LEARNING OBJECTIVES: Supervisors are expected to review the learning objectives for their modality at the beginning of each rotation, and in addition to periodically review these and the Modality Specific ITERs, in order to provide timely constructive, formative feedback and to ensure that the objectives are met through effective mentoring and supervision. When possible, supervisors are encouraged to review audio or videotapes or to directly observe the residents doing psychotherapy.

ELECTRONIC EVALUATION: Modality specific ITERs (In-Training Evaluation of Residents) must be completed every six months (in December and in June) by each psychotherapy supervisor for each resident and will serve to document completion of requirements. Please note that if the start of clinical supervision during the rotation has been delayed such that <5 weekly psychotherapy supervision sessions have occurred at the time of required evaluation (in December or June), then the evaluation should be delayed until the next evaluation period.

TRAINING REQUIREMENTS: Training requirements are related to both the time devoted to psychotherapy learning along with specific seminars and supervised clinical experience. The Royal College of Physicians and Surgeons requires that a minimum of 32 weeks be devoted to psychotherapy training which is approximately 7 hours weekly during the PGY II-V years. Clinical experience must include: 150 hours of long-term psychodynamic psychotherapy; 4 CBT cases; 2 brief one on one psychotherapy cases (one of which must be IPT and the other which can be any of IPT, brief psychodynamic psychotherapy, supportive psychotherapy, or crisis counseling); proficiency in one and working knowledge in the other of group and couple/family therapy; child psychotherapy; and working knowledge in DBT (please see ‘psychotherapy training requirements’ document for more detail). Required seminars include the junior PGYII seminar series and the PGYIV advanced seminar series. As well, hospital based seminars are offered. The psychotherapy site coordinators, at each of the hospital-based rotations, will assign clinical supervisors and facilitate the residents’ psychotherapy training which occurs longitudinally over the PGYII-V years.