

**TRAILBLAZING NEW APPROACHES TO DEMENTIA AND ALZHEIMER'S
CARE: DR. NADER SHABAHANGI, SPEAKS IN
SAN FRANCISCO APRIL 16 AND OAKLAND APRIL 23, 2008**

**PIONEER PSYCHOTHERAPIST'S NEW BOOK LAUNCHED - *DEEPER INTO
THE SOUL: Beyond Dementia and Alzheimer's Toward Forgetfulness Care***

(San Francisco, CA) – Fears about our loved one's increasing forgetfulness, the varied manifestations of dementia and Alzheimer's disease are addressed by one of the West Coast's trailblazing thinkers and leading practitioners on the subject of aging and mental illness, as Dr. Nader Shabahangi speaks in San Francisco on these topics on April 16 and Oakland, CA on April 28, 2008.

The public is invited to two free author events where Dr. Shabahangi will speak from his experience and discuss his new book, *Deeper Into The Soul: Beyond Dementia and Alzheimer's Toward Forgetfulness Care*, published by Elders Academy Press. The events will be held at 5:30 p.m. at Pacific Institute's Laguna Grove Care, 624 Laguna Street in San Francisco and AgeSong at Lakeside Park, 468 Perkins Street in Oakland.

Dr. Shabahangi is the Founder and CEO of AgeSong Inc. and Founder of Pacific Institute, an educational organization that teaches new perspectives in the field of mental health, gerontology, and education.

Deeper Into The Soul is a practical workbook that offers the reader new insights about elders who are struggling with forgetfulness. It provides practical knowledge, suggestions, and inspiration. The language is eminently accessible to many different types of readers. The book can be used by those professionally involved with the care of the elderly, or by those dealing personally with someone who has lost the ability to remember.

"At AgeSong and Pacific Institute, we prefer to use the term forgetfulness, as opposed to dementia, and call our program for elders 'Forgetfulness Care,' as a way of de-stigmatizing this condition," said Dr. Shabahangi.

Dr. Elizabeth Bugental echoes this perspective in the book's foreword, stating, "...forgetfulness has many facets – physical, emotional, practical, spiritual – pushing everyone involved with it to search for something beyond simple survival...forgetfulness care allows us to look at the phenomenon called dementia with compassion, curiosity, and openness."

Deeper Into The Soul offers a new and different manual for caregivers. It is designed to introduce a new, more respectful approach to people afflicted with what traditional medicine calls dementia and Alzheimer's disease. This new philosophy of care is born from the work with the elderly in senior care facilities in San Francisco created by AgeSong Senior Communities and supported by the vision and work of Pacific Institute's Gerontological and mental health programs.

Dr. Shabahangi, a licensed psychotherapist, received his doctorate from Stanford University, researching basic philosophical assumptions underlying present-day psychotherapies. In 1992, he founded the non-profit organization Pacific Institute with the purpose of training psychotherapists and caretakers in a multicultural, humanistic approach. In 1997, he opened Hayes Valley Care and in 2005 he opened Laguna Grove Care, residential care facilities for the elderly. With Pacific Institute's clinical and research team he has developed and implemented a distinctive Gerontological Wellness Program. Dr. Shabahangi is also the author of *Faces of Aging*, a book of photographic images of the elderly that challenges stereotypical views of the aging process and growing old.

For more information about the book *Deeper Into The Soul: Beyond Dementia and Alzheimer's Toward Forgetfulness Care*, Pacific Institute, and AgeSong Senior Communities please call (415) 861-3455 or visit the website www.pacificinstitute.org

ATTENTION CALENDAR EDITORS FREE AND OPEN TO THE PUBLIC

Author Reading: Dr. Nader Shabahangi will read from his new book, *Deeper Into The Soul: Beyond Dementia and Alzheimer's Toward Forgetfulness Care*

Wednesday, April 16 at 5:30 p.m. -- 624 Laguna Street, San Francisco, CA

Wednesday, April 23, at 5:30 p.m. -- 468 Perkins Street, Oakland, CA

For more information call (415) 861-3455