

**HOSPITAL OVERVIEW**

Educational experiences at UHN reflect the strengths of each of the four hospitals that comprise the University Health Network: Toronto General (TGH), Toronto Western (TWH), Toronto Rehabilitation Institute (TRI), and Princess Margaret Hospital (PMH). As such, residency training at UHN is an enriched experience with opportunities for clinical exposure, teaching and scholarship in general and more subspecialized areas of psychiatry. Leadership and resident support in postgraduate education is facilitated by the postgraduate education site lead as well as two chief residents. The UHN Shuttle Bus travels between TWH and TGH every 15 minutes from 0700-0900, every 30 minutes from 0900-1500, and every 15 minutes from 1500-1700. The schedule resumes to every 30 minutes from 1700-2000. There is no shuttle service on weekends and statutory holidays.

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| **Toronto General Hospital**  200 Elizabeth Street,  8 Eaton North  Toronto, ON M5G 2C4 | **Toronto Western Hospital**  399 Bathurst St.  Toronto, ON M5T 2S8 | **Princess Margaret Hospital**  610 University Ave,  Toronto, ON M5G 2A2 | **Toronto Rehabilitation**  550 University Ave  Toronto, ON M5G 2A2 |

**UHN Medical Education Office**

**Location:** Toronto General Hospital – 8 Eaton North Wing, 8th floor, room 220

200 Elizabeth Street

Toronto, ON M5G 2C4

Sia Maro

Medical Education Coordinator

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The following rotations/educational experiences are available to residents at UHN:

1. **Core Rotations:**

* General Psychiatry - Inpatient at TGH and the Outpatient Mental Health and Addiction Service (OMHAS) at TWH
* Geriatric Psychiatry
* Severe Mental Illness
* Consultation-Liaison
* Integrated Mental Health Care

1. **Psychotherapy Training:**

* CBT, Psychodynamic
* IPT
* ACT
* MBSR
* Couples/Family
* Group Therapy

1. **Elective Rotations** (please see below for descriptions)
2. **Senior (PGY5) Selective & Elective Rotations** (please see below for descriptions)

## Research

Abundant opportunities for residents to receive supervision on and participate in research studies. Below are some active areas of research:

Medical Psychiatry, Neuropsychiatry, Psychosocial Oncology and Palliative Psychiatry, Geriatrics, Eating Disorders, Mood Disorders, Psychopharmacology and Sleep Medicine,

**Teaching**

Resident teachers are a core part of our teaching team at UHN. Please contact the chief residents for opportunities to participate in undergraduate and postgraduate medical education. In addition, many core psychiatry rotations have clinical clerks (CC3s and 4s) assigned to them.

# MANDATORY CORE ROTATIONS

## GENERAL HOSPITAL INPATIENT-OUTPATIENT ROTATIONS

**Inpatient Supervisors:** Drs. Justin Weissglas, Lindsey MacGillivray, Suze Berkhout, Raed Hawa, Sherief Marzouk, Kathleen Sheehan, Richard Yanofsky, Sarah Levitt, Michelle Sukhu, and Malcolm Chan

The Inpatient unit at TGH consists of 19 beds of which 6 are in the Intensive unit and 13 and in the general ward unit. There are 3 dedicated psychiatrists who rotate in 3-4 week blocks and provide excellent clinical care for the 19 patients. Most admissions are from the emergency service and represent the full range of adult psychiatric disorders. The management of patients is done within a multi-disciplinary team including nursing, pharmacy, social work, occupational therapy and recreation therapy. Treatment modalities include somatic therapies (pharmacotherapy and ECT), psychotherapies (individual, group, and family) and social interventions. The inpatient program has active group programming including activity- based and therapy-based groups. Weekly, there is one hour of off-ward individual supervision and several hours of rounds as well as opportunities for direct supervision of clinical care. Residents rotate among the supervisors and gain experience in a Psychiatric Intensive Care Unit (PICU) setting, as well as on a general psychiatry in-patient ward.

