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CBT FOR DEPRESSION

Workbook to Overcome Depression
No Matter Where You Are

By Dr. Nina Josefowitz

BIOGRAPHY



Dr. Nina Josefowitz, Ph.D. is a world-renowned clinical psychologist and leading authority in Cognitive Behavioral Therapy (CBT). With over 40 years of experience, she has transformed therapy for individuals struggling with depression and anxiety. Dr. Josefowitz is a faculty member at the Ontario Institute for Studies in Education (OISE), University of Toronto, where she educates the next generation of mental health professionals. Alongside her academic work, Dr. Josefowitz maintains a private practice as a registered psychologist,

helping clients overcome mental health challenges through evidence-based CBT techniques. Her approach uniquely blends client-centered therapy, mindfulness, and compassion-based methods. Dr. Josefowitz provides one-on-one consultations and leads webinars through Wisemind.com, offering tailored guidance and training. She developed two comprehensive online series: the CBT Training series, which includes 20 sessions with workbooks, quizzes, and assessments for professionals, and the specialized CBT for Depression series, focusing on effective strategies for treating depression. She is the co-author of the widely used textbook "CBT Made Simple: A Clinician's Guide to Practicing Cognitive Behavioral Therapy," now in its second edition, making complex CBT practices accessible and practical. Her international workshops in China, India, and Ethiopia have further established her as a sought-after speaker and trainer. Through her writing, teaching, and clinical work, Dr. Nina Josefowitz empowers clinicians and individuals worldwide with practical, evidence-based strategies to manage depression, anxiety, and other mental health challenges.



Doctorate PhD, Applied Psychology
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Brandeis University
1968 to 1972



Master of Science, Social Psychology
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CBT FOR DEPRESSION OVERVIEW

This workbook accompanies the didactic presentations and demonstrations for the WiseMind series CBT for Treating Depression. You will find a brief synopsis of each session, along with helpful handouts and diagrams that you can use with your clients. You can learn more about CBT generally from my book *CBT Made Simple* (Josefowitz & Myran, 2021) or my client workbook *The Behavioral Activation Workbook for Depression* (Josefowitz & Swallow, 2024). Each didactic session ends with suggested homework, and you can also find a copy of the homework in this workbook. The data are very clear. If you want to incorporate what you learned from the didactic sessions and the demonstrations into your own therapy, you need to practice. When you first try something new, you're usually not very good at it, and it's awkward. That is also true when trying a new therapy technique. The homework is really just a structure for practicing. Let me encourage you to persevere and try the CBT interventions covered in this series. I think you will find them helpful. I am going to start by guiding you through how to conceptualize a case using the four-factor CBT model. I am then going to cover the basic CBT interventions for depression. We will start with interventions that target behaviors that are typical of depression and then look at interventions that target depressive thinking. There are 15 didactic presentations, each one is followed by a demonstration of one of the clinical skills covered in the didactic presentation.



LIST OF SESSIONS

SESSION 1

Introduction to CBT Theory and Behavioural Activation_____ 9-11

SESSION 2

Understand Your Client's Depression: How Life Changes and Stressors Can Lead to Depression_____ 12

SESSION 3

Understand Your Client's Depression: How Daily Activities Are Related to Depression_____ 13-14

SESSION 4

Start to Develop Mood-Boosting Activities_____ 15-16

SESSION 5

Encourage Additional Mood-Boosting Activities_____ 17-19

SESSION 6

Strategies to Increase Motivation_____ 20

SESSION 7

More Strategies to Increase Motivation_____ 21-22

SESSION 8

Problem-Solving: Set the Stage_____ 23-24



LIST OF SESSIONS

SESSION 9

Problem-Solving: Find Effective Solutions_____ 25-26

SESSION 10

Identify Your Client's Depressive Thoughts_____ 27-29

SESSION 11

Identify Dysfunctional Thought Patterns_____30-31

SESSION 12

Evidence For Your Client's Negative Thinking_____ 32-33

SESSION 13

Evidence Against Your Client's Negative Thinking_____ 34-35

SESSION 14

Creating Balanced Thoughts_____ 36-37

SESSION 15

Developing Resilience_____ 38

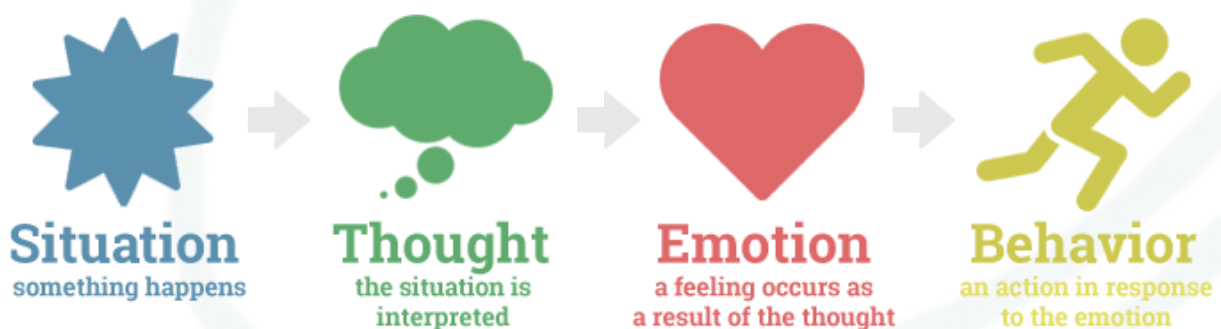


CBT FOR DEPRESSION

WHAT IS CBT AND DEPRESSION? AND THE EFFECTIVENESS IN DEPRESSION

What is CBT?

CBT is an approach that helps clients understand how the way they behave and how the way they think maintains their depression. CBT interventions focus on exploring whether there are alternative behaviors, perspectives and actions that could be more useful. CBT is not about correcting "faulty" thoughts or thinking positively. It is about overcoming depression and helping your clients create good lives for themselves.



CBT FOR DEPRESSION

The effectiveness in Depression

The effectiveness of CBT for depression has been demonstrated in hundreds of clinical trials. The evidence is so robust that after considering all of the research, the practice guidelines of psychological and psychiatric associations from all over the world have recognized CBT as an effective evidence-based treatment for depression (for example, Australia and New Zealand: Malhi et al., 2021; United States: American Psychological Association, 2019; Great Britain: National Institute for Health and Care Excellence (NICE), 2022; Canada: Parikh et al., 2016). This means that everything I am going to tell you is backed by research. Underlying all interventions is a focus on developing a strong therapeutic relationship. From the moment the client comes into our office we are aware of developing a positive therapeutic relationship.

CBT for Depression?

CBT for depression normally follows a set progression. Of course, this progression can be modified to fit individual client's needs. Below is an outline of how CBT for depression would normally unfold.



THIS IS A PREVIEW OF THE CBT FOR DEPRESSION WORKBOOK

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workbook. [Try our 7 day FREE trial.](#)

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GOODBYE

We have come to the end of our sessions. I hope that you have found them helpful and that you have incorporated a CBT for Depression approach into your clinical/counselling work. Being a good therapist is challenging and difficult work and can also be very rewarding. Your desire to learn and explore different ways of helping your clients is impressive and speaks to your commitment to offer your clients the best therapy possible.

By Dr. Nina Josefowitz



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