



Division Reports 2020-21

Division of Psychotherapy, Humanities, and Psychosocial Interventions

Submitted by Shelley McMMain, Director, Psychotherapy, Humanities, and Psychosocial Interventions Division

The PHPI division continues to achieve excellence in education, conduct world-renowned research and engage in exemplary clinical services.

Our faculty are engaged in a range of projects focused on improving access to evidence-based psychotherapy, meeting the needs of diverse and underserved populations, and advancing knowledge on the personalization of psychotherapeutic interventions. Current projects include the SUMMIT trial to improve health care for perinatal women; a cultural adaptation of Cognitive behavioral therapy (CBT) for Canadians of South Asian decent; the dissemination of Interpersonal Therapy in Ethiopian Primary Care; and advancing knowledge on the effectiveness of short term therapy for borderline personality disorder. Our work continues to enlighten colleagues locally and internationally.

The Division continues to excel in educational scholarship. Faculty are dedicated to supporting the transition to the new competency-based curriculum and the implementation of the Psychotherapy Entrustable Professional Activities (EPAs). Additionally, faculty are engaged in several innovative projects to build the capacity of healthcare providers to deliver evidence-based psychotherapies including: ECHO Ontario Psychotherapy Project to further knowledge and skills on Dialectical Behaviour Therapy, CBT and Trauma and Resilience for community practitioners; improving the capacity of clinicians delivering mental health care to university students in China; and training community practitioners to improve alliances and outcomes.

