

Education & Self Management Resources

COGNITIVE BEHAVIOUR THERAPY (CBT)

Cognitive behavioural therapy (CBT) describes a talk therapy (psychotherapy, counseling) that helps you feel better by changing the way you think (cognitive) and what you do (behaviour). Unlike other talk therapies, CBT focuses on here and now problems and practical solutions instead of trying to deal with problems in the past. CBT is a short term treatment with sessions once a week for 8 to 20 weeks. Many studies have shown that CBT is effective for depression and anxiety and other conditions.

CBT WORKBOOKS

- **Mind Over Mood** by Dennis Greenberger, PhD & Christine Padesky, PhD. Guilford Press, 1995, about \$20.
- **Antidepressant Skills at Work** by Dan Bilsker, PhD, Merv Gilbert, PhD & Joti Samra, PhD. *Provincial Health Services Authority*, 2008, 64 pages. Available for free download at carmha.ca/antidepressant-skills/work/
- **The Anxiety & Phobia Workbook** by Edmund J. Bourne. *New Harbinger Publications*, 2005, \$20

IN-PERSON

- **Changeways**, a group-based program for CBT provided by many local mental health centres – check the blue pages in the telephone directory. Also offered privately at Changeways Clinic, 604-871-0490, changeways.com
- **BC Psychological Association** has a searchable referral list at psychologists.bc.ca
- Another useful **directory for counseling** can be found at counsellingbc.com

HELPFUL WEBSITES / ONLINE RESOURCES

- heretohelp.bc.ca/publications/toolkits

The BC Partners “toolkits” are currently 6 manuals to help you build knowledge and practice skills to manage a mental health or substance use problem or support a loved one to do so. All of them are profiled in the Learn Skills section by topic area or by publication name below:

- Anxiety Disorders Toolkit
- Depression Toolkit
- How You Can Help: A Toolkit for Families
- Mental Disorders Toolkit
- Problem Substance Use Workbook
- Wellness Modules

Free interactive websites with cognitive behavioural techniques:

- **Mood Gym** (from Australia), moodgym.anu.edu.au
- **Living Life to the Full** (from Scotland), livinglifetothefull.com
- **Canadian Mental Health Association** cmha.bc.ca/bounceback

Bounce Back offers two forms of help. The first is a DVD, entitled Living Life to the Full (website listed above) which provides practical tips on managing mood, healthy living, building confidence and activities, and problem solving.

The second is a guided self-help program in which a community “coach” provides telephone support in a structured program to improve your emotional well-being.

CRISIS LINE 1-800-SUICIDE or 1-800-784-2433

LOCAL RESOURCES
