

**Secure Nest: An e-Health Tool for Schema Therapy**

Secure Nest is an e-Health tool which is designed specifically to complement Schema Therapy. Secure Nest provides a collaborative workspace for therapists to support their clients using schema therapy based on the schema mode model. Clients and therapists have reported benefits of Secure Nest, which include:

* Meeting clients' needs between sessions
* Providing a sense of ongoing contact, connection and sharing
* Facilitating mode awareness and reflection in the moment
* Self-monitoring and tracking therapeutic progress
* Ease of access to therapy tools and organisation of information
* Contributing to collaboration and a sense of togetherness

Secure Nest is a resource which can enhance therapeutic work. For more information or to register for a free trial account, please visit: [https://www.securenest.org](https://www.securenest.org/)

