

DEPARTMENT OF PSYCHIATRY – Psychotherapy Elective

*This elective will be ½ time with Psychotherapy and ½ time with Child and Adolescent or Anxiety/Mood Disorders. Please include in the comments section of your application if you prefer Child and Adolescent or Anxiety/Mood Disorders.

The elective will primarily involve observation and participation in discussions with the psychotherapists in a variety of settings. Opportunities are available in a number of different (primarily group) psychotherapies. These may include:

1. Cognitive behavior therapy for anxiety and depression
2. Cognitive behavior therapy for obsessive compulsive disorder
3. Dialectical behavior therapy
4. Mindfulness CBT
5. Mood Disorders Day hospital groups
6. STAT skills development groups
7. STAT psychotherapy group
8. Family therapy

Other components of the elective include:

1. Weekly meetings with Dr. Phil Katz to discuss different aspects of psychodynamic psychotherapy.
2. Time to read literature on psychotherapy.
3. Attendance at cross service rounds and grand rounds.

Goals and Objectives:

On completion of the elective, the student should be able to:

1. Be exposed to different psychotherapeutic modalities.
2. Read some introductory literature on psychotherapy.
3. Develop an appreciation of the role of psychotherapy in a patient's treatment.
4. Have opportunity for discussion about psychotherapy.

Call Responsibility: Call is NOT required

Availability: All year, variable length of time from a minimum commitment of 4 weeks. It can be done as a half time rotation (in conjunction with another psychiatry half time elective). The schedule will be tailored to the interests of the individual.

Contact Person:

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Dr. Eunice Gill, Program Director

TO APPLY FOR AN ELECTIVE IN THIS PROGRAM, PLEASE CONTACT:

Electives Administrator

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