

Rebalance^{MD}

Cognitive Behavioural Therapy

CBT is a therapeutic intervention that has a wealth of research to support its benefits in treating pain, mental health issues, and others. In fact, CBT is as effective as antidepressants in treating people with mild to moderate depression. This practical therapy helps participants explore the relationship between their thoughts, feelings and actions. Addressing thought distortions and unhealthy coping behaviours helps people expand their options, move forward in their lives, and better regulate their emotions. Group CBT courses are offered through the Divisions of Family Practice (on referral from your doctor) and covered by MSP.

Here's a helpful intro: <https://www.divisionsbc.ca/victoria/resources/mhsu-program/cbt-skills-group>

These courses are also currently on hold due to COVID-19. But you can start exploring cognitive therapy on your own and start getting the benefits.

Here's a helpful and free online workbook called Positive Coping with Health Conditions. It was funded through SFU and Vancouver Coastal Health Authority:

<https://psychhealthandsafety.org/pcwhc/>.

The more detailed Antidepressant Skills Workbook is here:

<https://psychhealthandsafety.org/asw/>

Check out the website anxietycanada.com and the associated app: MindShiftCBT. These are helpful even if you're not feeling anxious.

Mood Gym is an interactive website developed at the Australian National University. It is available for a small yearly fee. <https://moodgym.com.au/>