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|  | **UHN - Toronto General Hospital**  200 Elizabeth Street, 8 Eaton North  Toronto, ON M5G 2C4 |
| **UHN -Toronto Western Hospital**  399 Bathurst Street, Toronto, ON M5T 2S8 |
| **UHN-Princess Margaret Hospital**  610 University Avenue, Toronto, ON M5G 2M9 |
| **UHN – Toronto Rehabilitation**  550 University Avenue, Toronto, ON M5G 2A2 |
| Lindsey MacGillivray, MD, PhD, FRCPC  **Postgraduate Medical Education Site Director**  **E-mail:** [**lindsey.macgillivray@uhn.ca**](mailto:lindsey.macgillivray@uhn.ca)  **TEL: 416-340-4462** |
| Sia Maro  **Medical Education Coordinator**  **E-mail:sia.maro@uhn.ca** |
| **HOSPITAL OVERVIEW** | |

Educational experiences at UHN reflect the strengths of each of the four hospitals that comprise the University Health Network: Toronto General (TGH), Toronto Western (TWH), Toronto Rehabilitation Institute (TRI), and Princess Margaret Hospital (PMH). As such, residency training at UHN is an enriched experience with opportunities for clinical exposure, teaching and scholarship in general and more subspecialized areas of psychiatry. Leadership and resident support in postgraduate education is facilitated by the postgraduate education site lead as well as two chief residents. The UHN Shuttle Bus travels between TWH and TGH every 15 minutes from 0700-0900, every 30 minutes from 0900-1500, and every 15 minutes from 1500-1700. The schedule resumes to every 30 minutes from 1700-2000.

The following rotations/educational experiences are available to residents at UHN:

1. **Core Rotations:** General Psychiatry (Inpatient and Outpatient Community Mental Health), Geriatric Psychiatry, Chronic Care/Addictions, Consultation-Liaison, Integrated Mental Health Care
2. **Psychotherapy Training:** CBT, Psychodynamic, IPT, ACT, MBSR, Couples/Family, Group Therapy
3. **Elective Rotations** (please see below for descriptions)
4. **Senior (PGY5) Selective & Elective Rotations**

## Research

Abundant opportunities for residents to receive supervision on and participate in research studies. Below are some active areas of research:

Medical Psychiatry, Neuropsychiatry, Psychosocial Oncology and Palliative Psychiatry, Geriatrics, Eating Disorders, Mood Disorders, Psychopharmacology, Sleep Medicine,

**Teaching**

Resident teachers are a core part of our teaching team at UHN. Please contact the chief residents for opportunities to participate in undergraduate and postgraduate medical education. In addition, many core psychiatry rotations have clinical clerks (CC3s and 4s) assigned to them.

# MANDATORY CORE ROTATIONS

## GENERAL HOSPITAL INPATIENT-OUTPATIENT (LAE) ROTATIONS

**Inpatient Supervisors:**

Drs. Justin Weissglas, Lindsey MacGillivray, Suze Berkhout, Raed Hawa, Sherief Marzouk, Kathleen Sheehan, Richard Yanofsky, Sarah Levitt, Michelle Sukhu, and Malcolm Chan

The Inpatient unit at TGH consists of 19 beds of which 6 are in the Intensive unit and 13 and in the general ward unit. There are 3 dedicated psychiatrists who rotate in 3-4 week blocks and provide excellent clinical care for the 19 patients. Most admissions are from the emergency service and represent the full range of adult psychiatric disorders. The management of patients is done within a multi-disciplinary team including nursing, pharmacy, social work, occupational therapy and recreation therapy. Treatment modalities include somatic therapies (pharmacotherapy and ECT), psychotherapies (individual, group, and family) and social interventions. The inpatient program has active group programming including activity- based and therapy-based groups. Weekly, there is one hour of off-ward individual supervision and several hours of rounds as well as opportunities for direct supervision of clinical care. Residents rotate among the supervisors and gain experience in a Psychiatric Intensive Care Unit (PICU) setting, as well as on a general psychiatry in-patient ward.

## LONGITUDINAL AMBULATORY EXPERIENCE (LAE)

**LAE Supervisors:** Drs. Diana Kljenak, Justin Delwo, Dennis Kussin, Phoebe Bao, Sarah Bush, Malcolm Chan, Michael Armanyous, Alan Wai, Jody Morita, Zainab Furquan, Christian Schulz-Quach, and Michelle Sukhu

The LAE program aims to provide residents with exposure to ambulatory outpatient psychiatric care in a general psychiatric setting across two sites, Toronto Western Hospital and Toronto General Hospital.

