Welcome Message from Dr. Ladan Sadrehashemi, Program Director

Dear CaRMS Applicant,

I look forward to meeting you during our interview period. I am happy to answer any of your questions before then. Please feel free to either e-mail me at ladan.sadrehashemi@UBC.ca or call me at 604-728-2334.

Sincerely,
Dr. Ladan Sadrehashemi
Program Director
University of British Columbia
Psychiatry Residency Program
Dear CaRMS Applicant,

The University of British Columbia Psychiatry program offers a diverse array of exceptional training in all core competencies outlined by the Royal College of Physicians and Surgeons of Canada.

The philosophy of our program is to train psychiatrists in the broad aspects of the bio-psycho-social model of medicine and psychiatry and to prepare interested residents for further subspecialty training or fellowships. Our psychotherapy and pharmacologic training is excellent, and research is actively encouraged. One day per week is dedicated to academic seminars (academic day).

For those residents with expertise and interest in research, a specially tailored training track has been developed that maximizes available research time within the Royal College’s training guidelines. Many research opportunities also exist for all trainees outside of the research track, with projects being developed by the third year of training and completed during elective time in the last year of training. As with all tracks, one day per week is dedicated to academic seminars (academic day).

Through an integrated program of clinical placements and academic seminars, our program is designed to achieve the training goals of the Royal College of Physicians and Surgeons of Canada and the University of British Columbia. We graduate highly skilled psychiatrists capable of practicing in diverse settings.

Our program follows a distributed model, with residents placed in various hospitals throughout the lower mainland, Vancouver Island, and in northern BC (Prince George). All sites offer excellent training and there are opportunities for all residents to complete some portion of their training in any of these sites.

All programs are administered through the UBC Department of Psychiatry. The standards and training requirements are uniform across all distributed sites. Out of the twelve Vancouver track residents, one is allocated to the Vancouver Island site for the PGY-I year. A systematic and fair selection process is in place to determine which resident is placed in the Vancouver Island program for the PGY-I year.

Should you have any questions about the program, please do not hesitate to contact us through Luiza Shamkulova. We are happy to connect you with residents in our program who can answer your questions.

Sincerely,
CaRMS Committee
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program Overview</td>
<td>5</td>
</tr>
<tr>
<td>Training</td>
<td>6</td>
</tr>
<tr>
<td>Distributed Sites</td>
<td>7</td>
</tr>
<tr>
<td>Application</td>
<td>8</td>
</tr>
<tr>
<td>Clinical Curriculum</td>
<td>10</td>
</tr>
<tr>
<td>Training Sites</td>
<td>11</td>
</tr>
<tr>
<td>Training Sites, PGY-I to PGY-V</td>
<td>12</td>
</tr>
<tr>
<td>Special Training Sites</td>
<td>16</td>
</tr>
<tr>
<td>Outreach Programs</td>
<td>17</td>
</tr>
<tr>
<td>Psychotherapy curriculum</td>
<td>18</td>
</tr>
<tr>
<td>Academic Days</td>
<td>19</td>
</tr>
<tr>
<td>Research Track</td>
<td>20</td>
</tr>
<tr>
<td>Letters from the Program Directors</td>
<td>21</td>
</tr>
</tbody>
</table>
**TRAINING**

**TRAINING LENGTH**
- **60 MONTHS**
  - GENERAL PSYCHIATRY
- **72 MONTHS**
  - SUB-SPECIALTY PSYCHIATRY
    - CHILD PSYCHIATRY, OR
    - GERIATRIC PSYCHIATRY, OR
    - FORENSIC PSYCHIATRY

**CLINICAL TRAINING SETTINGS**
- HOSPITAL INPATIENT WARDS
- OUTPATIENT DEPARTMENTS
- COMMUNITY MENTAL HEALTH CENTRES
- SUBSPECIALTY CLINICS

**MANDATORY ROTATIONS**
- GENERAL HOSPITAL INPATIENT/OUTPATIENT
- CHILD
- GERIATRIC
- CHRONIC CARE
- ADDICTIONS
- CONSULTATION-LIAISON