## Outpatient Rotation Supervisors: Drs. Phoebe Bao, Sarah Bush, Michael Armanyous, Zainab Furquan

The outpatient rotation is based at the Outpatient Mental Health and Addiction Service (OMHAS) at Toronto Western Hospital. It offers residents the opportunity to practice outpatient psychiatry assessing and treating adult patients with a wide range of diagnoses and severity, and from a variety of cultural backgrounds. Residents will be assigned a supervisor who will provide supervision over the entire 6 months of the rotation. Through direct clinical observation, regular case discussions and interview  practice  residents will learn core skills required to perform general psychiatric assessments and develop comprehensive treatment approaches tailored to diverse patient population. Residents will be able to follow up a variety of patients longitudinally and also actively collaborate with allied health professionals involved in their patients’ care, which will enable them to observe the clinical course of treatment with medications and/or psychotherapy over the entire episode of care.

## SEVERE MENTALL ILLNESS

**Supervisor:** Drs. Daniel Rosenbaum and Sarah Levitt

This rotation offers residents an opportunity to work in a multidisciplinary team following the Assertive Community Treatment model, offering psychiatric care to people with serious mental illness and high-level service needs. The team's offices are in the community, where most care is delivered, but close enough to the hospital to facilitate additional education needs. Residents will have the opportunity to assess and treat patients in vivo. They will work with a multidisciplinary team and will be exposed to issues related to program development, team management and supervision of clinicians. They will be responsible for collaboration and liaison with other community agencies, caregivers and families, as well as working with inpatient treatment teams as needed. There will be regular daily contact with the supervisor as well as weekly supervision appointments.

## CONSULTATION-LIAISON PSYCHIATRY

**Supervisors:**

**TGH:** Drs. Susan Abbey, Adrienne Tan, Rima Styra, Carla Garcia, Kathleen Sheehan, Alan Wai, Dilip Koshy, Lauren Thomson and Jeffrey Wieskopf, Alan Wai

**TWH:** Drs. Raed Hawa, Mateusz Zurowski, Richard Yanofsky, Lindsey MacGillivray, Sherief Marzouk, and Sarah Bush

**PMH:** Drs. Gary Rodin, Madeline Li, Kim Miller, Pamela Mosher, Sarah Hales, Christian Schulz-Quach, and Jody Morita

**TRI:** Drs. Abe Snaiderman and Darcy O’Brien

Training sites include medical/surgical wards (including both general wards and subspecialty areas with an academic liaison to psychiatry - e.g. cardiovascular, oncology, transplantation, and neuroscience - and outpatient assessment and treatment of patients with medical and psychiatric comorbidities (including both individual and group modalities). Knowledge of assessment, formulation, development, coping, attachment, trauma, and biologic medicine as well as liaison with interprofessional teams are all a part of work in consultation-liaison psychiatry.

## Geriatric Psychiatry Subspecialty Rotations

**Supervisors:** Drs. Alastair Flint, Dr. Andrea Iaboni, Vanessa Thoo and Katie Bingham

These rotations are for residents training in geriatric psychiatry during their PGY5 subspecialty training year. Residents may choose from three core training opportunities, inpatient, outpatient and outreach.

There are two options for the inpatient rotation. The first experience entails serving as the psychiatrist responsible for inpatient geriatric psychiatry beds at the Toronto General Hospital. The resident will work with a multi-disciplinary team. They will gain enhanced clinical skills and leadership mentoring in the care of elderly patients with complex medical and mental health needs. The second experience allows the resident to serve as the geriatric psychiatrist on the Specialized Dementia Unit and the Toronto Rehabilitation Institute. The resident will work as a member of a multi-disciplinary team and will gain clinical skills and leadership experience while working with patients with advanced dementia and neuropsychiatric symptoms. This rotation will also allow the resident to gain experience supervising junior learners.

The outpatient rotation is flexible and can be tailored to the resident’s interests. The resident will have the opportunity to work in the Seniors Mental Health Outpatient Clinic providing comprehensive geriatric mental health assessments and treatment for older adults with mood or anxiety disorders, new onset psychosis or dementia with behavioral or psychological symptoms. There is also an opportunity to assess and manage patients with neurocognitive disorder in the context of the UHN Memory Clinic. The resident can also take part in virtual outreach assessments of older adults living in a rural or underserviced regions of Ontario if interested.

