

# Psychotherapy Training Requirements 2020: CBD vs. Original Curriculum

Cohort = the year a resident started their residency training

| MODALITY                         | Future Cohorts<br>(2020 entry and beyond)  | PGY2<br>(2019 cohort)   | PGY3<br>(2018 cohort)   | Pilot PGY4<br>(2017 cohort) | Original Curriculum<br>(non-CBD residents)  |
|----------------------------------|--|---|---|-----------------------------|---|
| <b>STRUCTURED THERAPIES</b>      | <input type="checkbox"/> 4 individual cases: 3 adult and 1 adult or child. (2 CBT 16-20 sessions; 1 IPT 12-16 sessions) (in LAE)<br><br><input type="checkbox"/> <b>Child:</b> 2 entrustable COD6 EPAs (1 in family therapy and 1 in modality of choice) | <input type="checkbox"/> 4 individual cases: 3 adult, 1 adult/child (2 CBT (16-20 sessions, 1 IPT 12-16 sessions) (in LAE)<br><br><input type="checkbox"/> <b>Child:</b> 1 entrustable EPA in either COD6-A or COD6-B | <input type="checkbox"/> 4 individual cases: 3 adult, 1 adult/child (2 CBT 16-20 sessions, 1 IPT 12-16 sessions) (in LAE)<br><br><input type="checkbox"/> <b>Child:</b> N/A |                             | <input type="checkbox"/> 5 <b>adult</b> cases (3 CBD, 1 IPT)<br><br><input type="checkbox"/> <b>Child:</b> 1 Child CBT Case |
| <b>PSYCHODYNAMIC</b>             | <input type="checkbox"/> 1 to 2 cases (100 hours); may include a short-term case<br><br><input type="checkbox"/> 1 written case report (PGY3)  | <input type="checkbox"/> 1 to 2 cases (100 hours); may include a short-term case<br><br><input type="checkbox"/> 1 written case report (PGY3)   |   |                             | <input type="checkbox"/> 2 adult cases (150 hours)<br><br><input type="checkbox"/> 2 case reports (PGY2 and 4)              |
| <b>GROUP THERAPY</b>             | <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)  |   |                             | <input type="checkbox"/> 1 group (working)/2 groups (proficiency)   |
| <b>FAMILY/COUPLE</b>             | <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  |   |                             | <input type="checkbox"/> 1 family (working)<br><br><input type="checkbox"/> 2 families (proficiency)                        |
| <b>DBT</b>                       | <input type="checkbox"/> Observe 2 DBT Group Sessions  | <input type="checkbox"/> Observe 2 DBT Group Sessions   |   |                             | <input type="checkbox"/> Observe 2 DBT Group Sessions   |
| <b>MOTIVATIONAL INTERVIEWING</b> | <input type="checkbox"/> Addictions Rotation (PGY2 and PGY4)   | <input type="checkbox"/> Addictions Rotation (PGY2 and PGY4)  |   |                             | <input type="checkbox"/> Chronic Care   |

Exceptional circumstances: There may be exceptional circumstances that interfere with the residents ability to complete the psychotherapy training requirements outlined above. Under such circumstances, the resident may request for an exemption. Approval for any exemptions to specific training requirements must be approved by the supervisor and the relevant psychotherapy modality lead (e.g. Psychodynamic, CBT, IPT, Child, DBT, Group).