

YOU ALREADY KNOW THE SKILL.

STRESS JUST MAKES IT
HARD TO REACH.

Scan here the next time your chest tightens, your thoughts
loop, or your brain won't switch off.



STRUA.APP

Free. Private. No account
needed to start.

CLIENTS DON'T FORGET THE SKILL. THEY LOSE ACCESS TO IT.

✓ **IN SESSION**
Names the cognitive distortion in seconds

✗ **11:47 PM**
Can't remember any of it

✓ **IN SESSION**
Walks through box breathing easily

✗ **MID-PANIC**
Can't remember where to start

✓ **IN SESSION**
Leaves with a clear sleep plan

✗ **2 AM**
Opens Instagram instead

THAT GAP IS THE PROBLEM. NOT INSIGHT — ACCESS.

A retrieval tool doesn't teach a new skill. It puts the one you already practiced one tap away, in the moment the nervous system can't go looking for it.

WHY THERAPISTS USE IT

Because insight is not the same thing as access.

Because practice in session is not the same thing as retrieval under stress.

Because most clients don't need another explanation — they need a way to reach what they've already learned.

YOU ALREADY KNOW THE SKILL. STRESS JUST MAKES IT HARD TO REACH.

Your therapist gave you this. Strua is a free app of small, structured tools for the moment you're overwhelmed and can't reach what you practiced together. Not to replace our work — to be there in between.

WHAT IT IS

The same kinds of exercises we practice together — breathing, grounding, working with a looping thought. No chatbot. No streaks. Nothing that turns a hard day into a game.

YOUR PRIVACY

What you do in Strua stays on your device. I won't see your activity — there's nothing for me to track. It's yours.

OPEN IT THE NEXT HARD MOMENT

STRUA.APP

Start with whatever matches how you feel right now. The core tools are free, always.



IT'S NOT A REPLACEMENT FOR OUR WORK — IT'S SOMETHING STEADY TO REACH FOR IN BETWEEN.

✂ CARDS FOR THE MOMENT IT GETS HARD

Cut along the dashed lines and hand one to a client when a tool fits what you just practiced. They scan it in the room, so it's already on their phone when the moment comes.

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WHEN YOUR CHEST GOES TIGHT

SCAN, THEN TRY
BOX BREATHING



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WHEN YOU'RE TOO FLOODED TO THINK

SCAN, THEN TRY
5-4-3-2-1 GROUNDING



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WHEN THE SAME THOUGHT KEEPS LOOPING

SCAN, THEN TRY
THOUGHT RECORD



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WHEN YOUR BODY WON'T LET GO

SCAN, THEN TRY
BODY SCAN



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WHEN YOU CAN'T SWITCH OFF AT NIGHT

SCAN, THEN TRY
SLEEP TOOLS



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WHEN YOU KNOW WHAT TO DO BUT CAN'T REACH IT

SCAN, THEN TRY
START ANYWHERE



CLINICIAN ACCESS PROGRAM

YOUR CLIENTS LEAVE SESSION UNDERSTANDING THE SKILL — THEN LOSE ACCESS TO IT THE MOMENT STRESS HITS.

I'm Dr. Nicholas Gehle, a licensed clinical psychologist. I built Strua between my own sessions because I kept seeing the same thing: the work lands in the room, and then a flooded nervous system can't reach it on a Tuesday night. Strua is the bridge — structured tools your clients can actually get to in the moment, built on the approaches you already use.

THE PROMISE, FIRST

Free clinician access. No referral requirements. No affiliate program. No tracking of who sends whom.

This is an evaluation program, not a kickback. Your clients' privacy, and yours, is the entire point.

WHAT YOU GET

Free Pro access with no time limit, this client packet (poster, cards, the handout), the Sleep Toolkit, and early access to new Therapist Packs as they ship.

IF YOU ALSO RUN A PRIVATE PRACTICE

I built a free website Recognition Score that shows what a new client — and an AI — can tell about your practice in seconds: struapractice.com. A gift, not a pitch.

JOIN FREE AT [STRUA.APP/CLINICIANS](https://strua.app/clinicians)

Dr. Nicholas Gehle, Psy.D. · Licensed Clinical Psychologist · dr.g@strua.app