The outreach rotation allows the resident to provide geriatric psychiatry outreach to older adults residing in long-term care or in the community. Residents will work as the geriatric psychiatrist on the UHN Geriatric Psychiatry Mental Health Outreach Team (GMHOT). This is a multi-disciplinary team that provides assessments, treatment recommendations and follow up to older adults living in 9 long-term care homes in central Toronto. The resident will gain clinical skills and mentorship while providing care to seniors suffering from a wide range of conditions including severe and persistent mental illness, late life mood and anxiety disorders, personality disorders and dementia with neuropsychiatric symptoms. There is also an opportunity to provide consultations in the community as part of a multi-disciplinary outreach team.

# UHN PGY-5 INTEGRATED MENTAL HEALTH CARE (IMHC) EXPERIENCES

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| **Name** | **Type of Setting** | | | | **Time e.g. hours/ week or**  **frequency** | **Description of Activity** | **Email address** |
| **Telepsych** | **Community Agency** | **Primary Care** | **Other** |
| **Dr. Jennifer Braverman** | Yes | No | No | Yes | Weekly | In close collaboration with the Nephrology Division of UHN, we provide mental health services for patients with kidney disease (chronic kidney disease, dialysis, and transplant). Residents will have an opportunity to understand the impact  of kidney disease and its treatment on individuals, families and caregivers, with the aim of providing “whole person care". Residents have a chance to employ various therapy techniques (including IPT, CBT, supportive therapy and group therapy) when Helping our medically ill patients. The selective also gives as opportunity to work in inter-professional collaboration with the multidisciplinary nephrology team, including teaching and presentation at rounds. | [jennifer.braverman@uhn.ca](mailto:jennifer.braverman@uhn.ca) |
| **Dr. Richard Yanofsky** | Yes | No | No | Yes | Weekly | Provides interdisciplinary care with nurses, hepatologists, gastroenterology/hepatology fellows & residents. Weekly educational rounds based upon cases available. Also, provincial video-teleconference case discussions occur weekly | [richard.yanofsky@uhn.ca](mailto:richard.yanofsky@uhn.ca) |
| **Dr. Susan Abbey** | Yes | No | No | Yes | Weekly | Collaborative care provided within an interdisciplinary Transplant Psychosocial Program. Involves residents, NP’s, social workers and transplant physicians. Indirect care includes weekly case rounds and educational rounds. | [susan.abbey@uhn.ca](mailto:susan.abbey@uhn.ca) |

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| **Drs. Raed Hawa & Sanjeev Sockalingam** | Yes | No | No | Yes | Weekly | Bariatric Surgery Psychosocial Program providing care for patients with severe obesity and multiple medical co- morbidities. Involves a large interdisciplinary team, diverse group of trainees, medical physicians and surgeons. Telepsychiatry is used to provide consultation, follow-up and psychotherapeutic interventions as catchment extends to North Bay. | [raed.hawa@uhn.ca](mailto:raed.hawa@uhn.ca) |
| **Drs. Kim Miller, Madeline Li & Sarah Hales** | No | No | No | Yes | Weekly | Provides an integrated collaborative care experience with oncologists, nurses and allied health throughout PMH in outpatient clinics. Collaborative experiences include indirect consultation and education opportunities. | [kim.miller@uhn.ca](mailto:kim.miller@uhn.ca) |
| **Dr. Michael Armanyous** | Yes | No | Yes | No | Mon. & Thurs.  Tues. (based at Toronto Western Hospital Family Health Team) | The TWH FHT is a primary care team serving a broad population with respect to socioeconomic class, cultural affiliation, and general psychiatric and addictions problems. The team is staffed by family physicians, family medicine residents, social workers, pharmacists, occupational therapist, nurse practitioners, and nurses. Residents will primarily collaborate with family physicians and residents. In addition to direct patient care, the resident will provide informal case consultations (in person or via email), and interdisciplinary case reviews. There will be approximately 2 direct patient visits (usually new consultations) on a typical day. On-site fully equipped offices are available however most consultations are currently taking place virtually. | [michael.armanyous@uhn.ca](mailto:michael.armanyous@uhn.ca) |

