



Associates of the Compassionate Mind Foundation

Australia

Nick Allen PhD is a Clinical Psychologist and Principal Research Fellow at the ORYGEN Research Centre and the Department of Psychology at the University of Melbourne in Australia. Between 1995 and 1998 he worked as a research scientist at the Oregon Research Institute, which is the site of the Oregon Adolescent Depression Project. This is the largest study of the causes, consequences, and treatment of depression in adolescents in the United States.

He holds research funding from the Australian National Health and Medical Research Council, Australian Research Council, *beyondblue* (the Australian national depression initiative) and the National Institute of Mental Health (U.S.A.), for research programs addressing psychological and biological aspects of vulnerability to depression, and the treatment and prevention of depression using cognitive behavioural and meditation based techniques. He has published over 60 peer reviewed scientific articles and book chapters on these and related topics.

His current research interests include psychological and physiological models of depression and vulnerability to depression, especially during adolescence; Affective and social neuroscience and its application to affective disorders; Cognitive behavioural approaches to treatment, prevention, and early intervention for affective disorders; Evolutionary bases of emotion and psychopathology; and nosology/description of emotional disorders. He is now investigating the psychological and biological mechanisms associated with mindfulness meditation, as well as its clinical effects with previously depressed adolescents. He is W.E.J (2005). Mindfulness, compassion for self, and compassion for others. Implications for understanding the psychopathology and treatment of depression. In, P, Gilbert (ed). *Compassion: Conceptualisations, Research and Use in Psychotherapy* (239-262). London: Routledge.