

## Vancouver Cognitive Behavioural Therapy (CBT) Resources

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### PUBLICLY FUNDED CBT

#### Psychiatrists

Small number of CBT-trained psychiatrists

- [pathwaysbc.ca/specialties/35-Pathways](https://pathwaysbc.ca/specialties/35-Pathways)
- Need referral from family doctor
- Wait: months to years

**Bounce Back-** Trained ‘community coaches’ around workbook-based CBT self-help program

- [1-866-639-0522](tel:1-866-639-0522) | [cmha.bc.ca/wp-content/uploads/2016/05/BB-Physician-Primer2017-02-16.pdf](https://cmha.bc.ca/wp-content/uploads/2016/05/BB-Physician-Primer2017-02-16.pdf)
- Wait: days to weeks

#### Vancouver Hospital Mental Health and Substance Use Outpatient Services Groups

Accepting walk-ins, GP and ER referrals

- [604-675-3700](tel:604-675-3700) (Access & Assessment Centre, Segal Pavilion-ground level, 803 W12th)
- Wait: no current wait, as of June 2017

#### Family Services of Greater Vancouver

Individual counselling including CBT

- [604-874-2938](tel:604-874-2938) | [fsgv.ca](https://fsgv.ca)
- Cost: Sliding scale depending on income, starting at \$10 per session and increasing
- Wait for subsidized sessions: 5 months

#### UBC Counselling Service

- UBC students only

**WorksafeBC-** If patient's mental health illness is due to workplace trauma or significant stressor, a mental health claim may be appropriate.

Patient may be eligible for CBT and other resources. Medical Advisors in Mental Health Claims Unit can assist physicians claims process.

- [worksafebc.com/en/resources/health-care-providers/guides/frequently-asked-questions-mental-disorder-claims?lang=en](https://worksafebc.com/en/resources/health-care-providers/guides/frequently-asked-questions-mental-disorder-claims?lang=en)

**CBT tools for Family Physicians-** Family doctors support patients using CBT self-management tools for anxiety & depression through CBIS - Cognitive Behavioural Interpersonal Skills Manual (through Adult Mental Health Physician Support Program) or Antidepressant Skills Workbook (through CARMHA)

- [gpscbc.ca/what-we-do/professional-development/psp/modules/adult-mental-health/tools-resources](https://gpscbc.ca/what-we-do/professional-development/psp/modules/adult-mental-health/tools-resources)

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### PRIVATE CBT - GROUP CBT

#### Mood Disorders Association

- [604-873-0103 ext. 2](tel:604-873-0103) | [mdabc.net](https://mdabc.net)
- Cost: Group CBT \$300/ 8 sessions
- Wait: weeks to months

#### UBC Graduate Student Training Clinic,

**Department of Psychology-** CBT-focused by supervised psychology graduate students

- [604-822-3005](tel:604-822-3005) | [clinic.psych.ubc.ca/about](https://clinic.psych.ubc.ca/about)
- Cost: \$10-50/session
- Wait: weeks to months

**Mindful Living BC-** Evidence-based program that combines CBT with meditation and mindfulness practice. Based on the Kabat-Zin program. Two groups available: mindfulness-based CBT (depression) or mindfulness-based stress reduction (MBSR) (anxiety)

- [604-787-6100](tel:604-787-6100) | [mindful-living.ca](https://mindful-living.ca)
- Cost: \$300/ 8 sessions, some insurers cover
- Wait: weeks, runs quarterly

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## PRIVATE CBT - INDIVIDUAL CBT

### Psychologists with specific training in CBT

- BC Psychological Association search engine: [psychologists.bc.ca/find\\_psychologist\\_full](https://psychologists.bc.ca/find_psychologist_full)
- Directory of Canadian accredited CBT providers: [cacbt.ca/en/credentialed-cacbt-actcc-members](https://cacbt.ca/en/credentialed-cacbt-actcc-members)
- Cost: \$150 + per session (Insurance benefits cover up to \$500 with referral)
- Wait: days to weeks

### Clinical Counsellors

Specific training in CBT

- [counsellingbc.com/counsellors/approach/cognitive-behavioural-therapy-cbt-191/location/vancouver-32](https://counsellingbc.com/counsellors/approach/cognitive-behavioural-therapy-cbt-191/location/vancouver-32)
- Cost: \$80-185 per session
- Wait: days to weeks

### Mood Disorders Association

- [604-873-0103 #2](https://604-873-0103#2) | [mdabc.net](https://mdabc.net)
- Cost: Individual CBT- \$80/ 50 min session, with student provider -\$50/ 50 min session
- Wait: none to days

### LEAP Clinic CBT for children and youth

- [leapclinic.ca](https://leapclinic.ca)
- Wait: weeks

### Vancouver CBT Clinic

Psychologists specializing in CBT

- [604-738-7337](https://604-738-7337) | [vancouvercbt.ca](https://vancouvercbt.ca)
- Cost: \$150 and higher per session
- Wait: weeks

### Changeways Clinic

Psychologists specializing in CBT

- [604-871-0490](https://604-871-0490) | [changeways.com/index.html](https://changeways.com/index.html)
- Cost: \$150 and higher per session
- Wait: weeks

**UBC Graduate Student Training Clinic, Department of Psychology-** Primarily CBT-focused therapy by supervised graduate students in Psychology

- [604-822-3005](https://604-822-3005) | [clinic.psych.ubc.ca/about](https://clinic.psych.ubc.ca/about)
- Cost: \$15-50/session
- Wait: weeks to months

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## CBT ONLINE RESOURCES

### Online CBT courses

- Bounce Back Online
- [changeways.com/courses/courses.html](https://changeways.com/courses/courses.html)
- [moodgym.com.au](https://moodgym.com.au)
- [bcalm.ca](https://bcalm.ca) (specifically on Mindfulness-based Stress reduction, not CBT)
- [cbtforinsomnia.com](https://cbtforinsomnia.com) (CBT for insomnia has proven as or more effective than sedative-hypnotics)

### Online CBT tools and workbooks

- [anxietybc.com](https://anxietybc.com)
- [heretohelp.bc.ca](https://heretohelp.bc.ca)
- [comh.ca/antidepressant-skills/adult](https://comh.ca/antidepressant-skills/adult)
- [moodgym.com.au](https://moodgym.com.au)
- Mindshift APP