# SENIOR (PGY5) SELECTIVE & ELECTIVE ROTATIONS

## Medical-Surgical (C/L) Psychiatry Senior Selective Rotation Contact Information for Selective Approval:

## Dr. Adrienne Tan - [adrienne.tan@uhn.ca](mailto:adrienne.tan@uhn.ca)

Dr. Lindsey MacGillivray – [lindsey.macgillivray@uhn.ca](mailto:lindsey.macgillivray@uhn.ca)

Dr. Katie Sheehan – [kathleen.sheehan@uhn.ca](mailto:kathleen.sheehan@uhn.ca)

UHN offers a wealth of opportunities for the career-track resident in medical-surgical (C/L) psychiatry. A career-track year can be customized to meet the training needs of the resident. The year (or six months) could be organized by medical disease (cardiac disease, end-organ failure & transplantation, cancer, neurological diseases), treatment modality (psychotherapy including brief psychodynamic therapies, cognitive therapy, interpersonal psychotherapy; pharmacotherapy; group therapy), or could be focused on medical education (the C/L service is a major educator of clinical clerks and PGY1's) or to prepare for a career in general C/L psychiatry. UHN has a rich multi-disciplinary team, an active academic program and opportunities for supervision by individuals with a range of interests, expertise, and disciplines.

There are multiple opportunities for scholarly activities of interest to the resident.

## The Mood Disorder Psychopharmacology Unit (MDPU)-Senior Selective

**Contact Information for Selective Approval:**

Dr. Roger S. McIntyre - [roger.mcintyre@uhn.on.ca](mailto:roger.mcintyre@uhn.on.ca)

Dr. Joshua Rosenblat – [joshua.rosenblat@uhn.ca](mailto:joshua.rosenblat@uhn.ca)

Dr. Rodrigo Mansur– [rodrigo.mansur@uhn.ca](mailto:rodrigo.mansur@uhn.ca)

The Mood Disorder Psychopharmacology Unit (MDPU) at the UHN provides trainees an opportunity to be an integral member of an academic clinical research centre specializing in the diagnosis and treatment of mood disorders.

The MDPU receives a high volume of clinical referrals providing for trainees ample opportunity to observe a consultative multidisciplinary approach. For trainees that are interested, research opportunities are varied and include both descriptive and interventional studies.

The MDPU regularly has trainees across multiple disciplines at various levels from local, national, and international universities. Current trials at the MDPU are investigating novel interventions such as ketamine, psilocybin, insulin and semaglutide providing trainees with exposure to this emerging interventions.

**Psychosocial Oncology and Palliative Psychiatry - Senior Selective**

**Contact for Selective Approval:**

Dr. Christian Schulz-Quach – [christian.schulz-quach@uhn.on.ca](mailto:christian.schulz-quach@uhn.on.ca)

POPC is located in Canada’s largest cancer hospital, primarily an ambulatory setting, with 125 inpatient beds. Exposure to a wide range of patient ages (18 years or older), cancer types, and disease stages is ensured during the rotation. Residents will learn about the psychiatric and psychosocial aspects of cancer for patients and families at diagnosis through all phases of the disease and during survivorship, palliation and end-of-life care. Residents will have the opportunity to observe and perform psychiatric assessments with supervisors to aid in developing diagnostic and formulation skills. Development, coping, attachment, trauma and biologic medicine are all incorporated into a complex understanding of the physical, psychological and existential dilemmas that face individuals with cancer and their families. Weekly educational activities at POPC include: Palliative Psychiatry seminar, Palliative Psychiatry clinic with supervision, Advanced Psychotherapy seminar, Behavioral Sciences and Health Research seminar, Palliative Care Journal Club. Additionally, monthly educational activities include: POPC Grand Rounds, Pain and Symptom Management Rounds, and Interprofessional Complex Care Rounds. Participation and supervision in Mindfulness Based Stress Reduction (MBSR) and short-term supportive-expressive psychotherapy for advanced cancer patients, Managing Cancer and Living Meaningfully (CALM), is also available. Ongoing weekly clinical supervision occurs, with the opportunity to teach more junior residents and medical students, and/or participating in research. For those interested in research, participation in a biweekly Manuscript Review seminar is also available. At the end of the rotation, residents will have acquired knowledge and skills in assessing, responding to, and managing psychosocial distress in the patient with cancer.

