

Psychotherapy Training Subcommittee Terms of Reference

General Psychiatry Residency Program

Purpose

The Psychotherapy Training Subcommittee stewards the design, planning, and implementation of psychotherapy curriculum across the general psychiatry residency program. The curriculum includes core and elective teaching sessions along with required and elective psychotherapy training experiences. The curriculum and training experiences are informed by Royal College of Physicians and Surgeons of Canada (RCPSC or RC) standards (training experiences, competencies, and standards of accreditation) which articulate minimum standards of training, with psychotherapy education and clinical leadership informing any additional psychotherapy training requirements within the residency program. The subcommittee also contributes to continuous improvement of educational experiences, didactic curriculum and clinical supervision, in psychotherapy, to improve the residency program and ensure residents are prepared for independent practice. In collaboration with partner hospital training sites, the subcommittee promotes patient-centered and relationship-oriented care and establishes a supportive community of psychotherapy practitioners amongst faculty teachers and residents dedicated to the integration of psychotherapy in psychiatric patient care.

Membership

Psychotherapy Curriculum Lead, General Psychiatry Residency Program (Chair)

Modality Leads

- Child and Adolescent Psychiatry
- Cognitive Behaviour Therapy
- Dialectical Behaviour Therapy
- Family and Couple
- Group Psychotherapy
- Interpersonal Therapy
- Motivational Interviewing
- Psychodynamic Psychotherapy

Psychotherapy Site Coordinators (Core training sites: CAMH, MSH, SHSC, Unity- SMH, UHN, WCH; Community based sites)

Resident Representatives (2) – one FOD/COD (PGY2/3) and one COD/TTP (PGY4/5)

Ex-Officio – Director, General Psychiatry Residency Program or Delegate

Reporting

The Psychotherapy Training Subcommittee reports to the Director, General Psychiatry Residency Program and to the Psychiatry Residency Program Committee.

Meetings

The subcommittee meets 6-8 times per academic year- no meetings in July and August (summer break). The subcommittee also meets as needed at the call of the Chair.

Meeting quorum is a simple majority of members. If quorum is not reached, the meeting will be rescheduled.

Decision making

Decisions are made by consensus.

Decisions of the subcommittee move forward as recommendations to the Director, General Psychiatry Residency Program and the Psychotherapy Residency Program Committee.

Confidentiality

It is understood that at times sensitive matters related to the residency program, residents, or faculty may be discussed at subcommittee meetings - members are to maintain confidentiality as to the details of these discussions.

Administrative Support and Documentation

Agendas and relevant documentation are pre-circulated to members the week before the meeting.

Administrative support to plan meetings and document meeting minutes is provided by the General Psychiatry Residency Program.

Prepared by: Psychotherapy Curriculum Consultant and Program Director

Approved at PRPC: June 2, 2025

Next Review: 2028-29