Psychotherapy Training Requirements 2020: CBD vs. Original Curriculum

Cohort = the year a resident started their residency training



MODALITY	Future Cohorts	PGY2	PGY3	Pilot PGY4	Original Curriculum
	(2020 entry and beyond)	(2019 cohort)	(2018 cohort)	(2017 cohort)	(non-CBD residents)
STRUCTURED	\square 4 individual cases: 3 adult and 1 adult or	\square 4 individual cases: 3 adult, 1	☐ 4 individual cases: 3 adult, 1		☐ 5 adult cases (3 CBD, 1
THERAPIES	child. (2 CBT 16-20 sessions; 1 IPT 12-16	adult/child (2 CBT (16-20	adult/child (2 CBT 16-20		IPT)
	sessions) (in LAE)	sessions, 1 IPT 12-16 sessions)	sessions, 1 IPT 12-16 sessions)		
		(in LAE)	(in LAE)		
	\square Child: 2 entrustable COD6 EPAs (1 in	☐ Child: 1 entrustable EPA in	□ Child : N/A		☐ Child : 1 Child CBT Case
	family therapy and 1 in modality of choice)	either COD6-A or COD6-B			
PSYCHODYNAMIC	1 to 2 coses (100 hours), may is study a	1 to 2 coses (100 hours).	include a chart to	×100 0000	☐ 2 adult eases (150 haves)
FSTCHODTNAIMIC	☐ 1 to 2 cases (100 hours); may include a short-term case	☐ 1 to 2 cases (100 hours); may include a short-term case			☐ 2 adult cases (150 hours)
	Short-term case	☐ 1 written case report (PGY3)		☐ 2 case reports (PGY2 and	
	☐ 1 written case report (PGY3)	i written case report (PG75)		4)	
	1 written case report (FGT5)			4)	
GROUP THERAPY	\square 2 groups (e.g. outpatient, inpatient, or	\square 2 groups (e.g. outpatient, inpatient, or day-hospital, minimum			☐ 1 group (working)/2
	day-hospital, minimum 6-8 sessions per	6-8 sessions per group or 16 session in total)		groups (proficiency)	
	group or 16 session in total)				
FARALLY/COLUDIE	□ 4.2 f · · · · · · · · · · · · · · · · · ·	1 2 femily coses (0 cossisper total) minimum 2 cossisper total			
FAMILY/COUPLE	☐ 1-3 family cases (8 sessions total;	1-3 family cases (8 sessions total; minimum 2 session per		☐ 1 family (working)	
	minimum 2 session per family) can be done in child rotation or other core rotations	family) can be done in child rotation or other core rotations			
	in child rotation of other core rotations				2 families (proficiency)
	_				_
DBT	☐ Observe 2 DBT Group Sessions	☐ Observe 2 DBT Group Sessions		☐ Observe 2 DBT Group	
					Sessions
MOTIVATIONAL	☐ Addictions Rotation (PGY2 and PGY4)	☐ Addictions Rotation (PGY2 and PGY4)		☐ Chronic Care	
INTERVIEWING	, , ,	, 0.2 4	,		

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).

Revised June 2020 Page 11