

Clinician Assisted Bibliotherapy (CAB) Program

Funded by the Ministry of Health's Ontario Structured Psychotherapy program, the Canadian Mental Health Association, York Region and South Simcoe, provides Clinician Assisted Bibliotherapy (CAB) as a self-guided, fast-access psychotherapy option for adults (18+) experiencing:

- Low mood
- Generalized anxiety
- Social anxiety

About the Clinician Assisted Bibliotherapy (CAB) Program

You will receive a free cognitive behavioural therapy (CBT) self-help guide specific to your concern, such as Mind Over Mood, with a standardized plan for session-by-session reading and exercises (hard copy or electronic). Participants are required to complete exercises in the self-help guide between sessions. Once a week you'll have a 30-minute treatment session over the phone with a CBT Clinician. Each session includes checking in on your mood through weekly questionnaires, discussing what you learned through your readings and exercises, and updating your plan of action for the next week.

More information about what to expect based on your individual needs:

Depression

- Six to eight scheduled phone therapy sessions
- You will receive a free copy of the Mind over Mood workbook. The chapters and exercises in this workbook will help you to better understand and manage your symptoms of depression.
- Chapters in the workbook will give you a more in-depth understanding of depression, the connections between situations, thoughts, behaviours, physical sensations, and moods, and how changing one of those aspects can positively influence the other aspects of your life.

Social Anxiety

- Six scheduled phone therapy sessions
- You will receive a free copy of the Shyness and Social Anxiety Workbook.
- Through your reading materials, you will learn step by step techniques for overcoming your fear and better understand it by looking at the connections between situations, thoughts, behaviours, physical sensations, and moods. You will also learn how changing one of those aspects can positively influence the other aspects of your life.

Generalized Anxiety

- Six scheduled phone therapy sessions
- You will receive a free copy of the Generalized Anxiety Disorder Workbook.
- Through your reading materials, you will learn how to cope with uncertainty, worry, and fear by looking at the connections between situations, thoughts, behaviours, physical sensations, and moods. You will also learn how changing one of those aspects can positively influence the other aspects of your life.

To sign up for the Clinician Assisted Bibliotherapy (CAB) program, visit cmha-yr.on.ca/osp or speak to your primary care provider. For more information, email osp-referral@cmha-yr.on.ca.