Tranquility by *Inkblot*

Tranquility by Inkblot uses internet-based cognitive behavioural therapy (iCBT) to help people experiencing mild to moderate anxiety and depression take control of their mental health. Using a CBT framework, this self-guided digital program helps individuals develop positive coping strategies and reduce life-disrupting symptoms through psychoeducation, goal setting, cognitive skill building, behavioural skill building, and problem-solving.

Tranquility consists of two nine-session programs for anxiety and depression, which can be combined into one 12-session program for individuals wishing to address both. Employees begin by learning more about their anxiety and depression and creating personalized goals to work towards throughout the program. Employees then go through a series of modules related to learning how to challenge their thoughts and have more balanced thinking.

Employees in the anxiety program will learn behavioural skills related to exposure therapy (or facing their fears), and employees in the depression program will learn activity tracking and behavioural activation skills. All employees will complete the program with a module on further problem-solving skills and a module encouraging reflection and planning for the future. Employees are encouraged to complete a weekly module for approximately 9-12 weeks. However, the material is designed to be flexible to accommodate employees' varying needs and schedules.

Tranquility's self-guided program also includes digitized motivational interviewing throughout the program to help employees harness their internal motivation to continue with the program weekly. Designed for adults over the age of 18, the program is accessible both by desktop and mobile companion app.

Inkblot