

# Clinician-Assisted Bibliotherapy (CAB) Program

Ontario  
Structured  
Psychotherapy



Canadian Mental  
Health Association  
*Mental health for all*

The Canadian Mental Health Association, York Region and South Simcoe (CMHA YRSS), provides the Clinician Assisted Bibliotherapy (CAB) service as part of the Ontario Structured Psychotherapy (OSP) Program.

CAB is available to adults (18+) experiencing:

Depression & low mood

Generalized anxiety & worry

Social anxiety & performance fears

## About the Clinician Assisted Bibliotherapy (CAB) Program

CAB is a self-guided, fast access, psychotherapy program. You will receive a free cognitive behavioural therapy (CBT) self-help guide specific to your concern, such as Mind Over Mood: Change How You Feel by Changing the Way you Think, 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 how you're doing 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 and Low Mood

- Six to eight 30-minute scheduled phone therapy sessions
- You will receive a free copy of the Mind Over Mood: Change How You Feel by Changing the Way You Think 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 and Performance Fears

- Six 30-minute scheduled phone therapy sessions
- You will receive a free copy of The Shyness & Social Anxiety Workbook: Proven, Step-by-Step Techniques for Overcoming Your Fear.
- 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.

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## Generalized Anxiety and Worry

- Six 30-minute scheduled phone therapy sessions
- You will receive a free copy of *The Generalized Anxiety Disorder Workbook: A Comprehensive CBT Guide for Coping with Uncertainty, Worry, and Fear*.
- 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.

## How does it work?

- Contact from CMHA YRSS by phone from a private number or by email.
- Receive the workbook based on your preference: by email immediately or mail within 3 weeks. Your clinician will email you your first chapter to read so you can get started with reading as soon as you get it.
- Work through readings, activities and exercises independently
- Meet with your clinician for weekly 30-minute sessions for six to eight weeks



The Ontario Structured Psychotherapy (OSP) program is a stepped-care program, which means that clients are directed to the service that best meets their needs. If at any time, you and/or your coach feel that this service is not a good fit for your needs, you can be transferred to a more appropriate service within OSP, or depending on your needs OSP staff may suggest a different type of service outside of OSP.

Please have a conversation with your clinician about this if you would like to discuss this at any time.