

## The NCMD Research Seminar Series Hybrid Event

Colin Ingram Seminar Room at the Henry Wellcome Building.

Friday 20<sup>th</sup> June 2025, 12-1pm, [online via Teams](#)



### Re cognitive difficulties and cognitive rehabilitation in mood disorders

**Richard Porter**

Richard Porter is Professor and head of the Department of Psychological Medicine, University of Otago, Christchurch and a Consultant Psychiatrist in a service for adults with intellectual disability. He trained in psychiatry in Newcastle-Upon-Tyne where his clinical training focussed on the treatment of resistant mood disorders. Recently his research has focused on psychological and chronobiological treatments for mood disorders and treatments for neuropsychological impairment in depression and bipolar disorder. Events in Christchurch have also led to an interest in PTSD and the mental health effects of natural disasters and terrorism. He has published over 250 scientific papers. He is an author of the 2020 Royal Australian and New Zealand College of Psychiatrists Mood Disorder Guidelines and Deputy Editor of British Journal of Psychiatry Open

Recurrent mood disorders, both unipolar and bipolar, are associated with significant problems with cognitive and general functioning. This presentation will examine the nature of these cognitive problems before moving on to review early data on psychological treatments aimed directly at remediation of cognitive difficulties both in bipolar and unipolar mood disorders. Data regarding cognitive remediation and activation added to traditional psychotherapies, in clinical trials conducted in Christchurch, will be presented, including recent data on cognitive activation in severe in-patient depression.

**Join online via MS TEAMS** [click here to join the meeting](#)

Meeting ID: 388 430 428 998

Passcode: UZ3zC6s9

If you would like to receive regular communications regarding NCMD Research Group Seminars including meeting invites, please contact [Samantha.jewell-mills@newcastle.ac.uk](mailto:Samantha.jewell-mills@newcastle.ac.uk)