**Digital guided therapy for complex post-traumatic stress disorder (CPTSD) and prolonged grief disorder (PGD)**

**Background:**Evidence-based treatments for complex post-traumatic stress disorder (CPTSD) and Prolonged Grief Disorder (PGD) are not widely available. There are therapies that show promise, but face-to-face delivery requires significant input from therapists with specialist training, which limits the scope for dissemination of these interventions at scale.
**Objective:**To develop and pilot digital guided therapies for CPTSD and PGD, based on Enhanced Skills Training in Affective and Interpersonal Regulation (ESTAIR) for CPTSD and Cognitive Behavioural Therapy (CBT) for PGD.
**Method:**Digital interventions for CPTSD (Spring CPTSD) and PGD (Spring PGD) were co-designed with input from both individuals with lived experience and mental health professionals. These interventions are currently being pilot tested with individuals seeking treatment for CPTSD or PGD.
**Results:**We will present both qualitative and quantitative data from the ongoing pilot studies, which will be used to evaluate the feasibility, user engagement, and potential efficacy of the digital interventions.
**Conclusions:**Digital guided therapy holds promise as a scalable solution for providing accessible interventions for CPTSD and PGD, addressing critical gaps in mental health care provision.