



Faculty Development Committee

CLSC Parc-Extension – Faculty Development Site Lead

Thomas Minde, MD, CCFP, FCFP, ABIHM, is an Assistant Professor in the Departments of Family Medicine at McGill and at the University of Ottawa. After working for many years in Wakefield and Ottawa, he has returned to Montreal to work at CLSC Parc-Extension. He has developed an interest in mental health, and now focuses his practice exclusively on this, doing only psychotherapy. Using many different tools in his toolbox, he is particularly interested in somatic approaches, trauma-informed therapy, and integrative medicine and mind-body approaches. He also enjoys teaching the residents – it is gratifying to see that many of them are very interested mental health and in the relational aspects of family medicine. Thomas' research interest is in the use of micronutrient therapy for the treatment of mental health problems.

A favourite quotation:

“Always it is most important that you watch your thoughts and examine your mind.”

His Holiness Pema Norbu Rinpoche



McGill

Department of
Family Medicine

Département de
médecine de famille