



## Guest Lecture

**Evette Ludman, Ph.D.**

**Wednesday, 21 May 2014, 4:15 to 5:45 PM**

University of Zurich, Department of Psychology  
Binzmühlestrasse 14, Room BIN-0-K.02, BIN-1-B.01

### **Telephone administered psychotherapy – an option to optimize the treatment for patients with mental health problems?**

Few individuals who could benefit from psychotherapy for depression actually receive it. Telephone psychotherapy and organized depression care programs have the potential to greatly increase the population of patients receiving evidence-based care. At this seminar Dr. Ludman will present the original Seattle primary-care based telephone psychotherapy study and an overview of recent efforts to adapt and extend outreach psychotherapy models worldwide.

**Evette Ludman** is a Senior Research Associate at the Group Health Research Institute (GHRI), Affiliate Associate Professor of Psychiatry and Behavioral Sciences at the University of Washington, and Affiliate Investigator at the Fred Hutchinson Cancer Research Center. She has extensive experience and diverse research interests at the interface of behavioral science and the healthcare delivery system. Dr. Ludman is a licensed clinical psychologist with expertise in the development and dissemination of behavioral interventions to improve management of mental disorders and promote health behavior change. Her research portfolio includes innovative approaches to mental health treatment in primary care, including stepped, collaborative care, telephone psychotherapy and care management, and self-management support led by both peers and professionals. She has contributed to numerous NIH-funded randomized controlled trials, and over 160 peer-reviewed articles and several books.

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Lecturers, students and interested parties are cordially invited to attend the lecture.

Prof. Dr. Birgit Watzke