

Empowering teams to deliver effective therapy more easily.

Evidence-based resources that support consistent, high-quality care.

Psychology Tools supports teams with hundreds of evidence-based resources that improve efficiency, enhance effectiveness, and reduce preparation time. Developed by highly qualified psychologists, our platform helps organizations deliver consistent, on-model care across clinicians and settings.



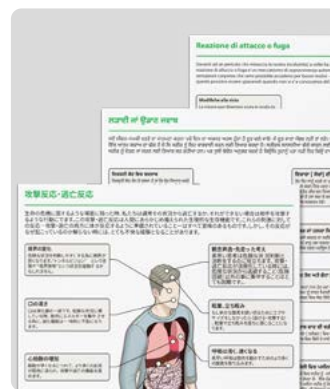
Tools you can trust.

Why Psychology Tools?

- **Save time and support clinical efficiency.**
Ready-to-use materials designed for immediate use in session – reducing preparation time across your team.
- **Evidence-based content made practical for clients.**
Proven psychological interventions translated into clear, client-friendly materials that make therapeutic concepts easier to understand and apply.
- **Support for every stage and setting of therapy.**
Resources for planning sessions, skills development, guiding homework, and supporting clients across telehealth, in-person, and self-practice formats.
- **Designed to enhance client engagement.**
Accessible materials that help clients grasp key therapeutic concepts and stay engaged in their work between sessions.
- **Built-in guidance for professional development and supervision.**
Therapist instructions and theoretical context that deepen clinical understanding and support consistent, best-practice and on-model delivery.

500+ ready-to-use behavioral health resources, all in one place. Including:

- **350+ worksheets, information handouts, and exercises.** Promoting self-monitoring, goal setting, and measurable progress. Available in printable, fillable, and editable formats to suit different workflows.
- **45 *Treatments That Work*™ titles** from Oxford University Press.
- **30+ workbooks and guides** covering complex topics, skills development, and psychoeducation to support structured, consistent care.
- **10+ hours of audio therapy.** Professionally recorded skills focused exercises to support sessions, homework and self-practice.
- **3,700+ translated resources in 70+ languages** make materials accessible to clients in their native language.
- **Professional and client resource packs.** Including theoretical context, clinical guidance, prompts to strengthen practitioner confidence and consistency.
- **Email a client.** Securely send any file to clients directly from the platform.
- **Licensed to share.** Team accounts enable all named clinicians to use and share resources with clients.



Enhancing Your Behavioural Healthcare

Trusted by clinicians and leaders worldwide

Psychology Tools is relied on by thousands of clinicians, teams, students and organizations around the world to support evidence-based therapy, including over 80% of UK NHS Mental Health Trusts.

Create more time for client care

- Reduce time spent sourcing, creating, or adapting therapy resources, and feel better prepared for every session.
- We know the impact that high quality resources can make to treatment. Quickly find the right materials for session planning, group therapy, skills development, psychoeducation, and self-practice.

Flexible for all settings and stages

- Suitable for high- and low-intensity interventions, including CBT, schema therapy, ACT, and integrative approaches.
- Ideal for all stages of the therapeutic process: use standalone resources or construct whole treatment plans with assessment, formulation, and intervention tools.
- Versatile materials enable personalized treatment plans and different styles of care, or choose to follow structured step-by-step protocols with *Treatments That Work*™ books.

Seamless integration

- Ideal for in-person and remote therapy – secure email-a-client sharing feature, and fillable PDFs, perfect for working online, individually or collaboratively.
- We know teams are dynamic so you can easily reassign or add licenses as roles evolve.

Support clients in their own language

- Offering the world's largest library of 3700+ multilingual therapy resources, including worksheets, exercises, and handouts in 70+ languages. These resources are professionally translated by mental health experts to ensure conceptual accuracy and cultural relevance.
- Consistent formatting across all languages makes them easy to use in sessions, helping therapists support clients in their native language, improving understanding, engagement, and therapeutic outcomes.

Facilitate adoption and engagement

- Through onboarding sessions, training and our customer support service we help your teams to make the most of our resources and incorporate them into their practice.

Take data protection seriously

- Our platform is HIPAA and GDPR-compliant and aligns to ISO 27001;2022. We are Cyber Essentials certified and built with the needs of enterprise healthcare providers in mind. No PHI or PII is stored by Psychology Tools.

