

Guidelines for CSP (Scientist and Scholar) Residents

Integrating research/scholarship General Psychiatry Residency Program

Background

The Clinician Scientist Program was established in 1999 to address the pressing need for more clinician scientists in psychiatry. In comparison to other departments in the faculty of medicine, in which research programs generally focus specifically on residents enrolled in full-time graduate training, a unique aspect of the Clinician Scientist Program is its emphasis on also supporting and motivating interest in research prior to (or after) graduate research training. The **General Stream** of the CSP is intended for residents who demonstrate an interest in research during junior residency, such as during research electives, and are interested in potentially pursuing a graduate degree in residency or have previously completed a graduate degree. The **Graduate Stream** of the CSP is for senior residents who are enrolled in research-focused thesis-based graduate school programs.

The Clinician Scholar Program was established in 2021 to support and enhance the training of residents intending to pursue academic careers in education scholarship, quality improvement, and other creative professional activities (including the social sciences and humanities). The Clinician Scientist and Clinician Scholar Program are referred to collectively as CSP/CSP for the purposes of this document.

The purpose of this document is as follows:

(i) reference document to orient PRPC to CSP/CSP integration within residency program; (ii) articulate approach and expectations for CSP/CSP residents across academic training years; (iii) clarify expectations of CSP Graduate Stream for PGY5 residents, timelines, funding opportunities and expectations

Orientation to application process to enter CSP/CSP

Applications to CSP/CSP are accepted in Spring each year for entry into either program on July 1 of the following academic year. Residents will have access to ongoing supervision, professional development seminars, and mentorship by approved faculty members with an established research/scholarship record in their areas of interest. Applications for General Stream CSP/CSP will be accepted from PGY-2 and -3 residents by April 15 (or next business day) annually.

Acceptance decisions will be released by mid-late May, with enrollment commencing on July 1. Applications for Graduate Stream CSP/CSP will be accepted in the autumn (exact deadline TBD) of a resident's PGY4 training year for entry into the Graduate Stream CSP/CSP on July 1 of their PGY5 training year.

Resident progress and participation in CSP/CSP

All residents must be in good academic standing with no significant performance or professionalism concerns to participate in CSP/CSP. This usually means a status of “progressing as expected” at Psychiatry Competence Subcommittee (PCS). At any time, with input from PCS and the Resident Assessment and Support Subcommittee (RASC) and Psychiatry Residency Program Committee (PRPC) as needed, the Program Director can pause a resident’s participation in CSP/CSP to focus on core training experiences or requirements.

Alignment with residency training years

Foundations of Discipline (generally PGY1 and 2) residents interested in CSP/CSP are encouraged to use PGY1 PLEX (personalized learning experience) time in PGY1 to explore research. Guidance can be provided by CSP/CSP Director as needed in selecting a research PLEX experience. Although PGY2s do not have PLEX time, they can use A & P (Administrative and Psychotherapy) time towards research activities, alongside completing administrative and psychotherapy activities as per core rotation and/or residency program requirements. Residents are encouraged to use the available time in PGY1&2(as above) towards research electives/activities and to apply to the General Stream CSP/CSP in the Spring of PGY2 or PGY3 (for entry on July 1).

Note: on a case-by-case basis, a PGY1 or PGY2 may enter the General Stream of the Clinician Scientist Program, if they have a demonstrated record of formal research/scholarship training and productivity that precedes entry into the residency program (i.e., prior MSc or PhD with record of research/scholarship productivity).