At Toronto Western Hospital, LAE is located at the Community Mental Health Program and Urgent Care Clinic. At Toronto General Hospital, LAE is in the outpatient unit. Residents will be assigned a supervisor who will supervise over the entire academic year creating the unique opportunity of building a sustained peer-to-peer and supervisor-resident relationship.

Through observation and practice of interviewing and assessing patients, and formulating a diagnosis and management plan residents will learn treatment approaches tailored to diverse patient populations. Residents will be able to follow a variety of patients longitudinally and thus initiate a course of treatment and observe its effects as well as develop an ongoing therapeutic relationship with patients and assume increased responsibility for patient care.

By the end of the rotation residents will develop fundamental skills in psychiatric interviewing, diagnosis and management aligned with Entrustable Professional Activities for Transition to and Foundations of Discipline as part of Competency by Design (CBD).

## CHRONIC CARE PSYCHIATRY

**Supervisor:** Drs. Daniel Rosenbaum and Sarah Levitt

This rotation offers residents an opportunity to work in a multidisciplinary team following the Assertive Community Treatment model, offering psychiatric care to people with serious mental illness and high-level service needs. The team's offices are in the community, where most care is delivered, but close enough to the hospital to facilitate additional education needs. Residents will have the opportunity to assess and treat patients in vivo. They will work with a multidisciplinary team and will be exposed to issues related to program development, team management and supervision of clinicians. They will be responsible for collaboration and liaison with other community agencies, caregivers and families, as well as working with inpatient treatment teams as needed. There will be regular daily contact with the supervisor as well as weekly supervision appointments.

## CONSULTATION-LIAISON PSYCHIATRY

**Supervisors:**

**TGH:** Drs. Susan Abbey, Adrienne Tan, Rima Styra, Carla Garcia, Kathleen Sheehan, Alan Wai, Dilip Koshy and Carrol Zhou

**TWH:** Drs. Raed Hawa, Mateusz Zurowski, Richard Yanofsky, Lindsey MacGillivray, Sherief Marzouk, and Sarah Bush

**PMH:** Drs. Gary Rodin, Madeline Li, Kim Miller, Pamela Mosher, Sarah Hales, Christian Schulz-Quach, and Jody Morita

**TRI:** Drs. Abe Snaiderman, Darcy O’Brien, and Alan Wai

Training sites include medical/surgical wards (including both general wards and subspecialty areas with an academic liaison to psychiatry - e.g. cardiovascular, oncology, transplantation, and neuroscience - and outpatient assessment and treatment of patients with medical and psychiatric comorbidities (including both individual and group modalities). Knowledge of assessment, formulation, development, coping, attachment, trauma, and biologic medicine as well as liaison with interprofessional teams are all a part of work in consultation-liaison psychiatry. Core teaching is supplemented by C-L journal club (approximately 2x per month) along with group and individual supervision.

## GERIATRIC PSYCHIATRY

**Supervisors:** Drs. Alastair Flint, Andrea Iaboni, Ron Keren, Vanessa Thoo, Kathleen Bingham and Katelyn Reynolds

This position offers a comprehensive experience in geriatric psychiatry in outpatient and inpatient settings, as well as consultation-liaison to acute and rehabilitation hospital wards and to long-term care. Residents will gain knowledge and expertise in the assessment and management of a range of psychiatric disorders affecting the elderly, including mood disorders, cognitive disorders, anxiety, and psychosis. They will also have experience in the assessment and management of the interplay of physical and mental conditions in the elderly. In addition, they will learn about medico-legal and ethical issues in geriatric psychiatry. Seven hours per week of clinical and theoretical supervision is offered. In addition, residents will attend a monthly city-wide seminar series in geriatric psychiatry. In addition to the core rotation, residents are able to choose a half-day elective in a variety of clinical settings, such as the UHN Memory Clinic, telepsychiatry, and geriatric mental health outreach.

The position fulfills Royal College requirements for geriatric psychiatry training.

# UHN PGY-5 INTEGRATED MENTAL HEALTH CARE (IMHC) EXPERIENCES

Please see tables on next 2 pages for details.

