

Departmental Seminar

***Current research and training in Mood Disorders -
Possibilities for Partnership***

Date: February 21, 2012 (Tuesday)
Time: 11:30 a.m. to 12:30 p.m.
Venue: Room 624, Knowles Building, HKU
Speaker: Professor Eugene Mullan
Director of Clinical Training and
Co-founder of the Mood Disorders Centre,
University of Exeter, UK



Abstract:

Established in 2004 by Professors Kuyken, Mullan and Watkins, the Mood Disorders Centre has a goal to deliver world-class research and training that develops new knowledge, translates this knowledge into accessible evidence-based psychological approaches and provides innovative training programmes that train the next generation of clinical researchers and clinical practitioners. The research goals are underpinned by 3 principles;

- (1) Understanding the mechanisms underpinning mood disorders, via experimental research (*basic research, MRC Complex Interventions Stage 1*) e.g., rumination;
- (2) Translating this understanding into more efficacious psychological therapies and determining an evidence base for these treatments, via process-outcome and RCT research (*efficacy research, MRC Complex Interventions Framework Stages 2 and 3*) e.g., RCTs into Mindfulness-based CBT, Rumination-focused CBT;
- (3) Increasing the accessibility of psychological treatments for mood disorders, by conducting research into therapy effectiveness and into what influences how and why individuals access treatment, and by using technological advances to improve the generalizability of treatment gains to the real world (*effectiveness research; MRC Complex Interventions Framework Stage 4*). This underpins our strategy for research-led training programmes e.g., IAPT/DClinPsy.

The presentation will give an overview of our current work and explore possibilities for collaboration.

Speaker's Biography:

Professor Eugene Mullan, co-founder of the Mood Disorders Centre at the University of Exeter, UK, is Director of Clinical Training at the University with responsibility for all postgraduate clinical programmes including a range of MSc programmes in Psychological Therapies, Improving Access to Psychological Therapies Low- and High-Intensity as well as a portfolio of doctoral programmes including Doctorates in Clinical Research, Clinical Psychology and Clinical Practice.

His research interests encompass the development and delivery of innovative treatments for depression including MBCT and Rumination-based approaches. Further details at:

http://www.exeter.ac.uk/mooddisorders/staffprofiles/index.php?web_id=Eugene_Mullan&tab=profile