

# Living Life to the Full Interactive

**Living Life to the Full Interactive** is a self-help multi-media life skills online program based on cognitive-behavioural therapy (CBT):

- Designed for sufferers of mild to moderate depression
- Access is through a practitioner, who monitors the patients progress
- Used in the home or clinical settings
- Clinically evaluated <sup>1,2</sup>
- Low cost package

**Living Life to the Full Interactive** includes:

- 6 session course focusing on thoughts, feelings and behaviour
- Video clips, animation and soundtracks applied to content
- Workbooks (available in PDF format for downloading)
- Assignments between sessions
- Forums for users
- Mobile phone text message and email reminder function



Media innovations are leading developers of multimedia training materials across a wide range of industry and professional sectors



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1 Whitfield, G, Hinshelwood, R, Pashley, A., Campsie, L, Williams C. The impact of a novel computerised CBT CD-Rom (Overcoming Depression) offered to patients referred to clinical psychology. Behavioural and Cognitive Psychotherapy, 2006, 34, 1-11

2 Whitfield, G., Williams, C. J. If the evidence is so good why doesn't anyone use them? Current uses of computer-based self-help packages. Behavioural and Cognitive Psychotherapy, 2004, 32:1, 57-65.

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