**Eating Disorders Senior Selective Rotation**

## Contact Information for Selective Approval:

## Dr. Susan Abbey - [susan.abbey@uhn.ca](mailto:george.paslakis@uhn.ca)

UHN offers intensive treatment for a variety of eating disorders. PLEX time can be tailored to the learning objectives of the resident. Training in eating disorders is provided through clinical involvement in the Eating Disorders Program at Toronto General Hospital.

Residents can design their experience to meet their personal learning goals and intended career trajectory. One month rotations can focus on assessment and basic treatment in the general psychiatry setting through to more extended rotations where residents can develop more comprehensive skills in eating disorder management. Residents can be involved with one (or more) of the three intensive treatment streams (inpatients, virtual intensive outpatient program, or individual CBT-E). There is a developing program for severe and enduring eating disorders which will be available in early 2023. Training in CBT-E is available as is facilitating group DBT skills.

For residents interested in research training, there rich opportunities for involvement in research within the program.

There is daily contact with staff as well as specific supervision. Interested residents should contact to discuss their interest in this opportunity.

## Neuropsychiatry Senior Selective Rotation

**Contact Information for Selective Approval:**

Dr. Matuesz Zurowski - [mateusz.zurowski@uhn.ca](mailto:mateusz.zurowski@uhn.ca)

This is an opportunity to gain experience in one of the following areas: Neuropsychiatry of Parkinson Disease, Chronic Pain Disorders, Dystonia and Psychogenic Movement Disorders.

The residents will gain experience assessing and managing a wide variety of patients in outpatient and C/L settings, with the support of supervisory staff. All the supervisors subscribe to bio-psycho-social model for understanding and formulation of patients. Past residents have typically enhanced not only their knowledge of the psychological impact of the above conditions on the individual and the family, but also acquired a new appreciation of psychopharmacologic management.

Residents can work with a neurologist in the Outpatient clinic to enhance their knowledge of neurological issues and to hone their neurological assessment skills. Additional experience in neuroimaging can be arranged in the Department of Radiology. There is also an opportunity to learn about neuropsychological assessment techniques and the interpretation of such test results.

## Psychotherapy Senior Selective Rotation

Psychological and Psychiatric Aspects of Cancer

**Contact Information for Selective Approval:**

Dr. Gary Rodin - [gary.rodin@uhn.ca](mailto:gary.rodin@uhn.ca)

This elective rotation based at the Princess Margaret Hospital will provide an in-depth experience in the psychological and psychiatric aspects of cancer. This rotation will emphasize approaches to understanding and to psychotherapeutic intervention in individuals with cancer as well as in the diagnosis and treatment of psychiatric disorders in this population. Clinical experience and supervision will also be available in a variety of modalities including individual dynamic therapy, group therapy, mindfulness meditation and in palliative care. Opportunities will be available to participate in research on self-concept, quality of life, family and marital impact of cancer, mindfulness meditation, pain, depression and the will to live in this population and end of life care.

**Emergency Psychiatry Senior Selective Rotation**

**Contact Information for Selective Approval:**

Dr. Justin Delwo - [justin.delwo@uhn.ca](mailto:Simuran.Brar@uhn.ca)

This rotation offers residents a breadth of experience clinically, and in opportunities for involvement in teaching clerks, PGY1s and crisis workers, as well as taking part in program planning. The experience can be tailored to focus on urgent care clinics and thus, short-term crisis therapies and/or emergency room liaison and/or the Psychiatric Emergency Services Unit. Supervision will occur weekly with a primary supervisor for direct observation of interview techniques and additional supervision will be tailored to the resident's interest, e.g., brief psychotherapy; education.

