



2026 Departmental Day
Transdiagnostic Psychiatry in Theory and Practice
November 12, 2026
Douglas Hospital Research Centre
6875 LaSalle Boulevard, Montreal

11:20 – 12:00	Sign-in, Sandwiches & Coffee
12:00 – 12:10	Welcome Dr. Gustavo Turecki (Chair, Department of Psychiatry)
12:10 – 12:50	<i>What does it mean to be transdiagnostic?</i> Dr. Jai Shah (Professor, Department of Psychiatry, McGill University) <ul style="list-style-type: none"> ➤ Review concepts underpinning the notion of transdiagnostic psychiatry ➤ Understand how transdiagnostic psychiatry has manifested to date in particular settings ➤ Appreciate the implications of explicitly transdiagnostic approaches for mental health services and system Q & A: 12:40 – 12:50
12:50 – 13:50	The Value of Bifactor Dimensional Models in the Study of Addiction and Psychopathology Dr. Natalie Castellanos Ryan (Associate Professor, School of Psychoeducation, University of Montreal) <ul style="list-style-type: none"> ➤ Compare different approaches to modelling the dimensional nature of psychopathology ➤ Identify how common and specific psychopathology factors manifest across different European and Canadian longitudinal cohorts ➤ Identify key methodological advantages and disadvantages of using bifactor dimensional models in the study of psychopathology Q & A: 13:35 – 13:50
13:50 – 14:20	Coffee Break
14:20 – 15:20	<i>Applying transdiagnostic and dimensional perspectives in the clinic: A focus on the Hierarchical Taxonomy of Psychopathology (HiTOP) and the DSM-5 Alternative Model of Personality Disorders (AMPD)</i> Dr. Robert Krueger (Professor, Department of Psychology, University of Minnesota) <ul style="list-style-type: none"> ➤ Describe the extensive literature demonstrating the underlying dimensional nature of psychopathology ➤ Explain the core concepts in contemporary dimensional models of psychopathology, specifically, the closely related HiTOP and AMPD models ➤ Understand how to begin applying HiTOP and AMPD concepts in clinical settings Q & A: 15:05 – 15:20
15:20 – 16:20	<i>Building transdiagnostic youth services - how do we respond (in the 21st Century) to the wide range of needs?</i> Dr. Ian Hickie (Professor, Department of Psychiatry, University of Sydney) <ul style="list-style-type: none"> ➤ Understand the principles underpinning transdiagnostic youth mental health care ➤ Describe the diverse and changing needs of young people seeking mental healthcare ➤ Identify contemporary models of early intervention and personalised care Q & A: 16:05 – 16:20
16:20 – 17:00	Debate Dr. Ian Hickie (Professor, Department of Psychiatry, University of Sydney) and Dr. Ridha Joober (Professor, Department of Psychiatry, McGill University) <ul style="list-style-type: none"> ➤ Understand the advantages of moving towards a transdiagnostic approach to mental disorders ➤ Understand the disadvantages of moving towards a transdiagnostic approach to mental disorders ➤ Describe how changes to the status quo might affect clinical practice Q & A: 16:40 – 17:00



Overall Learning Objectives

1. Understand the limitations of the current diagnostic framework and how a transdiagnostic approach addresses them
 2. Understand different approaches to dimensional models of psychopathology
 3. Understand how moving toward transdiagnostic approaches could affect research and care delivery
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Scientific Organizing Committee

Nicola Casacalenda, Marco Leyton, Jai Shah, Daniel Zigman

Speaker Biographies

Dr. Jai Shah is a Professor of Psychiatry and holds a FRQS Senior Chercheur-boursier clinician-scientist award at McGill University and the Douglas Institute, where he is Co-Director of the Prevention and Early Intervention Program for Psychosis, an integrated clinical research infrastructure. He has contributed to studying the risk, onset, initial stages, and trajectories to serious mental illnesses such as schizophrenia and psychosis, and to articulating the implications of this for the structure and function of youth mental health service – particularly early intervention services and systems in Canada and beyond. At the Douglas, he is pioneering the design and delivery of a transdiagnostic service for youth at-risk for severe mental illnesses, continues to support Canadian youth mental health service transformations through the CIHR-SPOR network ACCESS Open Minds, where he leads its economic evaluations, and is involved in global efforts to develop next-generation transdiagnostic youth mental health frameworks such as clinical staging and stepped care.