**ADDITIONAL OPPORTUNITIES**
FUNDING FOR TWO TRIPS TO RURAL COMMUNITIES IN BC TO PROVIDE OUTREACH CARE (IN PGY2-5 YEARS)

**12 MONTHS ELECTIVE TIME**
INTERPROVINCIAL/INTERNATIONAL OPPORTUNITIES AVAILABLE

**FELLOWSHIPS**
- MOOD DISORDERS
- NEUROPSYCHIATRY
- REPRODUCTIVE MENTAL HEALTH
- SCHIZOPHRENIA

**ROYAL COLLEGE SUBSPECIALTY PROGRAMS**
- CHILD PSYCHIATRY
- GERIATRIC PSYCHIATRY
- FORENSIC PSYCHIATRY
DISTRIBUTED SITES

**FRASER TRACK**
GREATER VANCOUVER

6 POSITIONS

**PRINCE GEORGE**
NORTHERN BC

1 POSITION

**VANCOUVER TRACK**

12 POSITIONS

INTERNATIONAL MEDICAL GRADUATES

RESEARCH TRACK

**VANCOUVER ISLAND**

3 POSITIONS
# Clinical Curriculum

## PGY-I Training
- **Basic Clinical Training**: 12 Months
- *PGY-I residents from all sites will spend one Thursday a month at the home program*

## PGY-II
- **General Adult Psychiatry Inpatient/Outpatient Total**: 12 Months
- **Child & Family Psychiatry**: 6 Months

## PGY-III
- **Geriatric Psychiatry**: 6 Months

## PGY-IV
- **Consultation-Liaison**: 3 to 6 Months
- **Collaborative/Shared Care**: 2 to 3 Months
- **Chronic Care**: 3 to 6 Months
- **Addictions**: 1 Month

## PGY-V
- **Selectives/LIAISON**: 6 Months, no less than 3 months per rotation
- **PGY-IV & PGY-V**: Assume more leadership in education and supervision of junior colleagues while consolidating and further developing career track interest through electives and selectives including research
- **Electives**: 6 Months, no less than 2 months per rotation

---

## PGY-I Training

<table>
<thead>
<tr>
<th>Block</th>
<th>Course</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Internal Medicine (IM)</td>
</tr>
<tr>
<td>2</td>
<td>Internal Medicine (IM)</td>
</tr>
<tr>
<td>3</td>
<td>IM or Family Medicine</td>
</tr>
<tr>
<td>4</td>
<td>Pediatrics</td>
</tr>
<tr>
<td>5</td>
<td>Neuroimaging</td>
</tr>
<tr>
<td>6</td>
<td>Neurology</td>
</tr>
<tr>
<td>7</td>
<td>Emergency Medicine</td>
</tr>
<tr>
<td>8</td>
<td>Psychiatry</td>
</tr>
</tbody>
</table>

## Selectives/Electives

<table>
<thead>
<tr>
<th>Course</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety Disorders</td>
</tr>
<tr>
<td>Child Psychiatry</td>
</tr>
<tr>
<td>Chronic Pain</td>
</tr>
<tr>
<td>Civil Forensics</td>
</tr>
<tr>
<td>Cognitive Behavioural Therapy</td>
</tr>
<tr>
<td>Concurrent Diagnosis</td>
</tr>
<tr>
<td>Concurrent Diagnosis</td>
</tr>
<tr>
<td>Consult Liaison</td>
</tr>
</tbody>
</table>

---

*One academic day per week. Residents from non-lower mainland sites come to Vancouver General Hospital one academic day per month with other academic days videoconferenced.*
Training Sites, PGY-I to PGY-V

- **PGY-I TRAINING SITES**
  - Royal Columbian Hospital (RCH)
  - Royal Jubilee Hospital (RJH) (Victoria, BC)
  - Saint Paul's Hospital (SPH)
  - University Hospital of Northern BC (UHNBC)

- **Vancouver Track**
  - Residents assigned to SPH or RCH

- **Research Track**
  - Residents automatically assigned to Saint Paul's Hospital (SPH)

- **Fraser Residents**
  - Residents automatically assigned to Royal Columbian Hospital (RCH)

- **PRINCE GEORGE RESIDENTS**
  - Complete PGY-I training at UHNBC

- **Vancouver Island Residents**
  - Assigned to Royal Jubilee Hospital (RJH)

