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**WOMEN’S COLLEGE HOSPITAL**

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**HOSPITAL OVERVIEW**

Women’s College Hospital (WCH) is Canada’s only ambulatory care hospital and its Department of Psychiatry operates several innovative programs that provide psychiatric care to women and men in the following categories: General Psychiatry and Mental Health in Medicine (outpatient consultation-liaison), Reproductive Life Stages, and Trauma Therapy. WCH’s strengths include a focus on interdisciplinary collaboration and a strong commitment to patient-centred care with particular attention to the role and importance of power relations. We strive to foster a warm and collegial atmosphere with emphasis on career development and mentorship.

Each program consists of a multidisciplinary team of psychiatrists and therapists. Treatment offered includes:

* psychiatric assessments
* individual therapy
* group therapy
* treatment with medication

Each program is actively involved in research and in educating psychiatry residents and trainees from other disciplines (eg nursing and social work).

## General Psychiatry

The General Psychiatry Program, whose psychiatrists include Dr. Joanna Barlas, Dr. Deanna Bruno,

Dr. Abby Hershler, Dr. Janet Lee-Evoy, Dr. Julie Henderson, Dr. Marisa Leon-Carlyle, Dr. Orit Zamir and Dr. Blanca Bolea Alamanac, provides integrative psychopharmacology and psychotherapeutic care to patients of our Family Practice Health Centre, and other hospital programs. Patients are referred to the General Psychiatry Program directly or can access services in Shared Care, through the Family Practice Health Centre.

We offer integrative care within the Crossroads (Refugee) Clinic, the YWCA, as well as the Centre for Headache and the WISE program (team based care, SW/OT/PT/dietician, to support seniors with healthy living). We also collaborate with Inner City Health Associates (ICHA) to offer psychiatric support to the Edward Hotel (housing homeless clients during the pandemic with Fred Victor case management).

The psychiatry arm of SCOPE (a virtual interprofessional team that offers support to primary care providers) is located at WCH, under the clinical leadership of Dr. Bolea-Alamanac.

The Day Treatment Program in the General Psychiatry Program addresses the reintegration of patients into the community setting by focusing on social and life skills, vocational issues, and general behavioural activation. ACT psychotherapy is embedded within the Day Treatment Program. Finally, embedded within the General Psychiatry Program is our Addiction Psychiatry, offering medication management, CBT for addiction and a Seeking Safety group with Dr. Inbal Gafni, as well as concurrent disorders treatment with Dr. Julie Henderson.

## Within General Psychiatry, we offer Mental Health in Medicine (outpatient Consultation Liaison) psychiatric services. Here we provide assessment and time-limited treatment to patients who presentwith complex co-morbid medical illnesses.

Common conditions in psychiatric assessment include (but are not limited to):

* Complex patients with multiple chronic medical conditions
* Patients whose co-existing medical condition (rheumatologic, endocrinologic, neurologic, cardiac, etc.) directly impacts their mental health
* Patients with metabolic conditions

Opportunities exist to provide consultation, time-limited pharmacotherapy, time-limited psychotherapy, and consultation and education in a multidisciplinary ambulatory care clinic.

Common themes encountered in therapy include:

* The psychological and interpersonal consequences of having a medical condition (e.g. coping with a new diagnosis or chronic disease.)
* Psychiatric illnesses that compromise medical care (e.g. feeling very anxious when having to attend medical appointments or start a treatment.)
* Psychiatric symptoms directly caused by medical disorders and their treatments (e.g. depression caused by a medication taken for another condition.)

## Additionally, the General Psychiatry Program offers a Mindfulness-Based Stress Reduction Program, DBT and CBT group therapies as well as a Seeking Safety group. Individual psychotherapy is also offered, with a focus on IPT, CBT, ACT and brief psychodynamic psychotherapy.

As well, case management is offered through a social service worker, assisting patients with housing, finances and preparing for discharge.

## Reproductive Life Stages

This specialized Women’s Mental Health Program, whose psychiatrists include Dr. Alicja Fishell, Dr. Aliza Israel (Child and Adolescent), Dr. Renu Gupta, Dr. Cintia Padoin (Child and Adolescent) Dr. Diane Meschino, Dr. Jovana Martinovic, Dr. Lori Wasserman, Dr. Elise Wright, Dr. Lucy Barker, and Dr Simone Vigod provides assessment and short-term treatment for patients experiencing mental health difficulties during reproductive life stages (such as menstrual cycle, pregnancy,postpartum and the menopausal transition). An interdisciplinary team of psychiatrists and mental health therapists offer:

* individual therapy
* group therapy (online, mothers only, maternal-child dyadic group therapy)
* treatment with medication (with specific expertise in psychopharmacology in pregnancy)

Out of the understanding that a woman’s emotional wellbeing is inextricably connected to that of her children and family, the RLS program incorporated a *Child and Family Psychiatry component* and we have recently opened a parenting support centre staffed by an experienced social worker for any patients who are parents and require assistance. Our child psychiatrists work in collaboration with the Women’s Mental Health psychiatrists, social workers and nurses to provide the best possible care for families with parental mental health concerns.

**Child and Family Psychiatry**

The Child and Family Psychiatry Program at Women’s College Hospital is a small general outpatient program, providing consultation and treatment for children and adolescents from zero to 18 years of age. Residents will have the opportunity to participate in assessments and follow ups of a wide variety of diagnoses including mood disorders, anxiety disorders, OCD, ADHD, attachment disorders, parenting difficulties and trauma.