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| **Name** | **Type of Setting** | | | | **Time e.g. hours/ week or**  **frequency** | **Description of Activity** | **Email address** |
| Telepsych | Community Agency | Primary Care | Other |
| **Dr. Martin Svihra** | No | No | Yes | No | Weekly | Provides shared care supervision within the TWH Family Health Team | [martin.svihra@uhn.ca](mailto:martin.svihra@uhn.ca) |
| **Dr. Martin Svihra** | No | No | Yes | No | Weekly | Provides shared care supervision at Access Alliance as part of TUHA. This is a primary care setting with opportunities for interdisciplinary care and teaching. | [martin.svihra@uhn.ca](mailto:martin.svihra@uhn.ca)  monica.scalco@uhn.ca |
| **Dr. Jennifer Braverman** | Yes | No | No | Yes | Weekly | In close collaboration with the Nephrology Division of UHN, we provide mental health services for patients with kidney disease (chronic kidney disease, dialysis, and transplant). Residents will have an opportunity to understand the impact  of kidney disease and its treatment on individuals, families and caregivers, with the aim of providing “whole person care". Residents have a chance to employ various therapy techniques (including IPT, CBT, supportive therapy and group therapy) when Helping our medically ill patients. The selective also gives as opportunity to work in inter-professional collaboration with the multidisciplinary nephrology team, including teaching and presentation at rounds. | jennifer.braverman@uhn.ca |
| **Dr. Richard Yanofsky** | Yes | No | No | Yes | Weekly | Provides interdisciplinary care with nurses, hepatologists, gastroenterology/hepatol ogy fellows & residents. Weekly educational rounds based upon cases available. Also, provincial video-teleconference case discussions occur weekly | [richard.yanofsky@uhn.ca](mailto:richard.yanofsky@uhn.ca) |

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| **Dr. Martin Svihra** | No | No | Yes | No | Weekly | Shared care clinic in Davenport Perth CHC, Access Alliance and TWH Family Health Team. Offers direct and indirect care in a primary care interdisciplinary setting. | [martin.svihra@uhn.ca](mailto:martin.svihra@uhn.ca) |
| **Dr. Susan Abbey** | Yes | No | No | Yes | Weekly | Collaborative care provided within an interdisciplinary Transplant Psychosocial Program. Involves residents, NP’s, social workers and transplant physicians. Indirect care includes weekly case rounds and educational rounds. | [susan.abbey@uhn.ca](mailto:susan.abbey@uhn.ca) |
| **Dr. Raed Hawa & Dr. Sanjeev Sockalingam** | Yes | No | No | Yes | Weekly | Bariatric Surgery Psychosocial Program providing care for patients with severe obesity and multiple medical co- morbidities. Involves a large interdisciplinary team, diverse group of trainees, medical physicians and surgeons. Telepsychiatry is used to provide consultation, follow-up and psychotherapeutic interventions as catchment extends to North Bay | [raed.hawa@uhn.ca](mailto:raed.hawa@uhn.ca) |
| **Drs. Kim Miller, Madeline Li & Sarah Hales** | No | No | No | Yes | Weekly | Provides an integrated collaborative care experience with oncologists, nurses and allied health throughout PMH in outpatient clinics. Collaborative experiences include indirect consultation and education opportunities. | [kim.miller@uhn.ca](mailto:kim.miller@uhn.ca) |
| **Dr. Michael Armanyous** | Yes | No | Yes | No | Mon. & Thurs.  Tues. (at Garrison Creek Site) | The TWH FHT is a primary care team serving a broad population with respect to socioeconomic class, cultural affiliation, and general psychiatric and addictions problems. The team is staffed by family physicians, family medicine residents, social workers, pharmacists, nurse practitioners, and nurses; the resident will primarily collaborate with family physicians and residents. In addition to direct patient care the resident will provide informal case consultations (in person or via email), and interdisciplinary case reviews. There will be 2-3 direct patient visits (usually new consultations) on a typical day. On-site offices are available however most consultations are taking place virtually at present. | [michale.armanyous@uhn.ca](mailto:michale.armanyous@uhn.ca) |

# SENIOR (PGY5) SELECTIVE & ELECTIVE ROTATIONS

## Medical-Surgical (C/L) Psychiatry Senior Selective Rotation Contact Information for Selective Approval: Dr. Adrienne Tan

Email: [adrienne.tan@uhn.ca](mailto:adrienne.tan@uhn.ca)

