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# 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 *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.

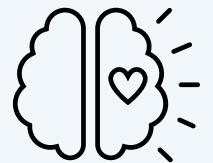
## Is this therapy right for me?

- 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



## 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.



## 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 facilitator lead 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**

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# CBTm



**University  
of Manitoba**

## Interested? Contact us!

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