- **IMG Residents**
  - Assigned to SPH or RCH

Page 12 of 33 | Table of Contents
PGY-II TRAINING SITES

**FRASER TRACK**
- ROYAL COLUMBIAN HOSPITAL
- SURREY MEMORIAL HOSPITAL
- 6 MONTHS INPATIENTS FOLLOWED BY 6 MONTHS OUTPATIENTS OR VICE VERSA

**VANCOUVER ISLAND PROGRAM**
- VANCOUVER TRACK
- 6 MONTHS INPATIENTS FOLLOWED BY 6 MONTHS OUTPATIENTS OR VICE VERSA

**PRINCE GEORGE PROGRAM**
- PRINCE GEORGE RESIDENTS COMPLETE PGY-II TRAINING AT UNIVERSITY HOSPITAL OF NORTHERN BC (UHNBC)
- ROYAL JUBILEE HOSPITAL
- 6 MONTHS INPATIENTS FOLLOWED BY 6 MONTHS OUTPATIENTS OR VICE VERSA

**VANCOUVER TRACK**
- RICHMOND HOSPITAL
- SAINT PAUL'S HOSPITAL
- VANCOUVER GENERAL HOSPITAL
- 6 MONTHS INPATIENTS FOLLOWED BY 6 MONTHS OUTPATIENTS OR VICE VERSA
2 MONTHS ELECTIVES/SELECTIVES

CONSULT LIAISON PSYCHIATRY

- VICTORIA GENERAL HOSPITAL
- NEUROLOGY
- NEUROSURGERY
- OBSTETRICS
- NEUROPSYCHIATRY
- GERIATRIC CONSULT LIAISON
- CHILD CONSULT LIAISON

ROYAL JUBILEE HOSPITAL (RJH)
- CARDIAC
- RENAL
- PLASTICS
- GENERAL MEDICAL
- GENERAL SURGICAL
- MULTIPLE SCLEROSIS OUTPATIENTS
- CARDIAC OUTPATIENT CLINIC

6 MONTHS TOTAL CHRONIC CARE
OPTION TO INTEGRATE SHARED CARE (** MAY SEPARATE SHARED CARE INTO 1 MONTH SEPARATE BLOCK INSTEAD **)

- SURREY MEMORIAL HOSPITAL
- ACT TEAM 3 MONTHS
- ROYAL COLUMBIAN HOSPITAL
- TERTIARY CARE 3 MONTHS

1 MONTH ADDICTIONS

3 MONTHS CONSULT LIAISON

ELECTIVES FOR OUT OF PROVINCE MEDICAL RESIDENTS MUST BE SCHEDULED THROUGH THE POSTGRADUATE DEAN’S OFFICE

http://postgrad.med.ubc.ca/program-information/electives/

PSYCHIATRY ELECTIVES CATALOG
Outreach Programs

RURAL EDUCATION ACTION PLAN (REAP)
The Rural Education Action Plan supports the training needs of physicians in rural practice, provides undergraduate medical students and postgraduate residents with rural practice experience, and increases rural physician participation in the medical school selection process. The program was established as a result of the RSA, and is managed by the Joint Standing Committee on Rural Issues (JSC).

HTTP://WWW.RCCBC.CA/EDUCATION/EDUCATION-REAP

Questions? Contact
LISA OLIVER
604-827-4188
LISA.OLIVER@FAMILYNED.UBC.CA

NORTHERN & ISOLATION TRAVEL ASSISTANCE OUTREACH PROGRAM (NITAOP)
HTTP://WWW.RCCBC.CA/RURAL-PHYSICIANS/NITAOP%20

RURAL SPECIALIST LOCUM PROGRAM (RSLP)
HTTP://WWW.RCCBC.CA/RURAL-PHYSICIANS/RURAL-SPECIALIST-LOCUM-PROGRAM

PSYCHIATRY OUTREACH PROGRAM
$1,000/MONTH FOR ACTUAL TRAVEL AND ACCOMMODATION EXPENSES.