Telephone: 416-340-3387

**C-L Service Coordinator**

Eloisa Tobias

Email: eloisa.tobias@uhn.ca

UHN offers a wealth of opportunities for the career-track resident in medical-surgical (C/L) psychiatry. A career-track year can be customized to meet the training needs of the resident. The year (or six months) could be organized by medical disease (cardiac disease, end-organ failure & transplantation, cancer, neurological diseases), treatment modality (psychotherapy including brief psychodynamic therapies, cognitive therapy, interpersonal psychotherapy; pharmacotherapy; group therapy), or could be focused on medical education (the C/L service is a major educator of clinical clerks and PGY1's) or to prepare for a career in general C/L psychiatry. UHN has a rich multi-disciplinary team, an active academic program and opportunities for supervision by individuals with a range of interests, expertise, and disciplines.

There are multiple opportunities for scholarly activities of interest to the resident.

## The Mood Disorder Psychopharmacology Unit (MDPU)-Senior Selective

The Mood Disorder Psychopharmacology Unit (MDPU) at the UHN provides trainees an opportunity to be an integral member of an academic clinical research centre specializing in the diagnosis and treatment of mood disorders. The MDPU receives a high volume of clinical referrals providing for trainees ample opportunity to observe a consultative multidisciplinary approach. For trainees that are interested, research opportunities are varied and include both descriptive and interventional studies. The MDPU is the lead site of the International Mood Disorders Collaborative Project (IMDCP), a collaborative endeavour between the MDPU and the Cleveland Clinic, Cleveland, Ohio, USA. The IMDCP is a research platform that captures demographic, phenomenological, as well as anamnestic information regarding most individuals entering the program. The IMDCP is the repository of information providing the basis for descriptive studies. The MDPU is particularly interested in hypothesis generating and hypothesis testing studies that involve neuroendocrinology, neuropsychology, and neuroimaging. The MDPU regularly has trainees across multiple disciplines at various levels from local, national, and international universities.

**Contact:** Dr. Roger S. McIntyre - [roger.mcintyre@uhn.on.ca](mailto:roger.mcintyre@uhn.on.ca) and Dr. Joshua Rosenblat – [joshua.rosenblat@uhn.ca](mailto:joshua.rosenblat@uhn.ca)

**Psychosocial Oncology and Palliative Psychiatry - Senior Selective**

**Contact for Selective Approval:**

Dr. Christian Schulz-Quach – Christian.schulz-quach@uhn.ca

POPC is located in Canada’s largest cancer hospital, primarily an ambulatory setting, with 125 inpatient beds. Exposure to a wide range of patient ages (18 years or older), cancer types, and disease stages is ensured during the rotation. Residents will learn about the psychiatric and psychosocial aspects of cancer for patients and families at diagnosis through all phases of the disease and during survivorship, palliation and end-of-life care. Residents will have the opportunity to observe and perform psychiatric assessments with supervisors to aid in developing diagnostic and formulation skills. Development, coping, attachment, trauma and biologic medicine are all incorporated into a complex understanding of the physical, psychological and existential dilemmas that face individuals with cancer and their families. Weekly educational activities at POPC include: Palliative Psychiatry seminar, Palliative Psychiatry clinic with supervision, Advanced Psychotherapy seminar, Behavioral Sciences and Health Research seminar, Palliative Care Journal Club. Additionally, monthly educational activities include: POPC Grand Rounds, Pain and Symptom Management Rounds, and Interprofessional Complex Care Rounds. Participation and supervision in Mindfulness Based Stress Reduction (MBSR) and short-term supportive-expressive psychotherapy for advanced cancer patients, Managing Cancer and Living Meaningfully (CALM), is also available. Ongoing weekly clinical supervision occurs, with the opportunity to teach more junior residents and medical students, and/or participating in research. For those interested in research, participation in a biweekly Manuscript Review seminar is also available. At the end of the rotation, residents will have acquired knowledge and skills in assessing, responding to, and managing psychosocial distress in the patient with cancer.

**Eating Disorders Senior Selective Rotation**

## Contact Information for Selective Approval:

## Dr. Susan Abbey

Email: [susan.abbey@uhn.ca](mailto:george.paslakis@uhn.ca)

Career training in eating disorders is provided through clinical involvement in the Eating Disorders Program at Toronto General Hospital. A typical experience would involve collaborating with an interdisciplinary team to work with a mixture of inpatients, day hospital patients, and outpatients.

