

**MOUNT SINAI HOSPITAL**

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**HOSPITAL OVERVIEW**

The Mount Sinai Hospital is pleased to offer training in the following areas:

**Mandatory core training is provided to residents in**:

General Psychiatry (Inpatient and Ambulatory/LAE)

CL Psychiatry

Collaborative Care/Integrated Mental Health Care

Geriatric Psychiatry

Psychotherapy

**Senior selective rotations are available in**:

Ambulatory General Psychiatry;

CL Psychiatry;

Ethnic Minority Focused Assertive Community Treatment Team;

Geriatric Psychiatry;

HIV Psychiatry;

Health, Arts, and Humanities;

Inpatient Psychiatry;

Pain Psychiatry;

Perinatal Mental Health;

Psychotherapeutic Adaptation to Illness;

Psychotherapy

**MANDATORY CORE ROTATIONS**

**General Psychiatry - Ambulatory**

Dr. Jared Peckis the Head of Ambulatory Psychiatry. The multi-disciplinary ambulatory team includes: Ms. Allison Hughes (MSW) along with LAE supervisors Drs. Jared Peck, Mark Halman, Andrea Berntson, Jessica Braidek, Tara Burra, Smrita Grewal, Bill Mah, Molyn Leszcz, and Ben Rosen Residents have an opportunity to also collaborate with allied health affiliated with our acute post discharge program (TRACC) for patients recently discharged from the inpatient unit.

The LAE consists of assessments and general psychiatric care. Residents assess new patients every 2 weeks, the majority of which are directly supervised by staff. Residents will have exposure to general and urgent care populations with referrals from the inpatient unit, emergency, hospital and community based practitioners.  Residents will work with all members of the team, but will work primarily with 1 supervisor over the course of the rotation. The rotation provides a mix of patients with a variety of clinical presentations.

In keeping with central requirements for psychotherapy training, PGY-2 residents will have the opportunity to begin clinical treatment and supervision in psychodynamic psychotherapy and cognitive behavioural psychotherapy within the LAE day. Each resident will be assigned a psychodynamic and CBT supervisor, and will be assigned a case in each modality. Supervision occurs outside of the LAE day.

**General Psychiatry – Inpatient**

Dr. Greg Chandler is the Head of Inpatient Psychiatry. Supervision of the inpatient training experience is provided by Drs. Greg Chandler, Marina Golts and Chris Ulic. The patients treated in the Inpatient Unit reflect an acute care, diagnostically broad, general hospital based population. A range of contemporary psychiatric treatments is employed in an integrated fashion, recognizing the interplay of biological and psychological factors in the etiology and treatment of psychiatric disorders. Treatment is provided within the context of an interprofessional team approach.

**Geriatric Psychiatry**

The Geriatric Psychiatry Program provides experience in ambulatory and consultation-liaison geriatric psychiatry to elderly patients, within the hospital and community. There are also opportunities to participate in outreach consultation as well as home visits if necessary. The range of treatments offered provides residents with experience in psychopharmacological and psychotherapeutic modalities. A centralized seminar series comprehensively addresses the Rotation-Specific Objectives of the Division of Geriatric Psychiatry. On this service, supervision is provided by Dr. Irina Nica-Graham (outpatient geriatric services) and Drs. Lesley Wiesenfeld and Deanna Chaukos (Geriatric Psychiatry C/L Service).

**Consultation/Liaison Psychiatry**

The CL psychiatry rotation provides broad and intensive training in consultation/liaison psychiatry and psychosomatics. There are 2 main components to the rotation. There is a full range of general hospital training opportunities, encompassing assessment, consultation, and liaison with a number of different clinical teams, as well as crisis intervention and both short- and longer- term individual and family treatments.

Additionally, core residents can augment their training with outpatient CL-based experience within sub-specialty areas. The specific patient populations and the supervisors associated with them are: psycho-oncology – breast; sarcoma – Dr. Jon Hunter, G.I. – Dr. Ellen Margolese; ICU – Dr. Mary Preisman, HIV – Drs. Deanna Chaukos and Peter Deroche, Palliative Medicine – Dr. Bill Mah, OBS/GYN and maternal-infant mental health – Drs. Ariel Dalfen, Sharon Szmuilowicz, Mary Preisman, and Beverly Young.

Overall, this rotation will provide residents with the opportunity to address the psychological aspects of a range of patients with medical/surgical illnesses utilizing a full range of pharmacological and psychotherapeutic treatments. Regular daily clinical rounds are augmented by monthly day long CL core curriculum teaching, created by the University of Toronto, Division of CL Psychiatry. This position is suitable for mandatory CL Psychiatry training, or it ca be specifically tailored for senior selective rotations.

Mount Sinai Hospital is a part of the Sinai Health System, which includes Bridgepoint Health (a rehabilitation facility) and there may be new opportunities to have clinical experiences providing care to patients in the rehabilitation and community settings at Bridgepoint, particularly within the Geriatric Psychiatry and Consultation-Liaison Psychiatry rotations.

**CORE HOSPITAL-BASED OPPORTUNITIES**

Residents (PGY 4, 5, and LAE-3) participate in the psychiatry-family medicine buddy system. This is a unique collaborative care program that links our psychiatry and family medicine departments to help support the provision of mental health care in primary care through indirect consultations and the development of collaborative relationships between providers in our departments.

Residents have the opportunity to participate in the teaching of medical students as well. In addition, each resident is expected to make one presentation at Departmental Grand Rounds, in accordance with central PGME grand rounds guidelines. Grand Rounds are the central academic event of the department and are held weekly. Presenters are both departmental staff and trainees, and visiting lecturers.

Dr. Bob Maunder is the Head of Research in the MSH Department of Psychiatry and welcomes research- interested residents to join or develop projects in any of the focal areas of the department, including but not limited to: C/L psychiatry, the impact of attachment on illness and disease, the therapeutic alliance, interpersonal psychotherapy, perinatal mental health services, clinician resilience, health, arts and the humanities, trauma, caregiver support, and ethno-cultural psychiatry.

**PSYCHOTHERAPY TRAINING OPPORTUNITIES to fulfill training requirements**

These include Psychodynamic Psychotherapy, CBT, IPT, Group, Trauma-Focused Therapy, Mindfulness-based Therapy or Couple/Family Psychotherapy.

Our Psychodynamic Psychotherapy Supervisors include Drs. R. Kay, P. Keefe, C. Pain, R. Ruskin, S. Szmuilowicz, M. Vallabhaneni, O. Zamir, S. Grewal, and M. Leszcz.

Couple and family therapy supervision is available from Drs. A. Ho and K. Sutandar.

Group therapy supervision is available with Drs. M. Leszcz and G. Chandler, and with A. Berntson in DBT skills through the TRACC program.

Cognitive behaviour therapy supervision is provided by Drs. G. Chandler and J. Peck.

Interpersonal Psychotherapy supervision is provided by Drs. P. Ravitz, C. Pain, T. Burra, S. Grewal, and P. Westlind.

Mentalizing-based therapy supervision and alliance repair strategies, integrated with IPT is provided by Dr. P. Ravitz.

Narrative group therapy supervision is provided by Dr. R. Kay.

**SENIOR SELECTIVES (available as individual or combined opportunities)**

To explore options for PGY 5 Selective experiences, please note the main contact faculty below and note that Dr. Halman should also be included in organizing Senior Selectives and can be reached at mark.halman@sinaihealth.ca