

The client journey

From first download to steady practice.

Dr Sarah Anticich • Clinical & Organisational Psychologist • Auckland • Christchurch • Queenstown • Telehealth • Journey map

THE EXPERIENCE

One framework, *seven moments*.

EF | Health — DGBI applies the Executive Frame™ to gut-brain conditions. Not wellness — a practical system for holding capacity while your gut-brain axis recalibrates. This map shows the whole journey: what happens at each stage, and which tool carries it.

01 Discover

STARTER BUNDLE • FREE

Three tools and the mechanism behind them. If a one-minute breath practice moves your symptoms even slightly, the framework has already proved its premise — your system responds to how it is run.

02 Assess

TRIAGE SELF-ASSESSMENT • SCORED /64

Sixteen items across four domains map where the gut-brain cycle has taken hold — and the banded result points to the right entry tier: self-directed, group, or clinical.

03 Begin

S.H.F.T.™ PROTOCOL CARD

One reliable interrupt, rehearsed before it is needed. Stop › Hold › Focus › Take Action › + Plus.

04 Practise

C³ LOOP™ DAILY PRACTICE • ZONE CHECK-IN • TRACKING LOGS

The daily spine. Ten minutes across Centre › Clarify › Choose, a one-minute state reading, and two minutes of data each evening.

05 Deepen

TOOL LIBRARY WORKBOOK • 18 TOOLS

The full toolkit, worked one tool a fortnight — kept or retired on evidence, distilled into a personal working kit.

06 Programme

ELEARNING PROGRAMME • SIX MODULES

The guided curriculum — one module a week, tools embedded, a practice assignment between each. Wraps the whole system in structure, with the group series or individual care alongside where triage indicates.

07 Maintain

WORKING KIT • WEEKLY REVIEW

Daily loop, weekly review, kit revisited quarterly. Relapse readiness is built in — early-warning signatures and a flare plan you wrote from your own data.

TOUCHPOINTS

Where each moment *happens.*

SELF-DIRECTED

The library

Download, print, practise. Every document in this set stands alone and joins the system.

GUIDED

The programme

eLearning modules, group series, and the introductory workshop — released in sequence.

CLINICAL

The rooms

Individual consultations — Auckland, Christchurch, Queenstown, and telehealth.

THE ORDER OF OPERATIONS

Every stage runs the same sequence — centre, clarify, choose — because recovery obeys an order: a settled system before clear thinking, clear thinking before deliberate choice. *The consistency is the treatment.*

THE SET

Eight documents travel with this map: starter bundle • triage self-assessment • S.H.F.T.™ protocol card • C³ Loop™ daily practice • zone check-in • tracking logs • tool library workbook • eLearning programme guide.