

The Innovation & Collaboration Centre (ICC) is the University of South Australia's startup incubator.

The ICC engages with the community through the delivery of community events, workshops and programs which draw on the research and professional expertise of UniSA and our partners, to support the generation of new startups and the growth of existing companies.

The ICC is headquartered in Adelaide and has a regional centre in Whyalla, South Australia.

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FURTHER INFORMATION

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Essential online tools to support schema therapy



BENEFITS

- Supports clients in the moment (between sessions), centralising access to therapy tools and resources
- Strengthens the therapist-client relationship by providing a sense of connection between sessions
- Inbuilt protocols act as an efficient framework for therapists to intensify therapy
- Tracks client progress and communication, assisting measuring outcomes.

BACKGROUND

Secure Nest is an online mental health platform designed to support those seeking help to change their negative thinking and behavioural patterns. Their mission is to increase the accessibility of schema therapy to enrich the wellbeing of individuals. They provide a range of tools and exercises, which empower individuals to change negative life patterns and get their core emotional needs met in everyday life.

Secure Nest was founded in South Australia, but has the potential to make a global impact. Over the past two years the team has expanded, with two team members in Australia and two in the Netherlands. They have aspirations to reach those who need help around the world and use the technology to leverage the resources they have to serve this greater community.



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TECHNOLOGY

The web application provides a collaborative workspace for therapy and a comprehensive self-education program for individuals. They have developed an extensive library of educational and protocol-based material through using this platform.

POTENTIAL MARKETS

Secure Nest's biggest market is those with lifelong mental health difficulties who often do not have access to the therapy they needed due to financial barriers, limited availability of therapists and difficulty attending appointments. The product also serves those stuck in cycles of destructive behaviour, which have a significant impact on their lives in all areas. Unfortunately, those who are most vulnerable do not get the support they need to enhance their mental health and wellbeing.

Research shows 6.5% of adult Australians have a personality disorder and that figure ranges between 3% and 15% around the world. The entry point to serving these individuals is through leveraging schema therapy and schema therapists of which we estimate there are more than 1,000 in Australia and over 10,000 around the world.

The initial target is specifically therapists who provide schema therapy under Medicare limitations. The team have developed a 10-session protocol and are offering workshops to integrate Secure Nest into therapy.

PARTNERING OPPORTUNITIES

The team are interested in speaking with therapists, psychological practices or organisations who have a shared interest in finding ways to help those with lifelong mental health difficulties, including those who work with personality-disordered clients.

 securenest.org

 [secure_nest](https://twitter.com/secure_nest)