

# MDAO Book & Video Order Form

(Updated April 2, 2007)

## How to order

To place an order, return this completed form with your payment to:

*The Mood Disorders Association of Ontario (MDAO)*

*36 Eglinton Ave West, Suite 602*

*Toronto ON., M4R 1A1*

**or Fax to: 416 486-8127**

Name or Organization/Association:		
Address:		
City:	Province:	Postal Code:
Telephone (res):		Telephone (bus):
Fax:	E-Mail:	

Total # of Books Purchased: \_\_\_\_\_

Total # of Videos Purchased: \_\_\_\_\_

Cost of Books & Videos Purchased: \$ \_\_\_\_\_

Shipping and Handling Charge: \$ \_\_\_\_\_ (Maximum Shipping & Handling charge \$20.00)

**Total Amount** \$ \_\_\_\_\_

## Payment Options

Cheque     Visa     Mastercard     Cash

Card Number:	Expiry Date:
Name on Card:	Amount to Charge::

Signature: \_\_\_\_\_

## Books For Sale

Title and Author	Member Cost	Non Member Cost	Quantity Ordered (Please indicate)	Shipping & Handling
<p><b>“Advocacy” – One Person at a Time</b>            MDAO has developed step by step guides to advocacy starting with individual advocacy on behalf of individuals with mood disorders. This handbook is designed to help you make informed choices and take control of your life.</p>	\$10.00	\$15.00		\$5.00
<p><b>“Book Sales, Bingo and Beyond” – A Guide to Community Based Fundraising</b>            This manual is full of easy, proven ideas for local groups to raise money.</p>	\$10.00	\$15.00		\$5.00
<p><b>“Family Matters – A Guide to Mood Disorders for Families</b>            The Family Matters Kit is a guide for families who are dealing with mood disorders in the family. A mood disorders may affect your parent, spouse, partner, sibling, or child. The Kit provides information on the diagnosis and treatment of mood disorders and how family members may be supportive to their loved one.</p>	\$10.00	\$10.00		\$5.00
<p><b>“Into The Light” – A Low Stress, Low Fat Cookbook</b>            This low stress, low fat cookbook is a delightful fundraising venture for MDAO and its groups throughout the province. It makes a wonderful gift and it helps support our anti-stigma work.</p>	\$10.00	\$10.00		\$3.00
<p><b>“It Starts Here” – A Guide to Mood Disorders For Teens</b>            This guide provides information on depression and bipolar disorder with current treatment options, community supports for teens and young adults. “It Starts Here” is an essential tool for anyone dealing with adolescents and young adults.</p>	\$10.00	\$15.00		\$5.00
<p><b>“Making a Difference” – Community and Public Policy Advocacy</b>            This guide discusses how to advocate for shared causes in you community.</p>	\$10.00	\$15.00		\$5.00
<p><b>“You Are Not Alone” – A Guide for Mood Disorders Self Help and Peer Support Groups In Ontario</b>            This is a guide for mood disorders self help and peer support groups in Ontario. This guide will help communities to start peer support groups ”from scratch.”</p>	\$20.00	\$25.00		\$5.00

## Videos For Sale

Title and Author	Member Cost	Non Member Cost	Quantity Ordered (Please indicate)	Shipping & Handling
<b>Anxiety</b>				
<b>Anxiety Disorders</b> Dr. Andy Cheek - November 2003	\$18.00	\$20.00		\$5.00
<b>Mindful Based Stress Reduction</b> Jim Bean - October 1998	\$18.00	\$20.00		\$5.00
<b>Stress Management</b> Dr. Dan Andreae, - January 2001	\$18.00	\$20.00		\$5.00
<b>Bipolar Disorder (Manic Depression)</b>				
<b>Atem Lo Levad – Mood Disorders</b> Dr. Anthony Levitt – Understanding Depression (42 mins.) Dr. Schaffer - What is Manic Depression (33 mins.)	\$18.00	\$20.00		\$5.00
<b>Atem Lo Levad – You are not Alone</b> Mood Disorders and the Jewish Community Karen Liberman and Dr. Lionel Gerber	\$18.00	\$20.00		\$5.00
<b>Bipolar Disorder: Darwin, Diagnosis and Treatment</b> Dr. Roger McIntyre - March 2004	\$18.00	\$20.00		\$5.00
<b>Bipolar Disorders</b> New Understandings, New Hope, 2002	\$18.00	\$20.00		\$5.00
<b>Bipolar II: Unravelling the Mystery</b> Dr. Anthony Levitt - March 2003	\$18.00	\$20.00		\$5.00
<b>Bipolar II: Continuing the Discussion</b> Dr. Anthony Levitt - April 2004	\$18.00	\$20.00		\$5.00
<b>Concurrent Disorders</b> Dr. Clive Chamberlain - November 2001	\$18.00	\$20.00		\$5.00
<b>Early Intervention for Mood Disorders</b> Dr. Andrea Levinson, June 2006	\$18.00	\$20.00		\$5.00
<b>From Despair to Recovery –Manic Depression</b> Caroline Fei-Yengf Kwok, January 2007				
<b>How Does Research Help Improve Treatment for Mood Disorders?</b> Dr. Trevor Young, May 2006	\$18.00	\$20.00		\$5.00
<b>Managing Manic Depressive Illness with Cognitive Therapy</b> Dr. Ari Zaretsky – June 1999	\$18.00	\$20.00		\$5.00
<b>Overcoming Manic Depression</b> <b>How I Transformed My Life</b> Barry Shainbaum - March 2001	\$18.00	\$20.00		\$5.00

