Child and Adolescent Psychiatry PGY-5 Psychotherapy Training Requirements

**PGY 5 Didactic**

Monthly centralized seminars (10 seminars, 1 orientation seminar) from 9-11 on Thursdays, at HSC.
Topics:
Advanced Applications of:
- Family Tx – 2 sessions
- DBT – 2 sessions
- MI – 2 sessions
- Crisis – 1 session
- Behavioural Treatments – 1 session
- Parenting – 2 sessions

**PGY 5 Clinical**

2 CBT cases
1 Family therapy
2 Modality of Choice cases – eg IPT-A, group, dynamic, MBCT, parenting
1 Parenting case

For these clinical cases, residents and supervisors are encouraged to ensure there is experience across the developmental spectrum, doing complex cases (ie co-morbidities, complex families, transcultural etc).

**Total of 6 cases, 20 hours each clinical time (approximate) = 120 clinical hours**

120 Clinical Hours + 120 Supervision hours = 240 Psychotherapy hours total
(approx. 6 hours per week of clinical and supervision time)