

Psychiatry Research Day, June 2017

CPD Lab

Cognition in Psychological Disorders

Fall 2017

WHERE ARE THEY NOW???

Back to School

What a busy summer! Thanks to Jessie, Lilian, Mandy, and Tessa for the amazing work this summer! We had **212 unique assessment visits (419 hours)** to the lab in the summer months to initiate, complete, or pilot data related to: social exclusion in schizophrenia, cognitive remediation in schizophrenia and depression, effort-based decision making in depression, reward processing in depression, working memory in schizophrenia, and affect bias modification in depression. Thanks to Tammy for somehow managing all of this and the grad students for inspiring and supervising the bulk of the work.



419 hours of assessments!!!
That's the equivalency of walking from Kingston to NYC twice!!!

Welcome back to all the returning Research Assistants and a warm welcome to the CPD's new RA's: **Minha Haque** and **Tarindi Welikala**

A special welcome to **Kenzie Bender** who will be joining the team part-time as Lab Coordinator.



Welcome to the new CPD Lab's Clinical Psychology students!

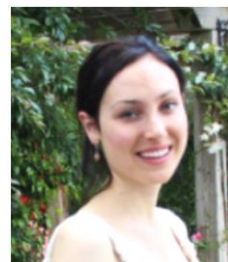


Stephanie Woolridge,
First Year MSc Student
As a Master's student, Stephanie plans to continue to study cognitive biases in depression, with a particular interest in treatment-focused

research. In the coming years, she hopes to extend her research to explore neurocognitive and social cognitive enhancement in psychosis.

Melinda Kinney,
First Year MSc Student

Melinda hopes to further our understanding of cognitive processes in mood disorders and their impact on other areas of functioning, as well as ways to optimize the use of cognitive remediation with this population.



With Kasley Killam

See how lab alumni fare since leaving the lab and read about how their CPD Lab experience shaped their journey.

Q: Tell us about your new role.

At Verily (formerly known as Google Life Sciences), I build partnerships with study participants and the broader community around our research

initiative, Project Baseline (check it out at projectbaseline.com). What I love most about my role is connecting with people across the country and collaborating with such a talented team.

Q: What was your most memorable experience with the CPD Lab?

The interactions I had with our study participants left a lasting impression. The rapport we built over time taught me the value of human connection both in clinical research and mental health treatment. I learned the importance of nonjudgmental listening and empathy, while getting to know some amazing individuals (both participants and labmates!)

Q: What are some of the benefits for individuals to participate in research?

If you're in an interventional study, one of the potential benefits is improved health, well-being, and/or symptoms. If you're in an observational study, the benefits may include having an important impact by contributing to better scientific understanding that will help others in the future, learning about cutting-edge research, and getting compensated.

Q: What is your favourite inspirational quote?

"The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well." -Ralph Waldo Emerson

CPD Lab News:



Congratulations to Tanya Tran on her exceptional M.Sc. thesis this August. Well done!!

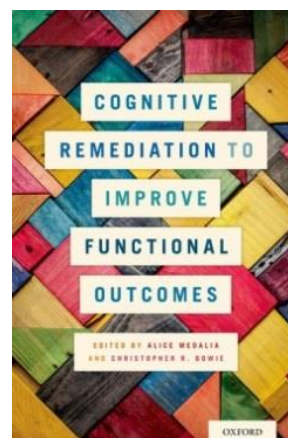


The CPD Team bids a fond farewell to Ana, our visiting scholar from Spain. We look forward to future collaborations with you.

- ➔ Good luck to Michael Grossman, PhD student who begins his new clinical internship at St. Joseph's Health Care in Hamilton, Ontario this September
- ➔ Congratulations to Tanya Tran for earning an Ontario Graduate Scholarship!
- ➔ Great job by Melissa Milanovic and Tanya Tran presenting our cognition in depression data and Chelsea Wood Ross and Stephanie Woolridge for presenting their posters at the Psychiatry Research Day in June
- ➔ Katherine Holshausen won the 'Best Resident Poster' on her internship at St. Joseph's Healthcare in Hamilton recently. Congratulations!
- ➔ In the summer, the CPD Lab completed 2 x 8 week ABCR treatment groups.

From the Lab Library

- ➔ New review paper of the efficacy and effectiveness of the variety of cognitive training approaches in schizophrenia (by Mike Best and Dr. Christopher Bowie) [click here for details](#)
- ➔ Congrats to Mike, Tanya, Dan, and Mashal for their new paper in schizophrenia research. With 2 weeks of intensive executive functioning training, observable effects on cognition and brain function [click here for details](#)



FOR MORE INFORMATION

Please contact:

CPDLAB@queensu.ca

Visit us at:

<http://www.queensu.ca/psychology/cognition-psychological-disorders>

CPD LAB

613 533 6000 ext: 78478

Our mission is to better understand how brain functioning is related to everyday functioning. We examine the mechanisms and look at correlates to help us develop innovative treatments.

Around the World with the CPD Lab

New York City: In June the CPD lab team attended the Cognitive Remediation in Psychiatry Conference. Chelsea's 'Brain of Thrones' data sparked some great discussion in Dr. Bowie's talk. Melissa Milanovic, Michael Grossman and Tammy Vanrooy delivered a workshop on ABCR and Tanya Tran and Stephanie Woolridge did an excellent poster presentation.

England: Mike Best is on a scholarship with Tony Morrison's group in Manchester, UK this fall.

Paris: Dr. Bowie gave a talk on the role of cognition and functioning in depression.

Winnipeg: Dr. Bowie gave the keynote talk at the University of Manitoba's Faculty of Medicine (Clinical Health Psychology) for their Research Day.

Dublin: Mike Best presented on stigma prevention treatment and Dr. Bowie spoke about social cognition in early psychosis.

Galway: Dr. Bowie gave a workshop on Action Based Cognitive Remediation.

Ottawa: Dr. Bowie spoke about cognitive effort avoidance in depression.



Mike Best's (top left) visit to the Aaron and Judy Beck Institute in Philadelphia where he was selected as one of the few student scholars across the world to attend.