Links
- List of Outreach Services Run through Vancouver and Vancouver Island
- Health Service Delivery Area
  HTTP://WWW.RCCBC.CA/COMMUNITY-MAP
Psychotherapy curriculum

**MISSION**
- Dedicated to developing highly skilled psychiatrists able to practice a variety of psychotherapy with patients suffering from the full range of psychiatric disorders

**FOCUS**
- To teach important general therapeutic skills
- To teach specific skills associated with different psychotherapeutic modalities
- To teach specific required in the treatment of particular disorders
- Psychiatry residents who graduate from our residency program will have developed a broad range of competencies that will enable them to effectively meet the challenges faced by psychiatrists in everyday clinical practice.

**TRAINING**
- Primer courses in supportive, cognitive-behavioural, and psychodynamic psychotherapies
- Foundations of psychotherapy course
- Psychotherapy models and modalities course
- Long-term psychodynamic psychotherapy course
- Group supervision of individual psychodynamic psychotherapy course
- Group psychotherapy course and training
- Formulation course
- Cognitive behavioural psychotherapy course involving supervision of treatment
- IPT course involving supervision of treatment
- Family therapy training and supervision
- Psychotherapy review course for royal college exam in psychiatry
- There are also opportunities for learning other modalities (e.g., mindfulness-based cognitive therapy, dialectical behaviour therapy, motivational therapy, couple therapy) through a variety of psychotherapy electives.

**GOAL**
- Graduating psychiatry residents will have developed a broad range of competencies that will enable them to effectively meet the challenges faced by psychiatrists in everyday clinical practice.

**LEARNING**
- Graduating psychiatry residents will have developed a broad range of competencies that will enable them to effectively meet the challenges faced by psychiatrists in everyday clinical practice.

**CASE SUPERVISION**
PGY-II THROUGH PGY-V

**QUESTIONs? CONTACT DR. AUBY AXLER**
Clinical Associate Professor
Mood & Anxiety Disorders and Psychotherapy
AUBY.AXLER@UBC.CA
Tel 604-662-4776
# Academic Days

<table>
<thead>
<tr>
<th>PGY-I</th>
<th>PGY-II</th>
<th>PGY-III</th>
<th>PGY-IV</th>
<th>PGY-V</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>INTRODUCE RESIDENTS TO A VARIETY OF TOPICS IN PSYCHIATRY</strong>&lt;br&gt;2 MONTHS EMERGENCY PSYCHIATRY&lt;br&gt;FOLLOWED BY COMPREHENSIVE INTRODUCTION TO GENERAL ADULT PSYCHIATRY</td>
<td><strong>TOPICS IN CHILD PSYCHIATRY AND GERIATRIC PSYCHIATRY</strong>&lt;br&gt;PSYCHOTHERAPY TEACHING THURSDAY AFTERNOONS&lt;br&gt;BASIC PSYCHOTHERAPY SKILLS</td>
<td><strong>PROVIDE RESIDENTS WITH IN DEPTH KNOWLEDGE OF MAJOR CLINICAL SYNDROMES AND SPECIAL AREAS IN PSYCHIATRY INCLUDING CONSULTATION-LIAISON, SCHIZOPHRENIA, FORENSIC PSYCHIATRY, REPRODUCTIVE PSYCHIATRY, ETC.</strong>&lt;br&gt;PSYCHOTHERAPY TEACHING THURSDAY AFTERNOONS</td>
<td><strong>INCREASING COMPLEXITY</strong>&lt;br&gt;INCREASING COMPLEXITY</td>
<td><strong>PREPARATION FOR FIRST YEARS OF PRACTICE AND IS HELD OVER TWO DAYS.</strong></td>
</tr>
</tbody>
</table>

**DR. SUMMER TELIO**<br>ASSOCIATE PROGRAM DIRECTOR MORNING DAY CURRICULUM

---

**QUESTIONS? CONTACT DR. RAYMOND LAM**<br>DIRECTOR OF SCHOLARLY ACTIVITY AND RESEARCH TRACK<br>R.LAM@UBC.CA

**LINKS**

HTTP://SCHOLARLYACTIVITY.PSYCHIATRY.UBC.CA
**Research Track**

### BENEFITS
- DEDICATED RESEARCH TIME IN ALL YEARS OF RESIDENCY
- INTEGRATED, FLEXIBLE CURRICULUM ALLOWING RESIDENT TO MEET FULL CLINICAL TRAINING REQUIREMENTS OF THE ROYAL COLLEGE OF PHYSICIANS AND SURGEONS OF CANADA WHILE ENGAGING IN RESEARCH TRAINING
- OPPORTUNITY TO COMPLETE AN MSC/MHSC/MPH DEGREE OR START A PH.D. PROGRAM DURING RESIDENCY

