



# Sage

*“profound wisdom that  
comes with age”*

A psychological group  
programme for older adults  
experiencing mental health  
difficulties



# The Sage Programme

This is a psychological therapy group for older adults who are experiencing difficulties with their mental health.

The programme is adapted from psychological theories about how some coping styles can impact on mental health problems

*(Lynch, 2018; Booth et al, 2018).*

The programme is tailored towards those who identify with a pattern of:

- suppressing their emotions
- maintaining a rigid set of standards and routines
- keeping a distance in relationships and avoiding closeness.

Your team psychologist can explore with you whether you identify with this pattern and how it impacts on your mental health.



Using a combination of skills teaching and experiential exercises, this programme aims to improve mental health by:

- increasing psychological flexibility
- improving emotional experience and expression
- enhancing openness and social connectedness.

## Who is this programme for?

Service users most likely to experience some benefit from attending this group are:

- older adults (generally considered aged 65 years and older)
- experiencing mental health problems such as depression and/or anxiety
- willing to try something new.

## **Who runs the groups?**

The programme is run by a team of two psychologists and an assistant psychologist. St Patrick's Mental Health Services supports education, so occasionally, a psychologist in clinical training in a supervised placement may also be part of the Sage team.

## **Where and when?**

The programme currently runs on Wednesday mornings starting at 10.30am. Both in-person and online versions are available.

The programme is comprised of 18 group sessions and one individual therapy session midway through the programme.



# How are referrals made?

If you are interested in attending the programme, you can discuss it with your team. Your team psychologist will usually meet with you to assess whether this programme is a good fit for your needs and likely to be of benefit to you.

You will be invited to attend an orientation session, during which, further information is given about the programme. This is also an opportunity to answer any questions you may have about the programme.

# Participant feedback

*“You could only be better by participating in it. In a way, it was a life-changer.”*

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*“I found it helpful to open up to a new experience. I have a tendency to stay the same.”*

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*“The whole support system, talking to similar people my age, advice, leaders, were very supportive.”*



# **Please do not hesitate to contact us**

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