DIFFERENCES BETWEEN CBT AND iCBT

What is CBT?

Cognitive Behavioural Therapy (CBT) is a skills-based psychological treatment that targets thoughts, behaviours, and physical sensations involved in the maintenance of mental health issues. CBT is the gold-standard treatment for common mental health difficulties, including anxiety and depression. It is a short- to medium-term treatment that is usually delivered face-to-face by a clinician (e.g., psychologist or counsellor).

What is iCBT?

Internet-delivered CBT (iCBT) includes the same principles and skills provided in face-to-face CBT; however, it is delivered through a self-paced, online program. Our iCBT programs teach you how to change unhelpful thoughts and behaviours that maintain symptoms of anxiety and depression. Rather than learning skills during individual therapy sessions in real-time with a clinician, iCBT provides you with these skills via a program which you can complete at a time, place, and pace that works for you. iCBT can be completed using any device that has an internet connection.

What's the difference between CBT and iCBT?

It is helpful to discuss the pros and cons of face-to-face CBT and internet-delivered iCBT. This can empower your client to make a decision best suited to their needs.

You can discuss these two approaches as separate treatments or consider the benefits of a blended-treatment approach that incorporates iCBT and face-to-face sessions. This can help CBT skills to generalize outside of the therapy room..

CBT (face-to-face)	iCBT (internet-delivered)
○ Delivered in person, relies on attendance	○ Delivered online, anytime; Immediate access
○ 5-20 sessions on average	○ 4-10 lessons on average
○ May require a referral	○ Does not require a referral and available with or without clinical input
○ Significant, ongoing financial cost to the client	○ Fixed, one-off cost, or free
○ Tailored formulation to the client's unique situation	○ Clinically proven structure to optimize treatment gains (high fidelity guaranteed)
○ Structured around the expectations and desires of the client (potential for low fidelity)	○ Available in all internet-connected areas
○ Limited geographical availability and potential for long wait times	

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