## Cundill Centre Speaker Series Summary

October 15, 2018 Shirley Reynolds, Ph.D., University of Reading

"On The Future of Neuromodulation in the Treatment of Depression"



## PROF. SHIRLEY REYNOLDS

Professor Shirley Reynolds is a clinical psychologist and Director of the Charlie Waller Institute at the University of Reading, UK. Her clinical research has been mainly about developing and evaluating psychological therapies and making them more easily available to people of all ages. Her current research focus is on adolescent depression.

## **OBJECTIVE**

To review key aspects of adolescent depression that are not well-understood and consider how psychological theory and research can improve our understanding and the outcomes of treatments.



## **KEY MESSAGES**

- Adolescents and adolescents with depression differ in important ways from adults and adults with depression.
- Treatment for adolescent depression must overcome cognitive, motivational and interpersonal barriers to engagement and must assess and manage elevated risk.

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