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<b>Polypharmacy and Bipolar Disorder</b> Dr. Stephen Sokolov - January 2002	\$18.00	\$20.00		\$5.00
<b>Psychotherapy for Bipolar Disorder</b> Dr. Sagar Parikh - December 2001	\$18.00	\$20.00		\$5.00
<b>Pushing the Envelope New and Innovative Treatments for Mood Disorders</b> Dr. Roger McIntyre - June 2002	\$18.00	\$20.00		\$5.00
<b>The Role of Psychotherapy in the Treatment of Mood Disorders</b> Michael Pare, Physician Psychotherapist – February 2005	\$18.00	\$20.00		\$5.00
<b>Where are we heading In the treatment of Bipolar Affective Disorder? What’s Old is New—What’s New is Old</b> Dr. Anthony Levitt - November 1999	\$18.00	\$20.00		\$5.00
<b>Young Adults With Mood Disorders</b> Dr. Carolyn Boulos, February, 2004	\$18.00	\$20.00		\$5.00
<b>Depression</b>				
<b>Antidepressants - “So have you seen anything on the news lately about antidepressants??”</b> with Wende Wood – January 2005	\$18.00	\$20.00		\$5.00
<b>Cognitive Behaviour Therapy</b> Carol Garson, MA - January 2003	\$18.00	\$20.00		\$5.00
<b>Cognitive Therapy, Mindfulness in Unipolar Depression</b> Zindel Segal, PhD., February 2007				
<b>Depression During Pregnancy</b> Ariel Dalfen, October 2006	\$18.00	\$20.00		\$5.00
<b>“Depression” – Michael Coren Live</b> A panel discussion - January 24, 2002, 51 mins	\$18.00	\$20.00		\$5.00
<b>“Postpartum Depression” Michael Coren Live</b> A Panel Discussion on PPD	\$18.00	\$20.00		\$5.00
<b>Let’s Talk - Women and Depression</b> Dr. Donna E. Stewart - June 2003	\$18.00	\$20.00		\$5.00
<b>New Treatments for Depression and Manic Depression</b> Dr. Roumen Milev, Kingston, ON - December 2002	\$18.00	\$20.00		5.00
<b>Out of the Darkness: The modern treatment of Seasonal Depression</b> with Dr. Anthony Levitt & <b>Adolescent Depression</b> with Dr. Amy Cheung – November 2006	\$18.00	\$20.00		\$5.00
<b>Real Men – Real Depression – Real Talk</b> Ron Ellis with Dr. Michael Pare’ – May 2004	\$18.00	20.00		\$5.00