Protected time, benefits, and outputs for General Stream CSP/CSP residents in Core of Discipline (PGY3 and 4)

-Receive a ½ day protected time to pursue an approved longitudinal research/scholarship project (in addition to other protected time that all residents have, e.g., academic half day) throughout the academic year

****Please note that exclusive of academic half-day and any other longitudinal training experiences such as psychotherapy and protected time for research, residents must be present on their core rotations a minimum of 3-3.5 days as per Royal College Standards of Accreditation for Psychiatry. Residents who are present for less than this minimum time may not have sufficient clinical exposure and opportunities for direct and indirect observation by supervisors to meet rotation goals and objectives. CSP/CSP residents are thus expected to adjust their protected research time as needed to ensure that they meet core residency program requirements.**

- CSP/CSP residents are expected to use their PLEX block in PGY4 for research/scholarship and submit all required residency documentation outlining use of PLEX time (e.g. submission of PGY4 PLEX form), although PLEX time for research activities would be considered pre-approved based on prior review and approval of a resident’s planned research project by CSP/CSP Director upon entry into either program.

-Receive formal mentorship by an approved CSP/CSP mentor with an appointment within the U of T School of Graduate Studies.

- Have access to funds to support travel to present their research/scholarship work on an annual basis through the CSP/CSP (this funding is not provided through the General Psychiatry Residency Program's budget)
- Are required to participate in at least four of the six scheduled CSP/CSP seminars
- Are required to present at either the Department's Education or Research Day.

Graduate Stream CSP/CSP (generally pertains to PGY5 residents):

Residents with a Graduate Degree

- Any resident who has been part of the CSP/CSP prior to PGY5 and who holds a graduate degree (e.g., MSc, PhD) can automatically remain in the CSP/CSP for their PGY5 year.

Residents without a Graduate Degree

- Any resident who wishes to be part of/remain in the CSP/CSP in PGY5 (Transition to Practice) is expected to be engaged in graduate training as a prerequisite to being part of the CSP/CSP as a PGY5 resident, if they do not have a prior graduate degree.
- Aligning with the residency program requirements for PGY5 rotation planning, applications for the CSP will be due in the autumn of a resident's PGY4 year (exact date TBD).

Graduate Stream CSP Resident Benefits and Expectations

As part of their participation in the CSP/CSP, Graduate Stream CSP residents in PGY5 will:

- Have access to funds (up to \$1500) annually to support travel to present their research/scholarship work while in the CSP (for 2 years)
- Will be expected to participate in four of the six scheduled CSP/CSP seminars
- Will present at either the Department's Education or Research Day.
- While engaged in graduate studies, residents are expected to remain fully in the call pool and continue to meet all U of T residency program and RC rotation requirements

Note: Any resident engaging in graduate studies during residency, must be engaged with one of the CSPs. In order to be part of either CSP, a formal application must be submitted according to CSP application deadlines.

Tuition fees will be reimbursed by the CSP for successful applicants for graduate research school training (MSc or PhD for a maximum of 2 years). Tuition support is limited to residents engaged in thesis-based programs or taught courses which include a substantive empirical project (applicable to Clinician Scholar Program only). Support will be provided to a maximum \$8,000 per year for graduate training within the University of Toronto School of Graduate Studies. This funding is provided via the Department of Psychiatry and not from the General Psychiatry Residency Program's budget.

There is an expectation that applicants apply for and receive salary support to provide for at least one year of salary for the second year of the Graduate Stream CSP, which will occur in a fellowship year post residency training.

There are a number of graduate training programs available through U of T and local universities. The Clinician Scientist Program encourages participation within programs including the Institute of Medical Science (IMS), the Institute of Health Policy, Management and Evaluation (IHPME) and the Department of Pharmacology & Toxicology. Other graduate programs, including those outside of the local context, may be considered appropriate on a case-by-case basis.

Most Graduate Stream CSP/CSP residents will begin graduate training in July-September of their PGY5 year. The Graduate Stream of the CSP/CSP is open to residents who wish to begin graduate training at any time during their PGY5 year (e.g., January start). Any plans to begin graduate training prior to PGY5 would need to be reviewed by CSP/CSP and General Psychiatry Residency Program Director/PRPC on a case-by-case basis.

Prepared by: CSP (Scientist and Scholar) Directors in collaboration with Program Director

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