## Geriatric Psychiatry Subspecialty Rotations

**Contact Information for Selective Approval:**

Dr. Alastair Flint – [Alastair.flint@uhn.ca](mailto:Alastair.flint@uhn.ca)

Dr. Andrea Iabonni – [andrea.iaboni@uhn.ca](mailto:andrea.iaboni@uhn.ca)

Dr. Vanessa Thoo – [Vanessa.thoo@uhn.ca](mailto:Vanessa.thoo@uhn.ca)

Dr. Kate Bingham – [Kathleen.bingham@uhn.ca](mailto:Kathleen.bingham@uhn.ca)

These rotations are for residents training in geriatric psychiatry during their PGY5 subspecialty training year. Residents may choose from three core training opportunities, inpatient, outpatient and outreach.

There are two options for the inpatient rotation. The first experience entails serving as the psychiatrist responsible for inpatient geriatric psychiatry beds at the Toronto General Hospital. The resident will work with a multi-disciplinary team. They will gain enhanced clinical skills and leadership mentoring in the care of elderly patients with complex medical and mental health needs. The second experience allows the resident to serve as the geriatric psychiatrist on the Specialized Dementia Unit and the Toronto Rehabilitation Institute. The resident will work as a member of a multi-disciplinary team and will gain clinical skills and leadership experience while working with patients with advanced dementia and neuropsychiatric symptoms. This rotation will also allow the resident to gain experience supervising junior learners.

The outpatient rotation is flexible and can be tailored to the resident’s interests. The resident will have the opportunity to work in the Seniors Mental Health Outpatient Clinic providing comprehensive geriatric mental health assessments and treatment for older adults with mood or anxiety disorders, new onset psychosis or dementia with behavioral or psychological symptoms. There is also an opportunity to assess and manage patients with neurocognitive disorder in the context of the UHN Memory Clinic. The resident can also take part in virtual outreach assessments of older adults living in a rural or underserviced regions of Ontario if interested.

The outreach rotation allows the resident to provide geriatric psychiatry outreach to older adults residing in long-term care or in the community. Residents will work as the geriatric psychiatrist on the UHN Geriatric Psychiatry Mental Health Outreach Team (GMHOT). This is a multi-disciplinary team that provides assessments, treatment recommendations and follow up to older adults living in 9 long-term care homes in central Toronto. The resident will gain clinical skills and mentorship while providing care to seniors suffering from a wide range of conditions including severe and persistent mental illness, late life mood and anxiety disorders, personality disorders and dementia with neuropsychiatric symptoms. There is also an opportunity to provide consultations in the community as part of a multi-disciplinary outreach team.

# GRAND ROUNDS

**Contact Information for Selective Approval:**

Dr. Rima Styra – [rima.styra@uhn.ca](mailto:rima.styra@uhn.ca)

Grand Rounds at UHN has been renamed Evidence Based Mental Health Rounds. The Rounds are delivered virtually throughout the academic year.

Residents in the Centre for Mental Health are required to present Grand Rounds once every academic year. Rounds serves as an important group learning activity that is an integral component of residency training. Preparing for and presenting Grand Rounds provides residents with excellent training in the CanMEDS Scholar and Collaborator roles.

Residents should contact Dr. Rima Styra if they plan to present Grand Rounds at UHN. Grand Rounds presentations by staff, residents or visiting consultants are expected to be based on a thorough review of the literature, have clinical relevance and include some suggestions for quality improvement in the area. A “Best Grand Rounds” prize is awarded annually to a resident by our Education Committee based on notes and ratings recorded at the time of the Grand Rounds.

