



Case Finding Psychotherapy Training (May 2013)

Psychotherapy and relationship-centered care is a cornerstone of all psychiatric care; and psychotherapy is an essential element of training. Along with seminars and clinical experiences that are integrated into other core rotations, residents do clinically supervised cases. To support this, residents with their supervisors will need to find patients* who will benefit from the modality being offered, and in a timely manner. This will optimize learning and skills acquisition for clinically supervised psychotherapy training. The following processes will facilitate case finding.

*Please see modality-specific resources with regards to general selection criteria for junior (PGY2) vs. senior (PGY3-5) residents.

PGY2: Cognitive Behavioural Therapy (CBT) and Psychodynamic Psychotherapy Case Finding

PGY2 Residents

PGY2 residents (with few exceptions) will have their two cases in place by the first week in September regardless of whether they are doing inpatient or outpatient psychiatry, and will begin their psychotherapy supervision with pre-assessed, suitable training cases in both CBT and psychodynamic psychotherapy. Psychotherapy site coordinators, with the assistance of local and other resources will match all PGY2 residents with a CBT and dynamic therapy case at the beginning of the academic term (July/August), so that supervised case work can begin in September at the latest.

PGY3-5 Residents

Some sites may also recruit patients for senior residents in various modalities – please contact your local psychotherapy site-coordinator for access to this resource. If no such resource exists, the psychotherapy site coordinator is responsible for facilitating your finding a suitable training case through modality specific resources (see page 2).

Modality Specific Resources

When searching for a patient who may benefit from a specific modality, begin with your supervisor who may have already preselected someone.

Cognitive Behavioral Therapy

- CBT Wait Lists:
 - CAMH (Lance Hawley, lance.hawley@camh.ca)
 - Sunnybrook (Laura Toniutti, laura.toniutti@sunnybrook.ca)
 - MSH (Julie Wilson, jwilson@mtsinai.on.ca)
- ❖ CBT Modality Lead (Diana Kljenak, please e-mail: Diana.Kljenak@uhn.ca)

Couple and Family Therapy

- Couple/Family Therapy Wait List at Hincks Dellcrest (Diane Philipp, 416-972-1935 x 3330)
- ❖ Couple/Family Modality Lead (Leo Chagoya, please call: 416-489-3997)

Interpersonal Psychotherapy

- Interpersonal Psychotherapy Wait List at MSH (Julie Wilson, jwilson@mtsinai.on.ca)
- ❖ IPT Modality Lead (Paula Ravitz, 416-586-4800 x 7500)

Psychodynamic Therapy

- Assessment Clinic Wait List at:
 - UHN (Adrienne Tan, Adrienne.tann@uhn.on.ca)
 - MSH (Please call and leave a message at: 416-586-4800 x 4568)
- ❖ Psychodynamic Modality Lead (Rex Kay, please email: rex.kay@utoronto.ca)

Group Psychotherapy

- ❖ Group Modality Lead (Jan Malat, Jan.Malat@camh.ca)

Child Psychotherapy

- ❖ Child Modality Lead (Priya Watson, Priya.Watson@camh.ca)

