



Dr. Thomas Gargot Biography



Dr. Thomas Gargot is a child and adolescent psychiatrist (CAP) trained in evidence-based psychotherapies (motivational interviewing, cognitive and behavioral therapies) and the use of new technologies to better understand and disseminate them. He is the chair of EPA psychotherapy section, which recently conducted a systematic review about psychotherapy training for trainees in psychiatry.

He defended a European Thesis in Computer Sciences in April 2021 about the use of new technologies to characterise and treat writing disorders with electronic tablets. He is an Associate Professor in child and adolescent psychiatry in Excellence Center of Autism and Neurodevelopmental Disorders and CAP department in regional university hospital of Tours, France and researcher in iBrain (Imagery and Brain) laboratory. He leads clinical research in the treatment of sensory issues in Autism Spectrum Disorders. He has half-time clinical activity in liaison and emergency child and adolescent psychiatry.