### CURRENT PROJECTS
- NEUROIMAGING FOR FIRST-EPISODE MANIA
- EFFECTS OF REPETITIVE TMS ON MINDFULNESS
- BRAIN TRAUMA IN MENTALLY ILL HOMELESS
- SOCIAL NETWORKS IN CHRONIC AND PERSISTENT MENTAL ILLNESS

### APPLICANTS
- PREVALENCE EXPERIENCE IN RESEARCH
- CLEAR INTEREST IN PURSUING AN ACADEMIC CAREER IN PSYCHIATRY

### CaRMS MATCH
- SEPARATE CaRMS MATCH FOR RESEARCH TRACK

- **CaRMS interview process** as for other tracks, PLUS
  - separate interviews with clinical researchers in the department PLUS
  - applicants invited to give brief presentation about a research project that they were involved with

### LAYOUT OF TRAINING
- **PGY-I**
  - 1 DAY/WEEK RESEARCH TIME
  - CLINICAL PLACEMENT IS USUALLY VGH/UBC HOSPITAL
  - 6 MONTH OUTPATIENT, 6 MONTH INPATIENT PSYCHIATRY
  - INCLUDES ROTATION IN MOOD DISORDERS CENTRE AT UBC HOSPITAL, INTEGRATING CLINICAL WORK & RESEARCH

- **PGY-II**
  - 1 DAY/WEEK RESEARCH TIME
  - CHILD PSYCHIATRY 6 MONTHS, GERIATRIC PSYCHIATRY 6 MONTHS
  - OPTION TO ENROLL IN A MASTER’S PROGRAM IN CLINICAL NEUROSCIENCE OR OTHER DISCIPLINE

- **PGY-III**
  - 1 DAY/WEEK RESEARCH TIME
  - CLINICAL TRAINING: CONSULTATION PSYCHIATRY, CHRONIC CARE/ADDICTIONS & SHARED CARE
  - LONGITUDINAL REQUIREMENTS OR PSYCHOTHERAPY ✓

- **PGY-IV**
  - 4 DAYS PER WEEK RESEARCH
  - CLINICAL TRAINING: 1 DAY/WEEK IN OUTPATIENT CLINICS
  - MAY COMPLETE A MASTER’S DEGREE BY GRADUATION OR SWITCH OR ENROLL IN A PH.D. PROGRAM & CONTINUE RESEARCH IN PGY-VI AND PGY-VII YEARS IN ROYAL COLLEGE/UBC CIP PROGRAM

- **PGY-V**
  - 4 DAYS PER WEEK RESEARCH
  - CLINICAL TRAINING: 1 DAY/WEEK IN OUTPATIENT CLINICS
  - MAY COMPLETE A MASTER’S DEGREE BY GRADUATION OR SWITCH OR ENROLL IN A PH.D. PROGRAM & CONTINUE RESEARCH IN PGY-VI AND PGY-VII YEARS IN ROYAL COLLEGE/UBC CIP PROGRAM

### AFTER THE MATCH
- CONSULT WITH THE RESEARCH TRACK DIRECTOR TO IDENTIFY A MENTOR/SUPERVISOR FOR THE RESIDENT’S RESEARCH PROJECT(S)

### APPENDIX
- * CIP = CLINICAL INVESTIGATOR PROGRAM
Letters from the Program Directors
Welcome to the UBC Fraser Health Greater Vancouver Psychiatry Residency Program (UBC-FHGV). We are glad you are considering our program and we would like to take this opportunity to provide you with some information about us.

The training sites of the UBC Fraser Health Greater Vancouver Psychiatry Residency Program are located in the Greater Vancouver area (an area that stretches from the eastern border of the City of Vancouver to Boston Bar). Our main hospitals are minutes away from downtown Vancouver. We encompass some of the largest cities in the Greater Vancouver Area, including Burnaby, Surrey, Coquitlam, New Westminster, White Rock, Abbotsford, Port Moody, Maple Ridge, and Port Coquitlam.

