



## FOR IMMEDIATE RELEASE

**CONTACT:**

Dr. Connie Kushnir, (416) 961-5552, [connie.kushnir@rogers.com](mailto:connie.kushnir@rogers.com)

Dr. Richard Amaral, (416) 931-9502, [info@richardamaral.com](mailto:info@richardamaral.com)

### ONTARIO PSYCHOLOGISTS PUSH AWARENESS FOR PSYCHOTHERAPY

*New Initiative Lets Public Know Medication Isn't Only Way to Treat Depression*

**Toronto, Ontario** — The majority of people seeking help for depression or anxiety get help from their primary care provider and often only in the form of prescribed medications. But there are other options that research has shown to be very effective in helping people recover. The Ontario Psychological Association is joining a national initiative that will educate people about psychotherapy's effectiveness and encourage them to ask their physicians about it as a treatment option.

"Our society is surrounded by drug ads and told to ask your physician if this pill is right for you. But we want people to know that medication isn't the only way to treat these common conditions," said Dr. Richard Amaral, psychologist and chair of the Ontario Psychological Association's Public Education Committee "While medication can be an appropriate part of treatment, psychotherapy works and offers benefits that you can't get from a prescription."

The initiative, launched and supported by the American Psychological Association, includes a video series about a fictional miracle drug called "Fixitol." The videos are a parody on drug ads, drawing attention to the value of psychotherapy as a treatment option. New resources have been developed on depression, how psychotherapy works and how to talk to your physician about getting started.

Statistics show that one in five Canadians will experience a mental disorder in their lifetimes; the mental health problems most likely to be experienced by Canadians are depression and anxiety.

"Study after study has shown effectiveness of psychotherapy and that when it's discontinued, there is a lower instances of relapse," said Dr. Connie Kushnir, President of the Ontario Psychological Association. "We hope that, with the right information, more people with depression will explore their treatment options to create a plan that gives them the skills they need to manage their condition."

The Ontario Psychological Association encourages people experiencing depression, stress or anxiety to ask their health care providers about psychotherapy when discussing treatment options. Psychotherapy provides a supportive environment that allows patients to talk openly about their personal health and emotional situations and gives patients skills and tools to manage stress, depression and anxiety over the long term.

Visit [www.psych.on.ca](http://www.psych.on.ca) and [www.apa.org/psychotherapy](http://www.apa.org/psychotherapy) to learn how psychotherapy can help in treating depression and watch the video series *Psychotherapy: More Than a Quick Fix*. Join the conversation about psychotherapy on Twitter (@apahelpcenter), use hashtag #therapyworks.

**To contact us:**

Ontario Psychological Association  
21 St. Clair Avenue East  
Suite # 403  
Toronto, Ontario M4T 1L8

Phone: 416-961-5552  
Fax: 416-961-5516  
E-mail: [opa@psych.on.ca](mailto:opa@psych.on.ca)  
Web: [www.psych.on.ca](http://www.psych.on.ca)

JOIN US ON  
**facebook**  
CLICK HERE