

Curriculum Vitae

Helene Speyer

Education

- 29.08.2017 **Ph.d. degree**, Copenhagen Research Center for Mental Health, Mental Health Center Copenhagen, Mental Health Services in the Capital Region of Denmark
- 01.06.2008 **Medical doctor**, University of Copenhagen

Current and former employments

- 2025 **Visiting scientist**, Harvard University, T.H. Chan School of Public Health
- 2024 – current **Senior researcher (part time)**, Center for Recovery, Mental Health Services Capital Region Denmark
- 2022 – current **Senior researcher (part time)**, Copenhagen Research Center for Mental Health (EMPIRA), Mental Health Center Copenhagen
- 2023 - current
Copenhagen **Associate professor**, Department of Medicine, University of
- 2023 -2024 **Consultant (part time)**, Hejmdal Private Hospital
- 2022 - 2023 **Consultant Psychiatrist (part time)**, OPUS, Mental Health Center Ballerup
- 2022 Residence in psychiatry (part time), Mental Health Center Copenhagen/ Ballerup, Mental Health Services in the Capital Region of Denmark
- 2018 - 2021 **Post doc (part time)**, Project TAILOR, Copenhagen Research Center for Mental Health (CORE), Mental Health Center Copenhagen
- 2017 - 2018 / 2016 - 2017 Maternity leave
- 2008 - 2010 **Residence in psychiatry**, Mental Health Center Copenhagen, Mental Health Services in the Capital Region of Denmark
- 1999-200 Magicians assistant, Tony Hopkins Circus England

Scientific qualifications

A unique multi-perspective experience and wide-ranging insights within the field, as a clinician, researcher, and person with lived experience.

Publications in high-impact journals, including World Psychiatry and Lancet Psychiatry.

Editorial Board Member for prominent international journals: Psychiatric Services, Community Mental Health Journal, Psychiatric Rehabilitation Journal, American Psychiatric Rehabilitation Journal. Editing a special issue for the Psychiatric Rehabilitation Journal Peer-reviewing scientific papers (ongoing commitment).

Chair on the Steering Committee at Centre of Evidence-Based Psychiatry in the Region of Zealand.
Reviewer of funding applications for TrygFonden, Lundbeck Foundation, and the Kavli Foundation.
Internationally recognized, as evidenced by numerous speaking engagements. Invited to give talks at the University of Groningen, University of Seattle, University of Tokyo, Kaiser Permanente in Washington, Columbia University, McLean Hospital Boston.

Academic awards and honours

1. prize in Pontoppidan Competition 2016, Danish Psychiatric Association.

Presentations: 11 international invited presentations, 17 oral presentations/symposia at international conferences

Management experience

Daily research leader on the CHANGE trial and Tailor Trial In clinical practice, leading interdisciplinary staff members in in- and outpatient clinics.

Research leader and PI on the DE-COMPASS research program, including project management of two projects on antipsychotic deprescribing.

Guidance and teaching

Supervision of three PhD students, three medical doctors during training in research and two bachelor's theses.

Teaching psychopathology (PSE) for psychiatrists and psychologists for 12 years in the Mental Health Services in the Capital Region of Denmark

Grants and awards

- DKK 8.400.000 as PI for four ongoing projects, DKK 2.500.000 as Co-PI, and DKK 50.000 as travel grant.

International collaborators

Part of the international TAPER (Tapering Anti-Psychotics and Evaluating Recovery) Research Consortium and hosted the annual meeting with A/Prof. Mette Ø. Nielsen in Copenhagen 2024.

Ongoing collaboration with:

Associate professor Mette Ødegaard Nielsen, Unit for Complicated Schizophrenia, Mental Health Center Glostrup, Mental Health Services in the Capital Region of Denmark , Professors Dost Öngür McLean Hospital Boston, on first episode psychosis consortium. Professor Miguel Hernan, University of Harvard, on causal inference. Professors David Roe, Rutgers University Professors John Lysaker, Emory University, on philosophy of shared decision-making Professor Mike Slade, University of Nottingham, on recovery orientation. Associate Professors Nev Jones and Peter Phalen, University of Pittsburgh, on heterogeneity in treatment response Professor Jonathan Rabinowitz, University of Haia, on the trajectory of negative symptoms

