

# Peer-to-Peer Psychotherapy Tools

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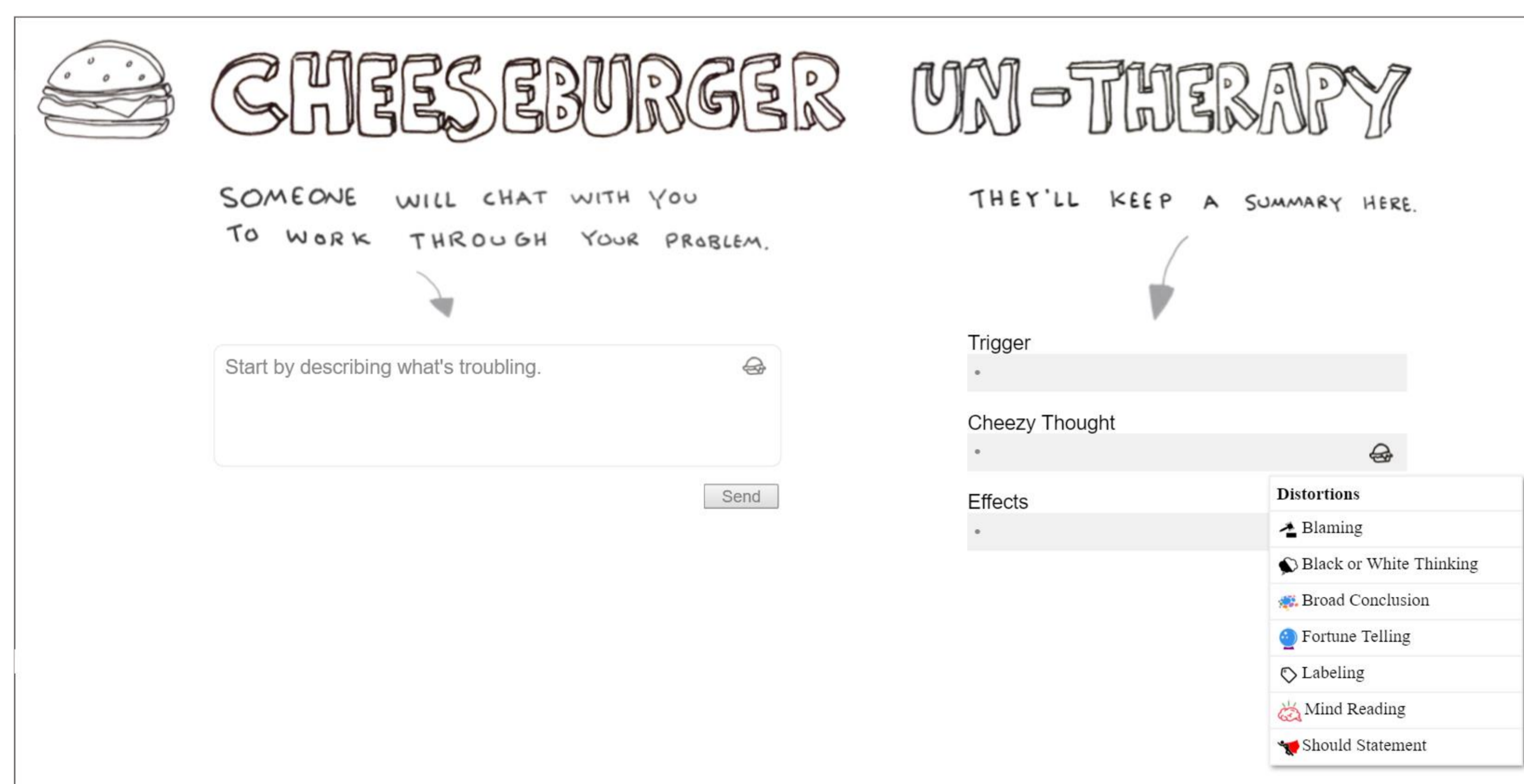
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Online and mobile tools have the potential to make the **benefits of psychotherapies widely available**.

However, most tools are not designed for peers to help each other in **supportive conversations**.

We introduce two peer-to-peer therapy tools for peers to **practice skills together** that promote mental health.



*Cheeseburger Un-Therapy* is an online tool for peers to have supportive conversations using **cognitive techniques**.

Helpers are trained to elicit and empathize with **thoughts, feelings, and behaviors**.

Users work in **supportive pairs** to find a troubling thought and brainstorm alternatives.

*If you want to try these tools, give feedback, or learn more, please contact Katie O'Leary at [kathlo@uw.edu](mailto:kathlo@uw.edu).*



*Chatback* is a **mutual help** tool that prompts both users to disclose a troubling situation and to clarify each other's thoughts, feelings, and motivations.

We use **rapid prototyping** techniques to explore this design space, yielding insights for psychotherapy and design.