

Psychotherapy Training Requirements

Cohort = the year a resident started their residency training

MODALITY	Residents starting 2020 and beyond	PGY5 (2019 cohort)
STRUCTURED THERAPIES	<input type="checkbox"/> 4 adult individual cases: 3 adult and 1 adult or child. (2 CBT 16-20 sessions; 1 IPT 12-16 sessions) <input type="checkbox"/> Child: 2 entrustable COD6-A EPAs (1 in family therapy and 1 in modality of choice)	<input type="checkbox"/> 4 adult individual cases: 3 adult and 1 adult or child. (2 CBT 16-20 sessions; 1 IPT 12-16 sessions) (in LAE) <input type="checkbox"/> Child: 1 entrustable EPA in either COD6-A or COD6-C
PSYCHODYNAMIC	<input type="checkbox"/> 1 to 2 cases (100 hours); may include a short-term case <input type="checkbox"/> 1 written case report (PGY3)	<input type="checkbox"/> 1 to 2 cases (100 hours); may include a short-term case <input type="checkbox"/> 1 written case report (PGY3)
GROUP THERAPY	<input type="checkbox"/> 2 groups (e.g. outpatient, inpatient, or day-hospital, minimum 6-8 sessions per group or 16 session in total)	<input type="checkbox"/> 2 groups (e.g. outpatient, inpatient, or day-hospital, minimum 6-8 sessions per group or 16 session in total)
FAMILY/COUPLE	<input type="checkbox"/> 1-3 family cases (8 sessions total; minimum 2 session per family) can be done in child rotation or other core rotations	<input type="checkbox"/> 1-3 family cases (8 sessions total; minimum 2 session per family) can be done in child rotation or other core rotations
DBT	<input type="checkbox"/> Observe 2 DBT Group Sessions	<input type="checkbox"/> Observe 2 DBT Group Sessions
MOTIVATIONAL INTERVIEWING	<input type="checkbox"/> Addictions Rotation (PGY1 and PGY4)	<input type="checkbox"/> Addictions Rotation (PGY2 and PGY4)

Exceptional circumstances: There may be exceptional circumstances that interfere with a resident's ability to complete psychotherapy training requirements as outlined above. Under such circumstances, residents may be eligible for a modification in training, with input from the Competence Committee (i.e. Psychiatry Competence Subcommittee or PCS), guidance from the relevant psychotherapy modality lead (e.g. CBT, Psychodynamic, IPT, DBT etc.) and Associate Lead, Psychotherapy, and with the approval of the Psychiatry Residency Program Committee (PRPC).