

## **DOUGLAS UTTING FELLOWSHIP FOR STUDIES IN DEPRESSION AND SUICIDE**

Name of Institution: Jewish General Hospital (ICFP)

Location: 4333 Côte Ste-Catherine, Montréal, QC H3T 1E4

Research Fellowship (small clinical option)

### Program Information:

- 1 position (funded by Utting Foundation)
- McGill affiliation
- Jewish General Hospital 100%
- Background: This fellowship was established by the Utting Family, in conjunction with the Department of Psychiatry of the Jewish General Hospital to provide funding for postdoctoral research training in the treatment of depression with a particular focus on psychotherapies.
- Research activities:  
There are existing studies and data bases of studies for which data collection is complete. Fellows develop individual projects on which they are the leads and participate in joint projects. Fellows are trained in research methodology and in ratings involving scales such as, Defense Mechanisms Rating Scales, Coping Action Patterns, Cognitive Errors, Core Conflictual Relationship Theme (CCRT), and others.  
Each fellow meets individually with Dr. Perry weekly to design their projects and critiques his/her own projects, manuscripts in preparation, conference presentations and grant proposals.
- Mission: The mission of the fellowship is to train psychiatrists/psychologists to become principal investigators and excellent researchers in depression and the psychotherapies. The Utting Family also supports a lecture to raise public awareness of depression and suicide and its treatment. Each year, a major contributor is awarded The Douglas Utting Prize.
- The fellow will develop skills in psychotherapy research, increase knowledge of depression and its treatment by CBT, psychodynamic psychotherapy and pharmacotherapy. Enhance psychotherapy skills.

Fellowship Supervisor: Dr. J. Christopher Perry

### Teaching Faculty:

**J. Christopher Perry**, MD, Professor of Psychiatry, McGill University  
Psychotherapy Research Director

**Michael Bond**, MD, Professor of Psychiatry, McGill University  
Chief of Psychiatry, Psychotherapy Researcher

**Elisabeth Banon**, MD, Assistant Professor of Psychiatry, McGill University  
Director, Depression Research Clinic

### Summary of Practice

The research is conducted in the context of a Depression Research Clinic where patients are randomly assigned to 3 arms: pharmacotherapy plus CBT, pharmacotherapy plus psychodynamic psychotherapy, and pharmacotherapy plus supportive therapy.

### Major strengths:

Dr. Perry and Dr. Bond have international reputations as psychotherapy researchers and the fellow is trained at the highest level to understand, participate in, and publish in the area of psychotherapy research. Dr. Perry is the main mentor but the fellow becomes part of a group of researcher/clinicians.

### Academic Facilities

The Institute of Community and Family Psychiatry of the Jewish General Hospital, a McGill teaching hospital, has a stimulating and resource-rich department of psychiatry with excellent library facilities and academic rounds and seminars.

### Duties and Responsibilities

- The fellow has no call duties or supervisor roles
- This is a one year research position at the Jewish General Hospital
- The fellow attends research meetings and one-on-one supervision with Dr. Perry
- The fellow will present his/her research at scientific meetings and publish at least one paper

### Curriculum

- Intended case load: No cases; this is a research fellowship.
- Intended percentage of varieties of cases: No clinical cases
- Reading materials provided:
  - Bond M, Perry JC (2004) Long-term changes in defense styles with psychodynamic psychotherapy for depressive, anxiety and personality disorders. *Am J Psychiatry* 2004; 161:1665-1671.
  - Casacalenda N, Perry JC, Looper K (2002) Remission in major depressive disorder: a comparison of pharmacotherapy, psychotherapy, and control conditions. *Am J Psychiatry* 2002; 159:1354-1360.
- Conference weekly schedules:  
Tuesdays, 13:00-14:00h, Wednesdays, 11:00-13:00h and Thursday, 13:30-15:00h
- Role of the fellow: Fellow attends meetings, rarely presents, does not supervise but participates in organizing research data analysis.
- Relevant publication list:
  - Perry JC, Bond M (2009). Sequence of Recovery in Long-Term Dynamic Psychotherapy. *J. Nerv Men Dis* (in press)
  - Bond M, Perry JC (2006) Psychotropic medication use, personality disorder and improvement in long-term dynamic psychotherapy. *J Nerv Ment Dis* 2006; 194:21-26.
  - Perry JC, Banon É, Ianni F (1999a) The effectiveness of psychotherapy for personality disorders. *Am J Psychiatry* 156:1312-1321
  - Drapeau M, Perry JC. Childhood trauma and adult interpersonal functioning: a study using the Core Conflictual Relationship Theme Method (CCRT). *Child Abuse & Neglect* 2004; 28:1049-1066.
  - Beck S, Perry JC. An empirical assessment of interview structure in five types of psychiatric and psychotherapeutic interviews. *Psychiatry: Journal of Biological and Interpersonal Processes* 71: 219-233, 2008.
  - Perry JC, Beck SM, Constantinides P, Foley JE. Studying change in defensive functioning in psychotherapy, using the Defense Mechanism Rating Scales: four hypotheses, four cases. In, R.A. Levy, J.S. Ablon (es.) *Handbook of Evidenced Based Psychodynamic Psychotherapy*. Humana Press, New York, NY, 2008, chapter 6, pp. 121-153.