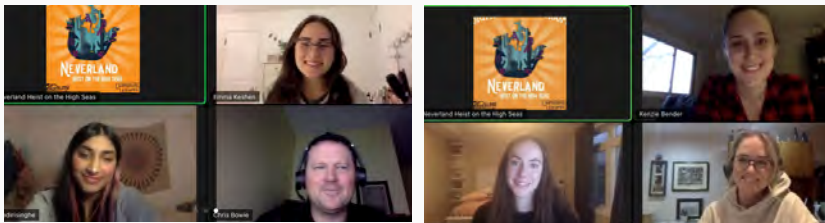
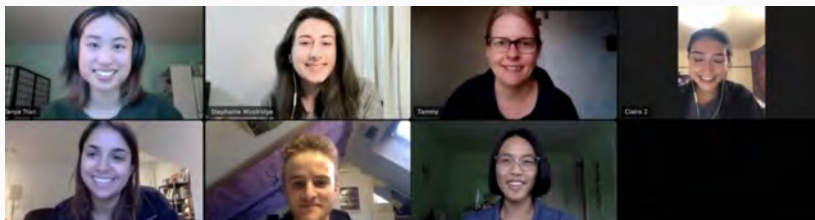




Good News from the Lab



- The CPD Lab is continuing to work with the Head's Up Early Psychosis Intervention Program at Hotel Dieu and have started facilitating online treatment groups.
- Well done to Tammy Vanrooy and Christopher Foster for successfully facilitating a Be Outspoken and Overcome Stigmatizing Thoughts (BOOST) group.
- Mashal Haque and Tammy Vanrooy recently facilitated a Remote Cognitive Remediation, great work!
- Dr. Bowie and the team trained over 60 clinicians from British Columbia's Schizophrenia Society and Northeast Ohio Medical University on Action-Based Cognitive Remediation (ABCR).
- Congratulations to Chelsea Wood-Ross for receiving the Violet Head Fellowship!
- Congratulations to Mashal Haque and Tanya Tran for submitting their internship applications for residency!
- The lab team celebrated a remote holiday party with an escape room from Improbable Escapes!



From The Lab Library

- Published in Cognitive and Behavioural Practice, Williams, Virdee, Bowie, Velligan, Maples, Herman, and Kidd developed a combined cognitive intervention (CCI) for early psychosis. To learn more, click [here](#)
- Stephanie Woolridge, Geoffrey Harrison, Mike Best, & Christopher Bowie developed a novel reward based eye-tracking paradigm for attentional bias modification in depression. To learn more, click [here](#)
- Congratulations to Chelsea Wood-Ross, Mike Best, Melissa Milanovic, & Christopher Bowie on the publication of the The Brain of Thrones study which examined how individuals with depression engage with a novel cognitive task that resemble exercises used in cognitive remediation. To learn more, click [here](#)
- Published in Clinical Psychological Science, Tanya Tran, Amanda Hagen, Tom Hollenstein, & Christopher Bowie found that motivational deficits in MDD present different barriers for recovery depending on the type of effort that is avoided. To learn more, click [here](#)



Thesis Spotlight

Congratulations to Chelsea Wood-Ross for completing her Master's Degree and Melissa Milanovic for completing her PhD!

Chelsea Wood-Ross

The objective of Chelsea's thesis was to understand how complex cognitive tasks can help us understand cognitive functioning in geriatric depression. In partnership with the PACT-MD team, she was able to explore how older individuals with depression perform on these complex cognitive tasks compared to individuals with MCI and older healthy individuals.

"I had to pivot from my original project because the lab had to shut down when COVID began, but it was an amazing experience in adapting to challenging circumstances and being flexible in my work and research. The skills I gained in coming up with a new topic and writing a brand new thesis are so valuable and I feel very grateful for Dr. Bowie's support and the PACT-MD team for their collaboration."



Melissa Milanovic

The objective of Melissa's thesis was to learn about factors that influence motivation to engage in treatment for neurocognitive impairments in depression.

"It has been such a rewarding experience completing my PhD dissertation in the CPD Lab. I really enjoyed being immersed in the literature and constructing a set of studies to test out hypotheses; I cherished the opportunity to work with each and every participant; and I relished in the pursuit of understanding and interpreting the findings in the context of clinical practice. While each aspect of the dissertation journey was appreciated, I must say that the highlights pertained to the steps where I was able to work alongside such special people who contributed so much to the experience: my mentor and supervisor Dr. Chris Bowie who provided invaluable guidance, the research assistants who dedicated countless hours to keep the project moving along seamlessly (Lindsay Simourd, Reem Toubache, Natasha Barich, and Samantha Irwin), the entire CPD family who provided support at every step; and so very importantly, each participant without whom this work would not exist."