Residents negotiate with staff their primary placement within the program, usually attached to one of the two intensive treatment streams (inpatients or day hospital). Residents work both with patients in these intensive treatment streams and with selected outpatients. Residents will have significant exposure to risk group therapy, cognitive behavioural therapy, and family/marital therapy, and may select one or more of these therapeutic modalities in which to receive intensive training.

There are also rich opportunities for involvement in research within the program.

There is a small ACT-like program (MEDACTT) in which residents may also work. Residents interested in this part of the program should contact

There is daily contact with staff as well as specific supervision. Research rounds are held monthly at TGH. Interested residents should contact to discuss their interest in this opportunity.

## Neuropsychiatry Senior Selective Rotation

**Contact Information for Selective Approval:**

Dr. Paul Sandor

Email: [paul.sandor@uhn.ca](mailto:paul.sandor@uhn.ca)

This is an opportunity to gain experience in one, or several of the following areas:

*Dr. Paul Sandor* Neuropsychiatric Issues and Management of Developmental Disorders of Childhood Onset - OCD, ADHD, Tourette’s Syndrome, Learning Disabilities, Autistic Spectrum Disorders .

*Dr. Mateusz Zurowski* Neuropsychiatry of Parkinson Disease, Chronic Pain Disorders, Dystonia and Psychogenic Movement Disorders.

The residents will gain experience assessing and managing a wide variety of patients in outpatient and C/L settings, with the support of supervisory staff. All the supervisors subscribe to bio-psycho-social model for understanding and formulation of patients. Past residents have typically enhanced not only their knowledge of the psychological impact of the above conditions on the individual and the family, but also acquired a new appreciation of psychopharmacologic management.

Interested residents will have an opportunity to learn about research design and methodology by observing or participating in projects which are currently in progress. Residents can work with a neurologist in the Outpatient clinic to enhance their knowledge of neurological issues and to hone their neurological assessment skills. Additional experience in neuroimaging can be arranged in the Department of Radiology. There is also an opportunity to learn about neuropsychological assessment techniques and the interpretation of such test results.

## Psychotherapy Senior Selective Rotation

Psychological and Psychiatric Aspects of Cancer

**Contact Information for Selective Approval:**

Dr. Gary Rodin

Email: [gary.rodin@uhn.ca](mailto:gary.rodin@uhn.ca)

This elective rotation based at the Princess Margaret Hospital will provide an in-depth experience in the psychological and psychiatric aspects of cancer. This rotation will emphasize approaches to understanding and to psychotherapeutic intervention in individuals with cancer as well as in the diagnosis and treatment of psychiatric disorders in this population. Clinical experience and supervision will also be available in a variety of modalities including individual dynamic therapy, group therapy, mindfulness meditation and in palliative care. Opportunities will be available to participate in research on self-concept, quality of life, family and marital impact of cancer, mindfulness meditation, pain, depression and the will to live in this population and end of life care.

Supervision of Senior Elective Rotation

**Contact Information for Selective Approval:**

Dr. Adrienne Tan

Email: [adrienne.tan@uhn.ca](mailto:adrienne.tan@uhn.ca)

This elective rotation based at Toronto General Hospital offers the opportunity for a PGY-5 resident to supervise a PGY-2 resident in psychodynamic psychotherapy. The goal of the elective experience is to cultivate general teaching and supervision skills as well as more specific teaching techniques in relation to dynamic therapy. Senior residents are given primary responsibility for supervising the junior resident, with support from the supervising staff. This elective experience is geared towards residents interested in careers as clinician-teachers/educators who would like a transition to practice experience relating to resident supervision.

## General Psychiatry Senior Selective Rotations

Toronto Western Hospital

**Contact:** Dr. Dennis Kussin

Email: [dennis.kussin@uhn.ca](mailto:dennis.kussin@uhn.ca)

This rotation offers residents an opportunity to do outpatient psychiatry assessing and treating adult patients with a wide spectrum of ages, diagnoses and severity of dysfunction. The theoretical approach is integrative/eclectic with an emphasis on tailoring therapies to the needs of the patient and developing expertise in using multi-modal approaches. The experience can include or can be primarily a rotation in Community Mental Health with culturally sensitive and language specific services. Supervision includes weekly direct observation of interview techniques as well as weekly case discussions with a multidisciplinary team.