We see external referrals from community pediatricians and family doctors, and internal referrals when a parent is being treated in the Women’s Mental Health Program. Being part of the Women’s Mental Health team, we have the unique opportunity of collaborating with adult psychiatrists and therapists in caring for the family as a whole, including preventive, mental-health promotion for children at risk. We have weekly clinical rounds with the perinatal (Reproductive Life Stages) group, where we can discuss our mutual patient families.

Treatment Settings: We are an outpatient hospital clinic, conducting psychiatric assessment and treatment. Residents will have the opportunity of very close/direct supervision, and more independent work when appropriate. Each learning experience will be planned according to needs and career plan of the resident.

Treatment Modalities: Pharmacotherapy, individual psychodynamic psychotherapy, play therapy, family therapy, dyadic therapy, mom and baby group and parent coaching. Cognitive behavioral therapy training will take place at Hospital of Sick Children.

This is an ideal setting to explore or develop an interest in the interplay between maternal (parental) and child mental health, and to learn more about social determinants of health while assessing and treating a great variety of outpatient child and adolescent psychiatry. Those interested often have opportunities to teach medical students and family practice residents in clinical settings. We also have in site supervisors for individual adult dynamic psychotherapy if needed.

## Trauma Therapy Program

The **Trauma Therapy Program** (TTP), whose psychiatrists include Dr. Nancy McCallum, Dr. Abby Hershler, Dr. Nicole Koziel, Dr. Janet Lee-Evoy, and Dr. Dana Ross, offers confidential, time-limited psychotherapy to people who have experienced interpersonal trauma. The Trauma Therapy Program is a specialized trauma-focused therapy service for persons with childhood histories of trauma. The program offers OHIP-covered, time-limited and primarily group-based psychotherapy to adults who have experienced childhood interpersonal trauma including physical, sexual, emotional abuse and/or neglect that occurred between the ages of 0-18. We do not provide crisis services or long-term therapy.

Depending on the clients' needs, therapy may take any of a number of forms, including:

* art therapy
* music therapy
* cognitive-behavioural therapy (CBT)
* psychodynamically informed therapy
* sensorimotor (somatic/body-oriented) therapy
* EMDR (Eye-Movement Desensitization & Reprocessing)
* psychopharmacological recommendations

Typical goals addressed during assessment and therapy are to:

* explore and learn about the after-effects of trauma;
* learn new coping strategies to manage flashbacks, overwhelming emotions, anxiety, numbing, dissociation, urges to self-harm, suicidal thoughts;
* understand and possibly change problematic relational patterns;
* improve self-care and self-soothing capacities;
* use different therapeutic modalities to gradually process and integrate traumatic experiences; and
* explore the use of medication to help manage the impact of traumatic symptoms

The TTP program is committed to promoting an environment where everyone is treated with dignity and respect and can live their lives free from violence and all forms of discrimination.

The TTP program works from a feminist anti-oppressive framework in which the client and team work collaboratively around the issues brought to therapy. Together with our clients we will work to support and promote informed therapy.

# Grand Rounds:

Grand Rounds are held on a weekly basis. In keeping with the University of Toronto Department of Psychiatry expectations, residents are expected to present at least once per academic year and ample mentoring is provided to support the resident in completing this requirement. Residents have reported that they experience the atmosphere of rounds as a very supportive one.

# Psychotherapy:

WCH offers a wealth of psychotherapy training opportunities for residents. Residents will have the opportunity to develop skills in a number of therapy modalities including trauma-informed cognitive-behavioural therapy, interpersonal therapy, group therapy (stand-alone groups and within Day Programs), brief and long-term psychodynamic therapies, couples therapy, dyadic family therapy, mindfulness based stress reduction, art therapy, and sensorimotor psychotherapy. Psychotherapy supervisors include Dr Joanna Barlas (CBT, IPT) , Dr. Lori Wasserman (CBT, IPT, psychodynamic), Dr. Nancy McCallum (Psychodynamic, group, CBT) , Dr. Diane Meschino (Psychodynamic, group), Dr. Aliza Israel (Dyadic Family therapy), Dr. Dana Ross (Psychodynamic and group), Dr. Nicole Koziel (CBT, group), Dr. Abby Hershler (Psychodynamic, group), Dr. Orit Zamir (psychodynamic).

# Research:

The Department of Psychiatry has an active and focused research program. Our current areas of scholarly enquiry include: perinatal psychiatry, development and testing of effective treatments for interpersonal trauma. Residents training at WCH are encouraged to become involved in existing projects. In addition, we provide research and quality improvement and innovation in virtual mental health care for general psychiatry, RLS, and trauma work. We are also able to provide supervision for residents interested in longitudinal research electives as well as those interested in the Clinician-Scientist Program. For more information on research opportunities please contact Dr Simone Vigod (simone.vigod@wchospital.ca), who can direct interested residents with a suitable supervisor/mentor.

# Seminars:

Residents can take part in the Trauma Seminar Series – this will be offered virtually this year and learners can complete it at a time of their choosing during their WCH rotation.

# Teaching:

Residents who are interested in gaining experience teaching will find a wealth of opportunities at WCH. Residents may take part in informal teaching of medical students who come for electives.

 **CLINICAL EXPERIENCES**

**Electives**

Electives are available in the areas of **Mental Health in Medicine, Substance Use, Reproductive Life Stages** and **Trauma Therapy Program**. These programs work collaboratively with each other and several of our staff participate in the clinical and educational activities of more than one program. For residents who would like to participate in more than one area, supervisors are available to help residents plan an elective/selective experience that will offer that opportunity.

# Senior Selectives

Senior selectives are available in the areas of **Mental Health in Medicine, Substance Use,** **Reproductive Life Stages, and Trauma Therapy Program.** Please see above descriptions of these areas.