

The Douglas Utting Fellowship for Studies in Depression
Department of Psychiatry
S.M.B.D. Jewish General Hospital and McGill University
2016-2017

The Douglas Utting Fellowship for Studies in Depression has been established by the Utting Family to provide funding for postdoctoral research training in mood disorders, particularly depression. The intent of this Fellowship is to prepare students to pursue academic careers in clinical research, teaching and practice that will advance our understanding of risk factors, psychological processes, prevention and psychotherapeutic treatment of depression.

To be eligible, candidates must have completed an accredited training program at the doctoral or post-doctoral level in the mental health field. In addition, they must have demonstrated a high level of skill and commitment to clinical and academic psychiatry or psychology.

The fellowship year will focus on learning skills and conducting clinical research in the area of the psychological risk factors/processes and psychotherapy of mood disorders, particularly depression. Fellows may also further develop their clinical expertise under the supervision of members of the Faculty of the Department of Psychiatry, at the Sir Mortimer B. Davis - Jewish General Hospital. The fellowship is also recognized by the Department of Psychiatry at McGill University. The fellowship program will usually require a one-year, full time commitment on the part of the student. In some cases, fellows have completed the fellowship half-time over two years. Any additional academic or clinical activities will be limited and must be approved by the program faculty.

The Fellowship has a core research seminar led by Dr. J. Christopher Perry. This has often led to joint projects and papers. The major training component is the individual research and research supervision, commonly using existing project data, with one or both of the following primary supervisors, reflecting the Fellow's interests.

Dr. J. Christopher Perry, Professor of Psychiatry, and General Vice-President of the Society for Psychotherapy Research, has conducted a number of studies, including naturalistic, follow-along studies of patients during and after psychotherapy, and small randomized controlled psychotherapy trials of major depression (CBT and Dynamic psychotherapy). Depending on interest, the fellow will have the opportunity to learn to assess and study defense mechanisms, motives, dynamic conflicts, coping mechanisms, cognitive errors, psychodynamic interventions, process measures such as the accuracy of interpretation, longitudinal assessment methods and data analytic techniques (using SAS), and health economic and cost-effectiveness methods.

Dr. David Dunkley, Associate Professor of Psychiatry and Associate member of Psychology, has multi-wave longitudinal studies that examine stress generation and stress reactivity as processes through which cognitive-personality vulnerability factors instigate and maintain depressive symptoms over time.

The samples include both non-depressed adults in the community who are vulnerable to the emergence of major depression, and depressed patients in CBT. The fellow will have the opportunity to acquire experience with daily diary methods, assessing stress, appraisals, coping, and mood, a life stress interview, and neurobiological markers of stress, as well as advanced data analytic techniques (e.g., multi-level modeling and structural equation modeling).

The Douglas Utting Fellowship is a central feature of our department's commitment to promoting the understanding and psychotherapy of mood disorders, particularly depression. We are developing an internationally recognized center of excellence in psychotherapy studies and fellows will participate as members of a team of researcher-clinicians at both junior and senior levels.

In addition to providing financial assistance, the Utting Family has expressed their desire to meet fellows from time to time during the fellowship year as a way of demonstrating their continuing encouragement and support.

For 2016, one one-year fellowship position is available. The stipend will be commensurate with level of training for that discipline. Potential applicants may make inquiries to Dr. Perry (514 340-8222 ext 4643 or jchristopher.perry@mcgill.ca) or Dr Dunkley (514 340-8222 ext 5176 or david.dunkley@mcgill.ca)

Deadline for applications is March 1, 2016. Applicants should send a letter of interest (2 page maximum) along with a curriculum vitae to the Utting Fellowship Program Director. After receipt of the application, references may be requested.

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