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Další pomoc najdete na internetu na cbt-self-help-therapy.com. Skupina CBT Self-Help Therapy nabízí na internetových stránkách léčbu stresu vycházející z knihy *The Relaxation & Stress Reduction Workbook*. Interaktivní program mohou použít klienti pracující samostatně, jejich terapeuti mohou sledovat jejich práci na zabezpečeném serveru. Jiné moduly CBT Self-Help Therapy nabízejí léčbu úzkosti, deprese, hněvu a obtížné regulace emocí.