**LAE Junior Attending Senior Selective: Clinical**

**Contact:** Dr. Diana Kljenak

Email: [diana.kljenak@uhn.ca](mailto:diana.kljenak@uhn.ca)

Longitudinal Ambulatory Experience (LAE) at the UHN Centre for Mental Health program aims to provide residents with exposure to ambulatory outpatient psychiatric care. It runs on Wednesday afternoons for PGY1 residents and on Thursdays for PGY2 residents. It is situated at the Toronto Western Hospital site at the Community Mental Health Program. Senior resident has opportunity to be paired with the same junior resident(s) over the entire academic year creating the unique opportunity of building a sustained junior attending/supervisor- peer/ supervisee relationship. The resident will have the opportunity to gradually assume the primary responsibilities of supervising the PGY1 and/or PGY2 residents. This will include supervision of 1-2 new consultations and several follow-ups, as well as editing and feedback on the trainees’ consultation and progress notes. The resident will get regular supervision of supervision of the junior trainees. The resident will also have opportunity to get supervision on presenting on this educational experience at different venues.

**Emergency Psychiatry Senior Selective Rotation**

**Contact:** Dr. Justin Delwo - [justin.delwo@uhn.ca](mailto:Simuran.Brar@uhn.ca)

This rotation offers residents a breadth of experience clinically, and in opportunities for involvement in teaching clerks, PGY1s and crisis workers, as well as taking part in program planning. The experience can be tailored to focus on urgent care clinics and thus, short-term crisis therapies and/or emergency room liaison and/or the Psychiatric Emergency Services Unit. Supervision will occur weekly with a primary supervisor for direct observation of interview techniques and additional supervision will be tailored to the resident's interest, e.g., brief psychotherapy; education.

## Geriatric Psychiatry Subspecialty Rotation

**Supervisors:** Drs. Alastair Flint, Dr. Andrea Iaboni, Ron Keren, Vanessa Thoo, Katie Bingham and Katelyn Reynolds

This rotation is for residents training in geriatric psychiatry during their PGY5 subspecialty training years. Residents may choose from one of two 6-month training opportunities, inpatient or outpatient.

The inpatient rotation experience entails serving as the psychiatrist responsible for 5 inpatient geriatric psychiatry beds at the Toronto General Hospital. The resident will work with a multi-disciplinary team. He or she will gain enhanced clinical skills and leadership mentoring in the care of elderly patients with complex medical and mental health needs.

The outpatient rotation consists of opportunities to assess and manage patients with neurocognitive disorders in the context of a multidisciplinary memory disorders clinic. The resident will gain advanced competence in neurocognitive assessments, neurological skills and neuroimaging. The rotation will also include experiences in assessing seniors with complex medical and mental health needs at the Toronto Rehabilitation outpatient clinics and Geriatric Day Hospital. The resident will also take part in assessments through the OTN telemedicine platform with older adults living in a rural or underserviced region of Ontario.

# GRAND ROUNDS

Grand Rounds at UHN has been renamed Evidence Based Mental Health Rounds. The Rounds are bi-weekly delivered virtually from September to June.

Residents in the Centre for Mental Health are required to present Grand Rounds once every academic year. Rounds serves as an important group learning activity that is an integral component of residency training. Preparing for and presenting Grand Rounds provides residents with excellent training in the CanMEDS Scholar and Collaborator roles.

Residents should contact Dr. Rima Styra ([rima.styra@uhn.ca](mailto:rima.styra@uhn.ca)) and Eloisa Tobias ([eloisa.tobias@uhn.ca](mailto:eloisa.tobias@uhn.ca)) if they plan to present Grand Rounds at UHN. Grand Rounds presentations by staff, residents or visiting consultants are expected to be based on a thorough review of the literature, have clinical relevance and include some suggestions for quality improvement in the area. A “Best Grand Rounds” prize is awarded annually to a resident by our Education Committee based on notes and ratings recorded at the time of the Grand Rounds.

