### Psychotherapy Training Requirements

**Cohort** = the year a resident started their residency training

**MODALITY**

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

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**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).

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Revised May 2023