Dr. Natalie Castellanos-Ryan is an Associate Professor at the School of Psychoeducation, University of Montreal, researcher at the Sainte-Justine Hospital in Montreal and a FRQ-S Senior Research Scholar (Chercheure-Boursiere). She completed a M.Sc. at the University of Oxford, and a PhD at the Institute of Psychiatry, King's College London (2009), where much of her work focused on the implementation and evaluation of a personality risk factor approach for the prevention or early intervention of substance use and other behavioural problems in adolescence. Dr. Castellanos Ryan's research focuses on the study of human development from birth to young adulthood, including behavioral, cognitive, and social-emotional development, and the prevention of behavioral and substance use problems. The work of her research lab (<http://labodepsa.umontreal.ca/>) follows longitudinal pregnancy and birth cohorts of children and their families into adulthood, examining biological and social factors implicated in the development of behavioral, emotional and substance use problems in young people.

Dr. Robert Krueger is Regents Professor and Distinguished McKnight University Professor in the Department of Psychology at the University of Minnesota. He completed his undergraduate and graduate work at the University of Wisconsin, Madison, and his clinical internship at Brown University. Professor Krueger's major interests lie at the intersection of research on psychopathology, personality, behavior genetics, health, and aging. He has received several major awards, including the Hoch Award from the American Psychopathological Association (APPA). He has been named a Clarivate Analytics Highly Cited Researcher, and Research.com ranks him in the top 100 most impactful psychologists in the world. He is also editor of the Journal of Personality Disorders and served as the Chair of the U.S. NIH/CSR Social, Personality and Interpersonal Processes (SPIP) Grant Review Study Section.

Dr. Ian Hickie is a Professor of Psychiatry, Co-Director of Health and Policy, Brain and Mind Centre, University of Sydney and Scientific Advisor for Innowell Pty Ltd. He has led major public health and health services developments in Australia, particularly focusing on early intervention for young people with depression, suicidal thoughts and behaviours and complex mood disorders. He is active in the development through codesign, implementation and continuous evaluation of new health information and personal monitoring technologies to drive highly-personalized and measurement-based care.



Dr. Ridha Joobar is a psychiatrist and researcher specializing in neurodevelopmental psychiatric disorders, particularly schizophrenia and attention-deficit/hyperactivity disorder (ADHD). He is a Full Professor in the Department of Psychiatry at McGill University. His research program spans a broad spectrum of topics, from molecular and genetic studies aimed at understanding the biological mechanisms underlying psychiatric disorders to clinical research and the development and evaluation of innovative models of mental health care. He has authored more than 450 peer-reviewed publications, including articles in leading scientific journals such as *Nature Genetics* and the *Archives of General Psychiatry*. Throughout his career, Dr. Joobar has contributed to advancing the understanding and treatment of major psychiatric disorders while maintaining a strong focus on translating research findings into improvements in clinical practice and mental health services. In recognition of his contributions to psychiatric research and academic medicine, he has been elected a Fellow of the Canadian Academy of Health Sciences and a Foreign Corresponding Member of the French National Academy of Medicine (Académie nationale de médecine).

Dr. Daniel Zigman is the codirector of Continuing Medical Education with the Department of Psychiatry and an Assistant Professor with the Department of Psychiatry. Dr. Zigman completed his medical degree and psychiatry residency at McGill University, followed by a fellowship in medical education at McGill and a fellowship in the Mood Disorders Research Unit at the University of Ottawa. He is the Director of Outpatient Services at the McGill University Health Centre, where he has served as a staff psychiatrist since 2012. His areas of clinical expertise include bipolar disorders, obsessive compulsive disorder, psychotic disorders, and psychopharmacology.

Accreditation

This activity is accredited by the Office for Continuing Professional Development, School of Medicine, McGill University, which is accredited by the Committee on Accreditation of Canadian Medical Education (CACME) of which the Collège des médecins du Québec (CMQ) is a partner.

This Group Learning program meets the accreditation criteria as defined by the Maintenance of Certification program of the Royal College of Physicians and Surgeons of Canada and has been approved for up to 4.25 MOC Section I credits.

Through an agreement between the Royal College of Physicians and Surgeons of Canada and the American Medical Association, physicians may convert Royal College MOC credits to AMA PRA Category I Credits™. Information on the process to convert Royal College MOC credit to AMA credit can be found at <https://edhub.ama-assn.org/pages/applications>

Feedback

After the event, please take a moment to complete this anonymous survey.
We greatly appreciate hearing from you and will use your feedback to plan future events. Thank you!