# PSYCHOTHERAPY

**Contact Information for Selective Approval:**

UHN Psychotherapy Site Co-ordinator:

Dr. Christian Schulz-Quach - [christian.schulz-quach@uhn.ca](mailto:christian.schulz-quach@uhn.ca)

Learning the basic principles and application of various psychotherapeutic modalities forms one of the cornerstones of training in psychiatry. The diversity and depth of experiences in psychotherapy available through the University of Toronto residency program is reflected in the various opportunities for psychotherapy training at the University Health Network. Doing and learning about psychotherapy provides an opportunity for residents to develop the capacity to listen carefully and to understand nuanced individual and/or group experiences. Psychiatrists are in a unique position amongst physicians and other mental health professionals in that psychiatric practice allows for an understanding of the human experience that is informed by the integration of various perspectives – biological, psychological, social, and in some circumstances spiritual (for example, with cancer patients at Princess Margaret Hospital). As such, psychiatrists view patients through various lenses - the objective (e.g., what is measured) and subjective (e.g., what is felt or experienced). Psychotherapy training is an opportunity to develop your skills in the understanding of subjective experience and how it can profoundly affect an individual’s perception of themselves, their relationships (including the doctor-patient relationship), and the problems that they experience that lead to distress and suffering.

The various psychotherapeutic modalities you will learn and practice over the course of your residency (and beyond) will help you conceptualize human experience in different ways with hope to relieve suffering and to facilitate a developmental process within patients - whether it be, for example, through a greater sense of agency, more balanced ways of thinking, or a more flexible and expanded interpersonal repertoire.

## Psychotherapy Experiences

**Individual Psychotherapy**

1. Psychodynamic Psychotherapy
2. Cognitive Behavioural Therapy (CBT)
3. Interpersonal Psychotherapy (IPT)
4. Marital/Couples Therapy

## Elective/Other Experiences

* + Mindfulness Based Stress Reduction (MBSR), Mindfulness based Cognitive Therapy (MBCT)
  + Acceptance and Commitment Therapy (ACT)
  + Managing Cancer and Living Meaningfully (CALM)

# RESEARCH

**Contact Information for Selective Approval:**

Dr. Donna Stewart – [donna.stewart@uhn.ca](mailto:donna.stewart@uhn.ca)

Clinical research at UHN Centre for Mental Health is divided into 6 Teams: Mood Disorders (mood, therapeutics, technology, innovation), Medical Psychiatry (C-L, Psychosomatics, neuropsychiatry, sleep, cardiovascular, transplantation, collaborative med-psych care), Supportive Care in Cancer (psychosocial oncology, palliative care, cancer rehab, survivorship), Seniors Mental Health, Eating Disorders, and Mental Health and Healthcare (mental health services, quality, safety, patient-centered care, education, social determinants, equity). Research electives, senior year research selectives, and supervision for residents enrolled in the Clinician Scientist Program are available in programs within each of these teams Residents may be involved in ongoing research within the department or pursue their own research project, depending on their experience, goals, and time.

Many researchers in the UHN Department of Psychiatry have appointments in the University of Toronto’s School of Graduate Studies (SGS), and are therefore available to supervise residents who wish to pursue an MSc or PhD in research through the SGS. Residents who are working in the UHN Department of Psychiatry have the opportunity to apply for funding for pilot projects through the department’s annual research competition.

Residents who wish to know more about research opportunities at UHN are welcome to contact the department’s head of research, Dr. Donna Stewart. Alternatively, a resident who has a specific research supervisor in mind may contact that supervisor directly to discuss research opportunities.

# TEACHING

Being involved in the Undergraduate Education program is an important component of the UHN resident experience and one that is highly valued by the Centre. Teaching medical students keeps work fun and fresh, and clarifies clearly what we know and what we don’t. There are many opportunities for teaching at UHN. Pre-clerkship teaching includes resident involvement in Integrated Clinical Experience (ICE) 1, a first year interviewing course that runs on 6 Friday mornings in the fall, and ICE 2 Psychiatry interviewing for second year medical students which would involve a 4-week consecutive commitment teaching alongside staff over the academic year. Clerkship teaching includes direct one-on-one supervision of clerks, on-call teaching, and opportunities to participate in delivering seminars, including the resident-run Personality Disorders Course and Narrative Reflective Competency. Individual supervision around teaching is available.

Recognition for teaching at UHN is significant with opportunities to win Wightman-Berris, University Departmental and UHN Psychiatry Teaching Awards.

Residents interested in undergraduate medical education teaching should contact the UHN Medical Education Site Lead, Dr. Dilip Koshy ([dilip.koshy2@uhn.ca](mailto:dilip.koshy2@uhn.ca)).