

## **Psychotherapy for major depression. Reflections from a protocol psychotherapist**

Major depressive disorder is the most prevalent mental health disorder in New Zealand, resulting in profound effects for affected individuals and their whānau. Many decades of research have demonstrated that psychological therapies for major depression are effective however response rates are limited and relapse is common.

This presentation will provide reflections on psychotherapy research for depression conducted within the Clinical Research Unit at the University of Otago, Christchurch. It will provide an update on psychotherapy outcomes for depression and highlight methodological issues in this field, including ongoing tensions between psychotherapy schools. Limitations of current evidence-based treatments and future directions in the field will be discussed.

### **Biography KEYNOTE SPEAKER Dr Jennifer Jordan**

Dr Jennifer Jordan is an Associate Professor and Clinical Psychologist at the University of Otago, Christchurch.

Jenny has a passion for clinical research. For the past 25 years, she has worked in the Clinical Research Unit, a collaboration of the Department of University of Otago, Christchurch and Canterbury District Health Board on a series of comparative randomised psychotherapy trials, primarily for mood disorders and eating disorders. These therapies have included cognitive behaviour therapy, interpersonal (social rhythms) psychotherapy, schema therapy, metacognitive therapy as well as group transdiagnostic CBT delivered in person and virtually. Researching and delivering different therapy modalities has given her a broad perspective on strengths and limitations, common and specific elements across psychotherapies. Jenny considers she has the perfect job, working at the intersection of research, teaching and practice, each informing the other, with the overarching goal to try to improve psychotherapy outcomes.