

Overview of Post-Grad Psychiatry Residency Psychotherapy Training

Residents have 7 hours of weekly protected time to devote to psychotherapy training over the PGY II-V years. Seminars, clinical work, and supervision enable the achievement of modality-specific requirements and the acquisition of psychotherapeutic expertise. The goals are to provide residents with knowledge and skills in evidence-supported psychotherapies to enhance clinical outcomes.

PGYII - Psychodynamic & Cognitive Behavioural Therapies

You will be assigned *psychodynamic* and *CBT* supervisors who will meet with you weekly to teach the clinical application of theory, techniques and practicalities of conducting psychotherapy. Psychotherapy patients will be found with the help of your supervisors and psychotherapy site coordinators. Residents are encouraged to discuss with their supervisors the option of audio taping sessions, with patient permission, to review under supervision. During the in-patient rotations in some settings, training in group psychotherapy can begin.

Core seminars include small group teaching in psychodynamic psychotherapy and CBT. A yearly centralized one-day workshop in the time-limited interpersonal psychotherapies (IPT & brief psychodynamic) provides the didactic foundation for further clinical training.

PGY III - Psychodynamic, Child & Multi-person Therapies

You will continue to be assigned a *psychodynamic* supervisor as you rotate through differing sites throughout the remainder of your residency. Psychodynamic patients can be carried over and registered at the hospitals where you rotate to with your newly assigned supervisors. In contrast, the time limited therapies, such as CBT & IPT can often be completed within a six month period. In some cases, off site supervision is conducted, however permission from supervisors, the psychotherapy program and psychotherapy site coordinators is required (see off site supervision policy).

The PGY III year includes six months of child psychiatry where you will receive training in family and couples or parenting therapies through seminars and clinical supervision. The core competency requirement in a *multi-person therapy of family or group* (with working knowledge in the other) can be achieved, or begun, during the child rotation. In addition, residents will do supervised psychotherapy with children or adolescents that will include at least one child CBT case.

PGY III to V - Psychodynamic, Interpersonal, Integrative & Dialectical Behavioural Psychotherapies

Centralized teaching includes the PGYIV centralized year-long integrative and advanced psychotherapy seminars, annual one day experiential workshops in Group (that residents must do once for working knowledge, and twice for those seeking proficiency), and a yearly half-day workshop in couples therapy. Residents are encouraged to take advantage of additional hospital based seminars in psychotherapy.

Continued assignment of psychodynamic supervisors at each site helps to consolidate expertise. Mandatory training in: DBT, includes seminars plus observation of two DBT skills group sessions (6 groups are held each week - contact Carmen.Wiebe@camh.ca to arrange); IPT, requires a minimum of one supervised case (see supervisor table for a listing of supervisors at each site).

Once modality specific requirements are fulfilled, residents are expected to utilize their remaining protected time conducting clinically supervised psychotherapy according to your learning needs for further skills in treating patient specific populations or modalities. Residents should directly liaise with the hospital-based psychotherapy site coordinators for supervisor assignment.

Senior selectives are available for those who wish further training in psychodynamic, CBT, group or couples therapy, DBT or IPT. Motivational Interviewing, Trauma, Mindfulness Based Stress Reduction or Mindfulness Based Cognitive Therapy, Acceptance and Commitment Therapy, or Cognitive Behavioural Analysis System of Psychotherapy (CBASP) are also options for senior residents with an interest in developing sub-specialty expertise in psychotherapy.