

NEW RESEARCH REVEALED FOR DEPRESSION TREATMENT

Calgary, AB – April 15, 2015 – Results from a recent study on our depression program concluded clients who completed both individual counselling and group therapy achieve better outcomes than clients who only attend individual counselling. The data come from a yearlong study of close to 5,500 depression clients. These results provide us with a clear direction to help clients experience even greater benefit from treatment.

“Given the results of this study, our newly launched Defy Depression initiative is actively seeking 200 clients dealing with depression and/or anxiety who are interested in participating in a 12 week depression group.” says Dr. Robbie Babins-Wagner, CEO, Calgary Counselling Centre.

Clients will initially see a counsellor to ensure their readiness for a depression group and will be transitioned into the group program. Groups meet for two hours and for 12 weekly sessions.

About a decade ago, the World Health Organization predicted that depression would become the second greatest cause of human suffering and disability by the year 2020. Unfortunately, we’ve already hit that milestone. Depression does not discriminate based on age, gender, personality, economic status, ethnicity or geographic location.

“We know depression. We see it every single day. But it doesn’t have to be that way. Depression is the most treatable of all mental health issues,” says Dr. Babins-Wagner. “The combination of individual and group therapy sessions will provide the best outcomes.”

We have developed a successful delivery model to dramatically improve recovery from depression. Here’s how it works:

activation + individual focus + group work = **impact**

Encourage seeking help early. Ensure right counsellor match.

Participate in 4 to 6 sessions to develop coping skills.

Develop new skills. Learn from others. Change behaviour.

Significantly improve mental health.

“At Calgary Counselling Centre we monitor client progress on a session by session basis and can adjust treatment to meet the needs of the client. Progress is evaluated every time a client attends a counselling session.” says Dr. Babins-Wagner. “In 2014, 73 per cent of clients improved their overall level of mental health and well-being. Further research will help us continue to improve on this method.”

Calgary Counselling Centre has no waitlist, and fees are based on income. This ensures barrier-free access to counselling for all Calgarians. *Clients who are interested in joining our Depression Groups can fill out an intake form online at calgarycounselling.com or over the phone at 403.691.6991.*

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For more information or to arrange an interview, please contact:

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Calgary Counselling Centre is the leading research, training and knowledge-based counselling organization in Canada. Since 1962, the Centre has been committed to providing best practices in counselling, training and research to improve the well-being of Calgarians through highly effective counselling based on solid research and practice. Our services are available to anyone regardless of financial status, the Centre is a recognized leader in the treatment of domestic abuse, depression, eating disorders, separation/divorce, trauma and self-esteem. Through its ongoing research and education programs, Calgary Counselling Centre strives to meet the changing needs of our community.