

Clinician-Researcher Track (CResT) Rotation Structure Guidelines

Background

Workplace-based learning under Competence-by-Design (CBD) remains central to preparing residents for independent practice. The Clinician-Researcher Track (CResT) is a direct-entry stream within the general psychiatry residency program at the University of Toronto that embeds an intensive research experience into a CBD psychiatry residency to counter the well-documented decline in psychiatry residents' research engagement over training.

CResT residents will have an individualized training experience that will optimize time for research or scholarship throughout residency, while meeting General Psychiatry Residency Program curriculum requirements. By front-loading research training through dedicated research blocks and longitudinal half-days, CResT provides the protected time and mentorship from renowned faculty necessary for residents to maintain momentum from their prior intensive research backgrounds, produce peer-reviewed research outputs, and compete for early-career investigator grants.

CResT embeds longitudinal, protected research training into the General Psychiatry Residency. The Program Director governs program-level modifications, receiving guidance from the CResT assistant program director, the Psychiatry Residency Program Committee (PRPC), and the Research Curriculum Subcommittee, in accordance with the General Psychiatry rotation structure document.

In addition to the general psychiatry curriculum, CResT embeds staged research mentorship and seminars specifically designed to prepare residents for careers as clinician-researchers in psychiatry. CResT also provides flexibility for residents to pursue advanced degrees during their residency via the Clinician Investigator Program (CIP), an RCPSC-accredited research program.

Rotation Structure

Please see Psychiatry Training Experiences for RCPSC requirements
<https://www.royalcollege.ca/en/standards-and-accreditation/information-by-discipline>

PGY1-Transition to Discipline (TTD), Foundations of Discipline (FOD), CResT Core Project development

- Clinical Blocks:
 - Ground School/Orientation:

- 2 weeks of Lecture
- As per the general program (Trauma-Informed Descent Education, safety and self-protection [TIDES], Advanced Cardiovascular Life Support [ACLS]).
- Addictions
- C-L
- Emergency Psychiatry ×2 blocks (CAMH + general hospital).
- Cognitive Neurology
- Emergency Medicine
- Family Med/Peds
- GIM ×2
- Neurology
- Palliative
- Longitudinal Clinic:
 - PGY1 clinical half-day experience
- CResT Research block (PLEXin General Program):
 - Project foundation block. This block is for a project scoping review, research supervisor selection and research project committee formation
- CResT Longitudinal Research half-day:
 - Half day per week, while on core psychiatry blocks (Addictions, CL, ED)

Similar to the General program, PGY1s are all assigned to a base general hospital site for service and psychiatry rotations.

For the 2026-2027 years, CResT PGY1 sites will include either Sunnybrook Health Sciences Centre, University Health Network, Unity Health or Sinai Health. Residents are also assigned to a PGY1 outpatient half-day clinic site – this site is their “home” site for PGY2 rotations. This model was developed to decrease fragmentation in the residency program and to support residents’ success in the transition to PGY2.

PGY2 – FOD, Research Project Development & CResT Core Research

- Clinical Blocks:
 - Adult Inpatient 4 m
 - Adult Outpatient 4 m
 - Research with integration of clinical work aligned with the program of research/research area of interest. 4 m. Note, this time could be less, depending on performance on inpatient and outpatient rotations
- Longitudinal Clinic:
 - SPMI patient longitudinal experience ≥6 m
 - After-hours Psychiatry Emergency Service
 - Psychotherapy
- CResT Research Blocks:
 - As per above, 4 months of protected research with integrated clinical work aligned with the program of research/research area of interest. This time

could be less, depending on performance on inpatient and outpatient rotations

- CResT LongitudinalResearch:
 - Research half day 0.5 day/wk on clinical blocks, which will be taken on the same day as the academic half day.

PGY3 – FOD, Core of Discipline (COD), & CResT Core Research

- ClinicalBlocks:
 - Child & Adolescent ≥ 3 m
 - Geriatric ≥ 3 m
 - Severe Mental Illness ≥ 3 m.
- LongitudinalClinic:
 - After-hours Psychiatry Emergency Service
 - Psychotherapy
- CResT ResearchBlocks:
 - 2-3 Months of protected research
- CResT LongitudinalResearch:
 - Protected research: 0.5 day/wk.

PGY4-COD and Early Transition to Practice (TTP), CResT Core Research, and Transition to Early-Career Researcher

- ClinicalBlocks:
 - Addictions, 3 m
 - CL Psychiatry, 4 m
 - Underserved/Marginalized Population Selective, 1 m
- LongitudinalClinic
 - After-hours Psychiatry Emergency Service
 - Psychotherapy
- CResT ResearchBlocks:
 - 4 months of research, and can substitute 1 block with a clinical elective relevant to the research focus
- Longitudinal CResT Research:
 - Protected research: 0.5 day/wk during clinical blocks. Different day from Wed (July-Dec); Recommended to occur on Wednesdays (Jan-June)

PGY5 – TTP, Transition to Early-Career Researcher

- ClinicalBlocks:
 - Electives in the subspecialty of interest
- LongitudinalClinic:
 - Integrated Mental Health Clinic: 0.5 requirement (half-day for a year or full day $\times 6$ months)
- CResT ResearchBlocks:
 - Up to 12 blocks

- CResT LongitudinalResearch:
 - Half-day research on clinical elective blocks

*Forensic Psychiatry (1 block) anytime PGY1–5 as per the new general program requirement.

CResT Seminars

The Seminar series will take place on six half-day sessions annually. Seminars will focus on topics relevant to transitioning into an independent early-career scientist. Rather than emphasizing research skills, which are typically offered via other research training pathways, CResT seminars will focus on developing skills required for running an independent research program. Below is a list of seminars that are subject to change from time to time. These seminars will replace research half days.

1. Project development
 - Developing a programme of research
 - Establishing a staged research program
 - Registering protocols
 - Establishing mentorship
2. Project Management
 - Building a research team
 - Managing a research team
 - Project management tools
 - Delegation
 - Equity, diversity and inclusion
3. Data Systems Management and AI
 - Establishing data management plans
 - Using AI/research software to enhance productivity
 - Software
 - Data sharing principles
4. Team Science, Network Building, Teaching/Supervision
 - Building collaborations/Networking
 - Mentorship/Mentoring
 - Supervision
5. Research Program Funding
 - Grant applications
 - Early Career Grants in Psychiatry
 - Writing successful grants
 - Building and balancing research budgets
6. Integrating Clinic and Research
 - Designing clinical workflows to support research
 - Embedding Clinical trials/observational studies in clinical practice

Subspecialty Entry (Geriatric Psychiatry, Child & Adolescent Psychiatry fellowships)

- Pathway same as general program: CResT residents enter Geriatric Psychiatry or CAP fellowships via the traditional route (program entry typically in PGY5 with +1 year of residency).

Modifications in training

Modifications in training for CResT residents can be considered on a case-by-case basis. Proposals will be brought forward by residency program leadership for the stream and be considered by the Psychiatry Residency Program Committee (PRPC). PRPC's role is to provide guidance to the Program Director with regards to the integration of training requirements alongside meeting requirements for the stream.

Created by: Program Director and Assistant Program Director, CResT in consultation with rotation coordinators

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