



**University of Toronto, Department of Psychiatry
Postgraduate Education, Psychotherapy Stream**

Guidelines Regarding Off-Site Supervision of Residents

Preamble: Resident psychotherapy education is conducted longitudinally in conjunction with and simultaneous to fulfilling core rotational learning objectives that require changes in hospital and clinical settings every six to twelve months. The differing hospital based settings each possess clinical educators with expertise in both core training domains and differing required psychotherapeutic modalities.

Guidelines: Residents will be expected to receive psychotherapy supervision from supervisors at their current training site. The psychotherapy site coordinator will make every effort to match the resident's psychotherapy educational needs with onsite supervisors. When a resident changes sites, the expectation is that they will work with new psychotherapy supervisors from that site. For the purpose of continuity or to fulfill psychotherapy stream learning objectives in certain modalities, residents will have the option of carrying over with their supervisors or receiving off-site supervision in certain cases, for example: for selectives and proficiency training; for training where expertise in a specific modality is not available at the site; or for training in specific modalities such as group psychotherapy, with the approval of the postgraduate and psychotherapy site coordinators. All off-site supervision must be done with the permission of both postgraduate and psychotherapy site coordinators.

This practice would be justified if the following safeguards were put into place:

- 1) The resident would need to return to their supervisor's site to see the patient.
- 2) If this was not possible, then charts would need to be kept at both sites - a chart at the supervisor's site and a chart at the current rotation with a doctor of record** listed.
- 3) The approval for retention of a previous or off-site psychotherapy supervisor would need to be provided by the Postgraduate Coordinator and Psychotherapy Site Coordinator at that site, with periodic review by the Psychotherapy Stream Committee.

** The physician of record will be the primary hospital-based core rotation supervisor. They will be required to enter a note in the chart clarifying who the off-site supervisor is and that they are the on-site doctor of record for the duration of the resident's rotation at their site, along with the reason for this. The resident will present brief reports of progress to the physician of record in addition to proper charting, and must notify them immediately in the event of emergency or concern regarding the patient's safety, functional capacity or mental status.