Psychotherapy Training Requirements

The learning of psychotherapy will be achieved through supervised clinical experience in a number of modalities and patient specific populations in addition to seminars. Proficiency is required in long-term psychodynamic, cognitive behavioural, and one of multi-person modalities of group or couple/family therapies. Working knowledge is required in a short-term one-on-one interpersonal modality, and another multi-person modality. In combination with the required centralized seminars, learning through participation in hospital-based psychotherapy seminars is encouraged. The Royal College of Physicians and Surgeons requires a minimum of 32 weeks of training in Psychotherapy during residency years (includes seminars; clinical work; and, supervision). Thus, residents must devote, on average, 7 hours weekly for psychotherapy training. (These requirements represent approximately 50% of the time allotted to psychotherapy training.) Residents are thus encouraged to seek proficiency in additional modalities.

**PROFICIENCY REQUIREMENTS**

### 1-1 MODALITIES
Residents must obtain proficiency in both long-term dynamic and CBT.

**Long-term Psychodynamic Psychotherapy:** a minimum of two years of supervised treatment of two adult patients. To satisfy proficiency requirements totalling 150 hours of treatment: once weekly treatment of an adult for two years (up to 80 hours) and an additional adult case (2 years, once weekly OR 1 year twice weekly). If a psychodynamic case is done with a child or adolescent during the child rotation, it can be counted towards this requirement. Ideally one adult case will be conducted during the junior years of residency and the second adult case during the senior years. Written reports are encouraged to consolidate learning. In addition, two year long centralized seminars are required - a foundational course in the PGYII year, and an advanced seminar to be taken in the PGYIV or V year.

**Cognitive Behavioral Therapy:** four, weekly, supervised CBT Cases*, one of which must be a child case along with the centralized CBT seminars in the PGYII year. Residents must do at least one case for treatment of an anxiety disorder and another case for treatment of depression. DBT can be counted towards this requirement. If a CBT Group is conducted, it can be counted for both group and CBT.

### MULTI-PERSON MODALITIES
Residents must obtain Proficiency in either group or family and working knowledge in the other multi-person modality.

**Group:** one weekly supervised group for a minimum of 5 months in addition to attending two Group Days in any one of the PGY2 to PGY5 residency years. If a group is conducted in CBT, DBT or IPT, it can be counted for both group and the modality specific requirements.

**Couple/Family:** two weekly supervised couple/family treatments. Residents are encouraged to complete this requirement during their child rotation, where supervision in this modality is more available.

### WORKING KNOWLEDGE REQUIREMENTS

**SHORT-TERM 1-1 MODALITIES:** (IPT, CCRT/Brief Psychodynamic, Supportive, Crisis Counselling) - two weekly, supervised cases* are required, one of which must be IPT. A full-day foundational didactic workshop in IPT is provided yearly for PGY2 residents. Cognitive Behavioural Analysis System of Psychotherapy (CBASP) can be counted towards this requirement.

**Group Psychotherapy:** one weekly supervised in-patient or psychoeducation group for working knowledge and attending one Group Day in any one of the PGY2 to PGY5 residency years.

**Couple/Family:** one weekly supervised couple/family treatment. Residents are encouraged to complete this requirement during their child rotation, where supervision in this modality is more available.

**Dialectical Behaviour Therapy (DBT):** Attendance at PGY2 and PGY4 DBT seminars and observe 2 sessions of a skills based DBT group between the PGY3 to PGY5 years.

*Case, length of treatment or number of required clinical hours = a minimum of >50% of the standard usual completed course in a modality. For example, in CBT where 20 sessions are agreed upon for treatment of depression, at least 11 must be completed; for supportive therapy or crisis counselling a minimum of 6 sessions per case.