cause lasting harm (Crawford et al., 2016); it is possible that some of this is the result of therapists dismissing client’s underlying problems in favor of following a manualized approach such as CBT.

**Conclusion**

Cognitive behavioural therapy is a well established intervention for depression. Key techniques include behavioural activation, evaluation of thoughts, and behavioural experiments in order to restore a person to healthy functioning. CBT, like most therapies, is not without its limitations and these must be considered when making a treatment decision.