



POST-GRADUATE TRAINING OBJECTIVES

Training Objectives in Psychotherapy Core Child Psychiatry Residents

Residents currently have 7 hours per week of time protected for psychotherapy training (this includes seminars, supervision and treatment). During their core six-month rotation all residents must perform one weekly supervised complete case of CBT, and one weekly supervised case of family therapy. Residents must also participate in one didactic psychotherapy seminar, which is designed to give an overview of the theory and practice of psychotherapy in child psychiatry.

a. Seminar training objectives:

One hour per week (20-25 hours total) of a didactic seminar in psychotherapy, to be divided between the theories and principles of CBT, family therapy and developmental and psychodynamic issues.

b. Clinical training objectives:

The clinical training objectives are:

1. One cognitive behaviour therapy case, with 20 hours of supervision, to include assessment, treatment and transition to termination or another therapist.
2. One family therapy case, with 20 hours of supervision, to cover aspects of assessment, treatment and transition to termination or another therapist
3. One other treatment case, from a modality of the resident's choice (e.g. IPT, psychodynamic, CBT, family, other), with 20 hours of supervision, to cover aspects of assessment, treatment and transition to termination or another therapist

NOTE: the supervision provided should specifically address the theory and principles of the modality being taught (with use of reading resources) and should emphasize the inclusion of developmentally appropriate modifications in the course of therapy. Group supervision in some modalities is acceptable. Residents should discuss this with the site coordinator for psychotherapy at their training site.

Domains for Evaluation

Residents must have a completed ITER for each psychotherapy modality that they undertake during their core child rotation. Residents should ensure that their supervisors fill out these ITERs, as they will be necessary to demonstrate completion of requirements.

Cognitive-Behaviour Therapy, Child and Adolescent Psychiatry ITER

1. The ability to assess for suitability for CBT, including all developmental aspects of the case
2. The ability to adapt and apply the CBT model with regard to developmental stage, and to apply cognitive and behavioural strategies as appropriate
3. The ability to use supervision in engaging, contracting, and working through the treatment process.

Family Psychotherapy ITER

1. The ability to address and include family developmental stages in assessment and treatment.
2. The ability to use family systems theory to formulate and treat family pathology.
3. The ability to use supervision in engaging, contracting, and working through the treatment process.

Modality of Choice ITER

1. The ability to address and include child/adolescent developmental stage in assessment and treatment.
2. The ability to use appropriate psychotherapeutic theory to formulate and treat the child or adolescent.
3. The ability to use supervision in engaging, contracting, and working through the treatment process.