# PSYCHOTHERAPY

UHN Psychotherapy Site Co-ordinator: Dr. Diana Kljenak ([diana.kljenak@uhn.ca](mailto:diana.kljenak@uhn.ca))

Learning the basic principles and application of various psychotherapeutic modalities forms one of the cornerstones of training in psychiatry. The diversity and depth of experiences in psychotherapy available through the University of Toronto residency program is reflected in the various opportunities for psychotherapy training at the University Health Network. Doing and learning about psychotherapy provides an opportunity for residents to develop the capacity to listen carefully and to understand nuanced individual and/or group experiences. Psychiatrists are in a unique position amongst physicians and other mental health professionals in that psychiatric practice allows for an understanding of the human experience that is informed by the integration of various perspectives – biological, psychological, social, and in some circumstances spiritual (for example, with cancer patients at Princess Margaret Hospital). As such, psychiatrists view patients through various lenses - the objective (e.g., what is measured) and subjective (e.g., what is felt or experienced). Psychotherapy training is an opportunity to develop your skills in the understanding of subjective experience and how it can profoundly affect an individual’s perception of themselves, their relationships (including the doctor-patient relationship), and the problems that they experience that lead to distress and suffering.

The various psychotherapeutic modalities you will learn and practice over the course of your residency (and beyond) will help you conceptualize human experience in different ways with hope to relieve suffering and to facilitate a developmental process within patients - whether it be, for example, through a greater sense of agency, more balanced ways of thinking, or a more flexible and expanded interpersonal repertoire.

## Psychotherapy Experiences

**Individual Psychotherapy**

1. Psychodynamic Psychotherapy
2. Cognitive Behavioural Therapy (CBT)
3. Interpersonal Psychotherapy (IPT)

Other groups might also be available. Please contact Dr. [Diana](mailto:Diana) Kljenak ([diana.kljenak@uhn.ca](mailto:diana.kljenak@uhn.ca))

**Marital/Couples Therapy** (Dr. Kalam Sutandar)

## Elective/Other Experiences

* + Mindfulness Based Stress Reduction (MBSR), Mindfulness based Cognitive Therapy (MBCT)
  + Acceptance and Commitment Therapy (ACT)
  + Managing Cancer and Living Meaningfully (CALM)
  + Dialectical Behavioral Therapy Group (DBT)

# RESEARCH

Clinical research at UHN Centre for Mental Health is divided into 6 Teams: Mood Disorders (mood, therapeutics, technology, innovation), Medical Psychiatry (C-L, Psychosomatics, neuropsychiatry, sleep, cardiovascular, transplantation, collaborative med-psych care), Supportive Care in Cancer (psychosocial oncology, palliative care, cancer rehab, survivorship), Seniors Mental Health, Eating Disorders, and Mental Health and Healthcare (mental health services, quality, safety, patient-centered care, education, social determinants, equity). Research electives, senior year research selectives, and supervision for residents enrolled in the Clinician Scientist Program are available in programs within each of these teams Residents may be involved in ongoing research within the department or pursue their own research project, depending on their experience, goals, and time.

Many researchers in the UHN Department of Psychiatry have appointments in the University of Toronto’s School of Graduate Studies (SGS), and are therefore available to supervise residents who wish to pursue an MSc or PhD in research through the SGS. Residents who are working in the UHN Department of Psychiatry have the opportunity to apply for funding for pilot projects through the department’s annual research competition.

Residents who wish to know more about research opportunities at UHN are welcome to contact the department’s head of research, Dr. Donna Stewart, by email ([donna.stewart@uhn.ca](mailto:donna.stewart@uhn.ca)). Alternatively, a resident who has a specific research supervisor in mind may contact that supervisor directly to discuss research opportunities.

# TEACHING

Being involved in the Undergraduate Education program is an important component of the UHN resident experience and one that is highly valued by the Centre. Teaching medical students keeps work fun and fresh, and clarifies clearly what we know and what we don’t. There are many opportunities for teaching at UHN. Pre-clerkship teaching includes resident involvement in Integrated Clinical Experience (ICE) 1, a first year interviewing course that runs on 6 Friday mornings in the fall, and ICE 2 Psychiatry interviewing for second year medical students which would involve a 4-week consecutive commitment teaching alongside staff over the academic year. Clerkship teaching includes direct one-on-one supervision of clerks, on- call teaching, and opportunities to participate in delivering seminars, including the resident-run Personality Disorders Course and Narrative Reflective Competency. Individual supervision around teaching is available.

Recognition for teaching at UHN is significant with opportunities to win Wightman-Berris, University Departmental and UHN Psychiatry Teaching Awards.

Residents interested in undergraduate medical education teaching should contact the UHN undergraduate education coordinator, Dr. Vanessa Thoo ([vanessa.thoo@uhn.ca](mailto:vanessa.thoo@uhn.ca)).