



Dr. Beverley Cassidy

Dr. Beverley Cassidy is an Assistant Professor in Dalhousie University's Department of Psychiatry. Her academic interests in Geriatric Psychiatry include late life mood and anxiety disorders, the neurobiology of healthy aging, and the application of cognitive behavioural therapy in late life and resilience across the lifespan. Dr. Cassidy pursued her undergraduate degree in neurobiology at Yale University, received her psychiatric training at McGill University, and completed 2 year fellowship at the University of Toronto with a focus on attachment, affect regulation and mood disorders. Dr. Cassidy has been actively involved in the Fountain of Health Initiative for Optimal Aging for the past five years, and currently spearheads a provincial effort to bring healthy aging tools to frontline clinicians in primary care settings to promote health behavior change in seniors. Currently she is supervising a resident research project on the feasibility of using the FOH Clinicians' Guide ([link: fountainofhealth.ca](http://fountainofhealth.ca)) in broad spectrum primary care and other settings to activate behavioural and attitude changes that foster healthier aging. She is part of the FOH App development team, and leader of the Fountain of Health's National Speakers' Bureau, having presented on the initiative both provincially and internationally.