



Narrative Psychotherapy Group Referral Form

Referring psychiatrist information

Name: _____ MSP Number _____

Office Address _____ Postal Code: _____

Office Fax: _____ Office Phone: _____

*Referrals are accepted from psychiatrists **only**.*

Patient information

Name: _____ PHN: _____

Phone: _____ DOB: _____ Gender _____

Address _____

Postal Code: _____ E-mail address _____

Reason for Referral: Please provide a brief description of current depressive symptoms and current/recent treatments.

Please attach your most recent psychiatric assessment and progress note to this referral.

I have reviewed the Program Information on page 2 of this referral, and I consider this patient an appropriate candidate for the program.

Physician's signature: _____ Date: _____

All referred patients will be scheduled for a consultation with Dr. Claire Fantus. We are not able to guarantee that all referred patients will be accepted into the program.

PLEASE FAX COMPLETED FORM, ASSESSMENT AND PROGRESS NOTE TO MDABC at 866 821 5992

Narrative Therapy Program Information

What is Narrative Therapy (NT)

Narrative Therapy (NT) is a person-centered and collaborative therapy that emphasizes the individual as expert on his or her own life. The approach is non-pathologizing and nonjudgmental and focuses on the client/patient as a full and capable individual influenced and impacted by a complex world. Narrative Therapy is about examining the stories you've been told, the stories that have been passed down to you and the stories you tell yourself. The goal is for the client to re-author his or her story by analyzing these various narratives.

Group specifics

Before the group starts, I will meet with each potential participant for an individual sessions to ensure NT is a good fit, review expectations and establish psychotherapy goals. The group will run for 8-10 consecutive weeks for 90 min/week via a secure virtual platform and will include 6-8 participants. After the group ends, I will again meet individually with each participant for a final discharge session.

Inclusion Criteria

1. Recent psychiatric assessment with diagnosis of a MILD to MODERATE depressive disorder such as 1 of the following:
 - Major depressive disorder
 - Unspecified depressive disorder
 - Persistent depressive disorder
 - Adjustment disorder with depressed mood
 - Symptoms suggestive of above diagnosis

Exclusion Criteria

- Acute Suicidality and/or self-harm
- Active substance use disorders interfering with ability to engage in therapy
- Active eating disorders interfering with ability to engage in therapy
- Aggression
- Psychosis
- Active mania or hypomania
- Autism spectrum disorders
- Severe cognitive impairment
- Severe personality disorders
- Inability to attend and participate consistently
- Other acute untreated major psychiatric disorders

NOTE: Medication management is **not** included in the NP program.