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<b>Seasonal Affective Disorder</b> Dr. Robert Levitan - February 2002	\$18.00	\$20.00		\$5.00
<b>Swallowing Your Anger - A Recipe for Depression</b> Dr. Catherine Comuzzi - March 2000	\$18.00	\$20.00		\$5.00
<b>What is Depression?</b> Dr. Sarah Romans – June 2005	\$18.00	\$20.00		\$5.00
<b>Families</b>				
<b>Caring for the Caregiver</b> with Joan McDonald & Karyn Baker, December 2003	\$18.00	20.00		5.00
<b>Child and Adolescent Mood Disorders</b> Dr. Atilla Turgay - November 2002, St. Catharines, (90 mins.)	\$18.00	\$20.00		\$5.00
<b>Families &amp; Mood Disorders: Coping Strategies</b> A panel discussion moderated by Kate Kitchen, M.S.W. with family members - October 2004	\$18.00	\$20.00		\$5.00
<b>If it Happened So Long Ago, Why do I Feel So Bad? Childhood Trauma and Mood Disorders</b> Trish Stenson, Our Sisters' Place - September 2003	\$18.00	\$20.00		\$5.00
<b>Maintaining and Strengthening the Bonds of Marriage</b> Carol Parker - February 1998	\$18.00	\$20.00		\$5.00
<b>Legal Issues</b>				
<b>A View of Mental Illness From the Judges Bench</b> Hon. Judge E.F. Ormston - January 1999	\$18.00	\$20.00		\$5.00
<b>Bill 68 Where We Stand Today</b> Anita Szigeti, L.L.B. & D'Arcy Hiltz, L.L.B. - June 2001	\$18.00	\$20.00		\$5.00
<b>Current Perceptions of the Mental Health System</b> Scott Simmie - November 1998	\$18.00	\$20.00		\$5.00
<b>Navigating the System</b> Lembi Buchanan, Mental Health Advocate – January 2004	\$18.00	\$20.00		\$5.00
<b>Ombudsman Ontario and You</b> Laura Pettigrew – February 2006	\$18.00	\$20.00		\$5.00
<b>Patient Protection in the Mental Health Act</b> Lora M. Patton, Dr. Donovan Sequeira – January 2006	\$18.00	\$20.00		\$5.00
<b>Other</b>				

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<b>Collaborative Mental Health Care Network</b> Dr. Jose Silveira, March 2006	\$18.00	\$20.00		\$5.00
<b>Early Intervention of Psychosis</b> Dr. Robert Zipursky, - April 2002, (57 mins.)	\$18.00	\$20.00		\$5.00
<b>Naturopathic Journey of Perimenopause</b> Iva Lloyd, Dr. of Naturopathic Medicine – June 2004	\$18.00	\$20.00		\$5.00
<b>Psychotropic Medication and Weight Gain</b> Susan Osher, MSC, RD - October 2003 (72 mins.)	\$18.00	\$20.00		\$5.00
<b>Stand-Up For Mental Health - Dealing with the Stigma of Mental Health through Comedy</b> - May 2005	\$18.00	\$20.00		\$5.00
<b>Substance Abuse &amp; Mood Disorders</b> <i>“The Forgotten Addiction of Nicotine”</i> Kristen Cleary – November 2004	\$18.00	\$20.00		\$5.00
<b>Suicide Prevention: A Time to Talk, A Time to Listen</b> Heather Morton and Ellen Fleming, March 2005	\$18.00	\$20.00		\$5.00
<b>Sweet Dreams: How Sleep Studies Help in Treating Mood Disorders</b> Dr. Colin M. Shapiro - February 2000	\$18.00	\$20.00		\$5.00
<b>Understanding the Role of Orthomolecular Medicine</b> Dr. Bryn Waern - May 1998, (80 mins.)	\$18.00	\$20.00		\$5.00
<b>SPIRITUALISM AND RECOVERY</b>				
<b>Balancing your Mood through Creative Expression</b> with Lesley Breen, Recreational Therapist – December 2004	\$18.00	\$20.00		\$5.00
<b>Reclaiming the Spirit</b> Vera Martin - May 1999	\$18.00	\$20.00		\$5.00
<b>Recovery at Your Own Pace</b> Dr. Daniel Fisher, MD, PhD Northwest Regional Conference - September 2003, (60 min)	\$18.00	\$20.00		\$5.00
<b>Remembering What you Love Can Guide Your Life</b> Dr. Larry Nusbaum	\$18.00	\$20.00		\$5.00
<b>Stigma &amp; Mental Illness</b>				
<b>Breaking the Bubble of Silence</b> <b>Family Member &amp; Former Federal Cabinet Minister -</b> Hon. Michael Wilson - March 1999	\$18.00	\$20.00		\$5.00

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<b>Confronting Stigma Through Disclosure - A Personal Journey</b> Karen Liberman - September 1999	\$18.00	\$20.00		\$5.00
<b>Exploring the Ethical Implications of Genetic Research</b> Professor Barry Brown - April 1999	\$18.00	\$20.00		\$5.00