

Self-Help Psychoeducation Books & Workbooks (Continued)

Anxious Thoughts Workbook for Teens, The. David A. Clark, 2022.

Assertiveness Workbook, The (2nd edition). Rand J. Paterson, 2022.

Cognitive Behavioral Coping Skills Workbook for PTSD: Overcome Fear and Anxiety and Reclaim Your Life, The. Matthew T. Tull, Kim L. Gratz, et al., 2016.

Cognitive Behavioral Therapy for Anxiety and Depression During Pregnancy and Beyond. Sher I M. Green, Benicio N. Frey, et al., 2018.

Cognitive Behavioral Workbook for Menopause, The. Sher I M. Green and Rand E. McCabe, 2012.

Generalized Anxiety Disorder Workbook: A Comprehensive CBT Guide for Coping with Uncertainty, Worry, and Fear, The. Melisa Robichaud and Michel J. Dugas, 2015.

Helping Your Anxious Child, Second Edition. Ronald M. Rapee, Ann Signall et al. 2008.

Mastering Fear and Phobias: Fourth Edition: Workbook. Martin M. Antony and Michelle G. Craske, et al., 2006.

Mindfulness for Beginners: Reclaiming the Present Moment and Your Life. Jon Kabat Zinn, 2016.

Mind Over Mood: Change How You Feel By Changing the Way You Think (2nd edition). Dennis Greenberger and Christine A. Padesky, 2016.

Overcoming Fear of Heights. Martin M. Antony and Karen Rowa, 2007.

Overcoming Health Anxiety: Letting Go of Your Fear of Illness. Katherine Owens, and Martin M. Antony, 2011.

Overcoming Medical Phobias. Martin M. Antony and Mark A. Cratling, 2015.

Quiet Your Mind and Get to Sleep: Solutions to Insomnia for Those with Depression, Anxiety or Chronic Pain. Colleen Carney and Rachel Manber, 2009.

Shyness & Social Anxiety Workbook, The. Martin M. Antony and Richard P. Swinson, 2017.

When Perfect Isn't Good Enough, Second Edition. Martin M. Antony and Richard P. Swinson, 2009.

Worry Workbook: CBT Skills to Overcome Worry and Anxiety by Facing the Fear of Uncertainty, The. Melisa Robichaud and Kristen Buhr, 2018.

Worry Workbook for Kids: Helping Children to Overcome Anxiety and the Fear of Uncertainty, The. Muniya S. Khanna and Deborah Roth Ledley, 2018.

Therapist-Guided CBT

Find a Certified Therapist

Search for a certified CBT therapist near you on the Canadian Association of Cognitive and Behavioural Therapies (CACBT) website.

cacbt.ca/en/certification/find-a-certified-therapist

Ontario Structured Psychotherapy Program

Access OHIP covered CBT and related approaches for patients 18+ with mild to moderate anxiety and depression.

ontariohealth.ca/about-us/our-programs/clinical-quality-programs/mental-health-addictions/programs-resources

Internet-Based CBT (iCBT)*

MindBeacon

Mental health support, based on CBT, for adults aged 16+ who are dealing with stress, anxiety, depression and more.

mindbeacon.com

AbilitiCBT

An iCBT program from Morneau Shepell. Move through 10 structured online modules, at your own