

Dr. Helen Lowry joined the department of psychiatry in 2013 as an outpatient psychiatrist. She has worked in the area of general adult psychiatry, short-term psychotherapy and, previously, forensic psychiatry. She is active in the Psychiatry Residency training program, teaching psychotherapy including Cognitive Behavioral Therapy, Interpersonal Psychotherapy, and directly supervising residents during their psychotherapy training. She has been a member of the Student Wellness Centre Eating Disorder team since the fall of 2015.