



Treatment Companion Apps by US Department of Veterans Affairs National Center for PTSD | Mental Health Services



<http://www.ptsd.va.gov/PTSD/public/materials/apps/>



ACT Coach



ACT Coach is for people who are participating in Acceptance and Commitment Therapy (ACT) under the guidance of a healthcare professional. The app is designed to support participation in treatment and help providers offer a consistent treatment experience.

ACT Coach provides six mindfulness exercises to practice the core ACT concepts of acceptance and willingness; tools to help the patient identify personal values and take concrete actions to live by them; and logs to help the patient keep track of useful coping strategies and willingness to practice.



CBT-i Coach



CBT-i Coach is for use by people who are having difficulty sleeping and are participating in Cognitive Behavioral Therapy for Insomnia (CBT-i) treatment guided by a healthcare professional.

CBT-i Coach provides a sleep diary for convenient daily logging of sleep habits; assessment of insomnia severity using a validated measure (ISI), with a graph to view progress; comprehensive educational materials about sleep and healthy sleep habits; dynamic tools to improve sleep, including relaxation exercises and sleep hygiene recommendations; and customizable reminders for sleep scheduling and treatment adherence.



CPT Coach



CPT Coach is for people who are participating in Cognitive Processing Therapy (CPT) under the guidance of a healthcare professional. The app is designed to support participation in treatment, help the patient manage CPT worksheets and homework, and help providers offer a consistent treatment experience.

CPT Coach supports both of the common forms of CPT therapy. The app provides assignments for each therapy session, digital versions of the protocol worksheets, the CPT handouts to support education presented in therapy, and an assessment for tracking symptoms and progress.



PE Coach



PE Coach is for people currently in Prolonged Exposure (PE) therapy, an evidence-based therapy for post-traumatic stress disorder. The app is designed to support participation in treatment and help providers offer a consistent treatment experience.

PE Coach guides the patient through the exercises assigned by the therapist and allows the patient to track and record their progress in treatment. The app provides exercises, such as controlled breathing, to help tolerate and decrease distress. Additionally, the patient and therapist can audio record sessions directly onto the patient's phone for review later as part of treatment.



Stay Quit Coach



Stay Quit Coach is designed for people participating in Integrated Care for Smoking Cessation guided by a healthcare professional.

Stay Quit Coach helps with smoking cessation by providing people plans and tools for coping with urges to smoke, motivational messages and personalized information about the benefits of staying quit, perspectives and coping tools for those who smoke after their quit date, educational materials about quitting smoking, and reminders to take any medications or nicotine replacement therapies.