connections between specific brain regions may be responsible for CBTm benefits, which can electrically be boosted with the help of non-invasive brain stimulation technique.



Is this therapy right for me?

- You want to better your mental health quickly and efficiently
- You want to build resilience and mindfulness
- You want to develop skills such as problem solving and stress management



How do I benefit from it?

- This is a Randomized Controlled Trial, which means that the study results will help researchers to figure out the true benefits of the proposed brain stimulation technique and its underlying mechanisms.
- To be enrolled in this trial, all participants should be enrolled in the web-based CBTm program which has shown to improve depression and anxiety.

Procedure:

- Magnetic Resonance Imaging (one pre / one post therapy intervention)
- CBTm sessions (1 session/ week for 5 week period)
- High definition transcranial brain stimulation (3 sessions/ week for 5 week period)

An honorarium and free parking will be provided to all participants

CBTm



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Interested? Contact us!

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