



**Randy P. Auerbach, Ph.D.**

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To Whom It May Concern:

At present, we are recruiting 13-18 year old depressed adolescents to participate in **Project ADAPT** (*Addressing Depression in Adolescent and Parent Treatment*), an investigatory group treatment program for adolescent depression, which includes a concurrent but not combined parent group. Throughout the 10-week course of treatment, adolescents learn to utilize cognitive, behavioral, and interpersonal approaches to reduce stress and depressive symptoms. The 5-week parent protocol teaches coping and relaxation strategies and provides psychoeducation about depression. Overall, the program seeks to examine the efficacy of the intervention as well as examine clinical, behavioral, and neural factors that may facilitate symptom reduction from pre- to post-treatment. It is important to note that there is **no cost for the group therapy program**, and further, adolescents may earn up to \$115 for their participation.

**START DATE: Tuesday, March 13th**

Session	Date	Time
1*	Tuesday, March 13	5:30 PM – 7:00 PM
2	Tuesday, March 20	5:30 PM – 7:00 PM
3*	Tuesday, March 27	5:30 PM – 7:00 PM
4	Tuesday, April 3	5:30 PM – 7:00 PM
5*	Tuesday, April 10	5:30 PM – 7:00 PM
6	Tuesday, April 17	5:30 PM – 7:00 PM
7*	Tuesday, April 24	5:30 PM – 7:00 PM
8	Tuesday, May 1	5:30 PM – 7:00 PM
9*	Tuesday, May 8	5:30 PM – 7:00 PM
10	Tuesday, May 15	5:30 PM – 7:00 PM

*Note.* \*Denotes concurrent but not combined parent session dates.

If you believe that your child or student is interested in participating or if you have questions pertaining to the study, **please contact Casey Gardiner at (617) 855-4240**. Thank you in advance for your time and patience.

Best regards,  
Randy P. Auerbach, Ph.D.