



Capital Health

SENIORS MENTAL HEALTH

Abbie J. Lane Memorial Bldg.
6th Floor, 5909 Veteran's Memorial Lane
Halifax NS B3H 2E2

November 23rd, 2011

Dear CAGP Colleague,

I am writing to let you know that an eight-week “Enhanced Cognitive Behavioural Therapy Group for Seniors with Depression and Anxiety Disorders” has been developed by the Seniors Mental Health Team at Dalhousie University. We have run the group for more than five years and published research that showed improvements in mood measures in seniors who underwent treatment.

Our therapy manuals are now being made available electronically at no charge, or on CD at cost of materials and shipping. The Patient Manual allows patients to review concepts each week, write during and between sessions, and keep for future reference after the group ends. The Therapist Manual provides week-by-week instruction for content, complete with recommended agendas, “hint boxes” with clinical tips, cross references to the Patient Manual, and extra material/references for learning therapists.

If you are interested in receiving copies, please reply to keri-leigh.cassidy@cdha.nshealth.ca. Those interested in conducting outcome research on this therapy, please also let us know as we are seeking collaborators for a future multi-centred controlled trial.

Thanks in advance for your interest.

Sincerely,

Keri-Leigh Cassidy, M.D., F.R.C.P. C.
Associate Professor, Dalhousie University
Clinical Leader, Dalhousie University Seniors Mental Health

Healthy People, Healthy Communities