Worksheets, information handouts, and exercises



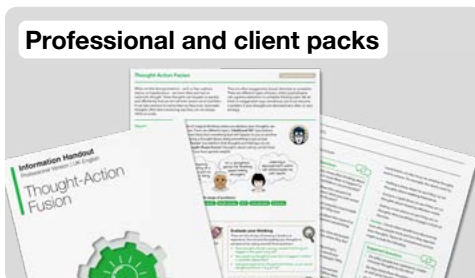
Multilingual translations



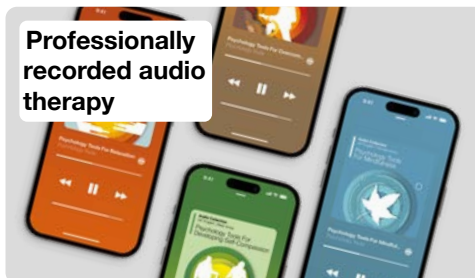
Detailed skills development and psychoeducation guides



Professional and client packs



Professionally recorded audio therapy



Fillable, editable formats



Key Resources

***Treatments That Work™* titles**

These are structured treatment programs written by leading psychologists, providing step-by-step procedures for delivering evidence-based interventions. Titles include *Mastery of Your Anxiety and Worry*, and *Unified Protocol for Transdiagnostic Treatment of Emotional Disorders*.

Cognitive distortions series

This covers 20 of the most clinically relevant thinking biases, including unique psychoeducation and practical strategies to manage difficulties.

‘Understanding...’ series

Our range of psychoeducation guides covers common mental health conditions. Friendly and explanatory, they’re a comprehensive source of information for clients.

Developing Self-Compassion audio collection

This professionally recorded audio collection guides clients through an empirically-supported program of compassionate mind training (CMT).

Values: Connecting To What Matters guide

This practical self-help guide introduces a key cornerstone of acceptance and commitment therapy (ACT) and encourages readers to take actionable steps to live in line with their values.

Schema series

20+ information handouts explain the core concepts in schema therapy and early maladaptive schemas (EMS). They are designed to make schema therapy more accessible for clients, and help clinicians work more effectively with EMS.

Categories And Domains We Address

Problems

Addiction
Anger
Anorexia
Anxiety
Assertiveness
Audiology
Bipolar disorder
Body dysmorphic disorder (BDD)
Bulimia
Depression
Dissociation
Eating disorders
Fatigue
Generalized anxiety disorder (GAD)
Grief and loss
Health anxiety
Interpersonal relationships
Memory
Obsessive compulsive disorder (OCD)
Pain
Panic attacks and panic disorder
Personality disorder

Procrastination
Psychosis
Post-traumatic stress disorder (PTSD)
Self-esteem and self-criticism
Shame
Sleep
Social anxiety
Stress
Suicide and self-harm
Therapies
CBT
ACT
CFT
EMDR
Schema therapy

Techniques

Affect regulation
Behavioral activation
Behavioral experiments
Case conceptualization
Cognitive restructuring
Distraction
Exposure
Forgiveness
Functional analysis
Grounding
Imagery
Mindfulness
Psychoeducation
Relapse management
Relaxation
Self-compassion
Self-monitoring
Thought records

Mechanisms

Ambivalence
Avoidance
Cognitive distortion
Conditioning
Intolerance of uncertainty
Intrusive memory
Intrusive thought
Perfectionism
Psychological inflexibility
Rumination
Safety behaviors
Schema maintenance
Selective attention
Self-criticism
Skills deficit
Worry

What Our Customers Say



**Clinical Director and Founder
of Redwood Counseling,
United States**

Tobias Desjardins, LCSW



**NHS: Essex
Partnership University
Trust, UK**

Nancie Prud'homme

Why we use Psychology Tools

"In our practice, we believe therapists should be equipped with the best tools to match client needs. When starting work with a client experiencing depression, for example, we introduce key resources like the "Overcoming Depression" workbook early on and having this huge toolkit available allows us to personalize our approach. Therapists can quickly select and send specific, relevant worksheets and chapters to avoid overwhelming clients, which increases the likelihood of engagement."

Supporting clinical compliance and documentation

"With evolving expectations from insurers and auditors, it's more important than ever that therapists demonstrate the use of recognized, evidence-based treatments. Psychology Tools helps our team stay aligned with best practices and equips us to defend our clinical choices in chart audits or reviews."

Ease of use and therapist empowerment

"The platform is intuitive and easy to navigate. Our team can instantly find what they need, whether it's a detailed workbook or a brief skills handout. They can confidently share materials that meet clients where they are, from highly motivated workbook users to those needing short-form guidance."

Time-saving, high-quality resources

"We began using Psychology Tools because we didn't have the time to prepare detailed, high-quality materials ourselves. Working across different modalities and therapeutic approaches, it's invaluable to have a trusted library of resources we can easily access. The quality is consistently high, which gives us confidence in what we're sharing with clients."

Professional, editable, and multilingual

"We trust the materials because they're developed by professionals, and both the professional and client versions are well-designed and clear. While we could create our own resources, they simply wouldn't look as good. It's also a bonus that the resources are editable, which helps especially when working with interpreters or clients who need materials in other languages."

Interested in Psychology Tools for your organization?

Contact us at hello@psychologytools.com
to find out more or book a demo.

Visit us at psychologytools.com

