



Aurelie Montagne

- Affiliate, Department Funds
- Fellow in Psychiatry and Behavioral Sciences

Bio

BIO

Dr. Aurélie Montagne is a psychiatrist whose work centers on psychotherapy, systemic approaches to care, and the organization of psychiatric services. Throughout her training, she has developed advanced expertise across multiple psychotherapy modalities, with a particular interest in group-based interventions. Her research has explored innovative models of care delivery, including teletherapy for complex trauma.

In parallel with her clinical and scholarly work, Dr. Montagne has pursued additional training and supervision in systemic and relational approaches to psychiatry. Her work in this area emphasizes the integration of interpersonal and contextual factors into psychiatric formulation and care.

Dr. Montagne has also been actively engaged in medical education and leadership. She has been a dedicated teacher of medical students and residents and has held leadership roles aimed at strengthening undergraduate psychiatric education. Her clinical expertise extends to day hospital (partial hospitalization) programs, where she integrates psychotherapy, group-based care, and systemic thinking into program development and delivery. She will be joining the McGill University Health Centre as an Assistant Clinical Professor of Psychiatry, where she will lead the Adult Psychiatry Day Hospital.

CLINICAL FOCUS

- Partial Hospitalization
- Group Therapy
- Lifestyle Psychiatry
- Couple and Family Therapy
- Fellow

PROFESSIONAL EDUCATION

- Fellowship, Stanford University , Student Mental Health (2026)
- Residency, McGill University , Psychiatry (2025)
- M.D.,C.M., McGill University , Medicine (2020)

Publications

PUBLICATIONS

- **The fine line between the cure and the illness: the risks of prescriptive emotionality and sociality for youth mental health** *LANCET REGIONAL HEALTH-AMERICAS*
Montagne, A., Rousseau, C., Gomez-Carrillo, A.

2026; 53

- **The fine line between the cure and the illness: the risks of prescriptive emotionality and sociality for youth mental health.** *Lancet regional health. Americas*
Montagne, A., Rousseau, C., Gómez-Carrillo, A.
2026; 53: 101310
- **Teletherapy Groups for Complex Trauma: Probing Patient Experiences** *INTERNATIONAL JOURNAL OF GROUP PSYCHOTHERAPY*
Montagne, A., Cohen-Fournier, S., Dubes, L., Ducharme, L., Sanokho, B., Alam, R., Rousseau, C., Noble, H., Langevin, R., Thomas, Z.
2025: 1-28