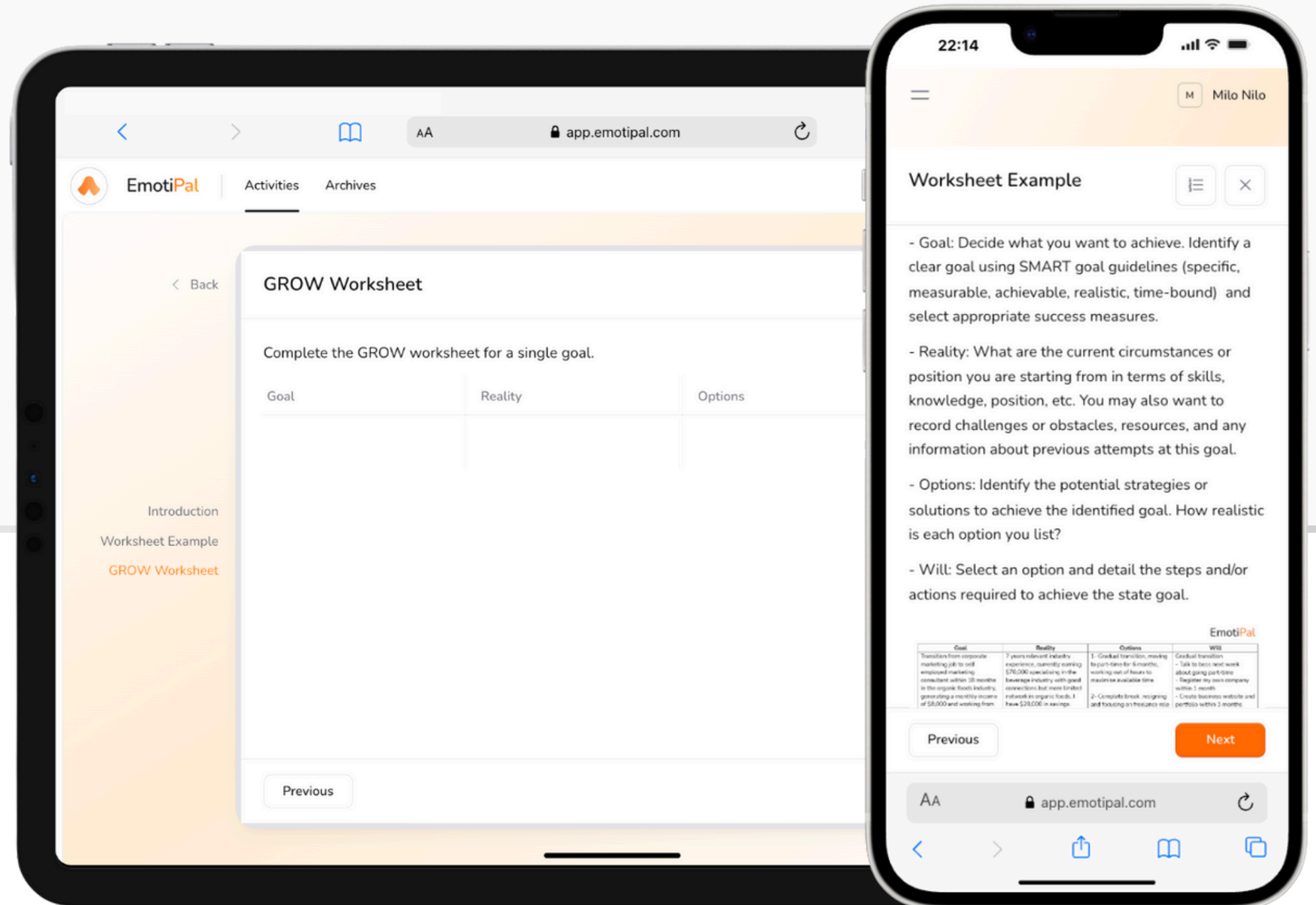




EmotiPal

Client Portal Overview



What is EmotiPal

EmotiPal is a shared online space where professionals and clients work together.

Professionals create personalised, interactive exercises that can be explored together, completed by the client at their own pace, and revisited easily on any device.



PRIVATE AND SECURE

Your data is encrypted and visible only to you and your professional.



PERSONALISED

Each activity can be tailored to your needs by your professional.



ACCESSIBLE ANYTIME

Access your activities online, on any device: phone, tablet, or computer.



FREE FOR THE CLIENT

If you're invited by a professional, they cover the subscription cost.

What Clients can do with EmotiPal

COMPLETE ACTIVITIES

Check in, fill in exercises and answer questions using any device.

REFLECT BETWEEN SESSIONS

Revisit past activities and reflect on the journey

COLLABORATE

Collaborate with their professional across all shared activities

Activities

Thought Record	>
New!	
Activity scheduling	>
20 minutes ago	
Behavioral activation	>
2 days ago	
Mindfulness relaxation	>
1 week ago	

How to start

1

ACCEPT THE INVITATION

Your professional will send you a link via email or whatsapp to confirm your account.

2

CREATE A PASSWORD

Your account will remain private. Do not share your password with anyone.

3

START YOUR FIRST ACTIVITY

If your practitioner has already assigned an activity, you'll see it when you open the app. If no activity hasn't shown up yet, don't worry - your practitioner will inform you.