Our program is based out of two main Regional Teaching Hospitals and a number of other hospitals located throughout Greater Vancouver. The Royal Columbian Hospital is in New Westminster, 20 minutes from the City of Vancouver, and is located directly on the Skytrain Rapid Transit Line. Surrey Memorial Hospital is located in Surrey, 30 minutes from the City of Vancouver, and is also accessible by Skytrain. Both hospitals are Clinical Academic Campuses of the UBC Faculty of Medicine. Our residents live in communities throughout Greater Vancouver, a region The Economist has declared as the “World’s Most Livable.”

The Fraser Health Authority serves the largest (1.7 million) and fastest-growing population of all provincial health authorities in BC. Our hospitals and Psychiatry programs are growing to meet increasing needs, and we have hired over 80 skilled psychiatrists over the past five years to help meet the mental health needs of the citizens we serve. Many residents who have trained with us have decided to join our program after graduation as staff psychiatrist colleagues and we see our residents as the primary future source of recruitment into our hospitals and community mental health programs.

Our program offers residents a unique and diverse training experience. Our hospitals range from large regional hospitals to community hospitals. We have a wide range of clinical experiences in numerous sub-specialty areas within psychiatry. Our Early Psychosis Intervention (EPI) Program, Assertive Community Treatment (ACT) Teams, Reproductive Mental Health Program, Resident CBT Training Program and Psychosis Treatment Optimization Program (PTOP) are just a few examples of the diversity of clinical opportunities that exist in Fraser Health.

Our faculty have won numerous teaching awards, and are committed to providing an outstanding educational and training experience. They provide direct clinical supervision and academic instruction, but also take a keen interest in seeing the individual educational and career goals of our residents come to fruition. In addition to the vast clinical opportunities, UBC-FHGV also offers elective opportunities in leadership, medical administration, education, and research.

UBC-FHGV is accepting 6 positions for clinical training through CaRMS. Core rotations in the junior residency (PGY1-3) are based primarily at the Royal Columbian Hospital and Surrey Memorial Hospital.
Hospital. Selective and elective rotations in the senior residency (PGY4 and PGY5) are offered at a number of clinical settings in the Fraser Health Region and in Vancouver.

The UBC-FHGV Psychiatry Residency Program has developed a reputation for educational quality, but also for a collegial and resident-focused program culture. Our goal is to prepare residents for success in the Royal College exams and future clinical practice as colleagues in our many hospitals and programs. We are excited that you have taken an interest in our program and look forward to speaking further with you during CaRMS. More information about our program can be found on our website at www.fraserpsychiatry.com.

Yours Sincerely,

Anson Koo, MD, FRCPC
Nigel Fisher, MB, FRC Psych
Kevin Wong, MD, FRCPC
The UBC Vancouver Island Postgraduate Psychiatry Program started just 4 years ago and has been steadily expanding to offer a full residency based in Victoria, with notable training sites throughout the Island Health Authority (VIHA). We have all of the benefits of a full program with the advantages of a smaller centre. Residents will have more individualized attention to their learning needs. Services, especially in Victoria, are centralized, which allows more efficient use of time and excellent opportunities for continuity of care. Because Vancouver Island is relatively self-sufficient and the population is geographically constrained, it is a great opportunity to see how all aspects of the mental health system work together.

Our residents have closer relationships with their supervisors, which are cultivated over the course of the residency. All of the inpatient supervisors also maintain outpatient practices at the Victoria Mental Health Centre. The supervisors are readily available for questions regarding patients, even post-rotation. In Year 2, inpatient rotations occur in the state-of-the-art Patient Care Centre (PCC) at Royal Jubilee Hospital (RJH). The psychiatry units are on the first 2 floors with medical and surgical units on the remaining floors. This has greatly reduced the stigma of mental illness and also allowed for better collaboration when psychiatric patients have concurrent medical illnesses. Consultation Liaison psychiatry rotations are also available at the PCC and also at the nearby Victoria General Hospital.

When new programs are developed by the Mental Health and Substance Use (MHSU) Program, we are able to take advantage of these opportunities for the residents. MHSU has implemented many innovative programs. For example, throughout Vancouver Island, Assertive Community Treatment (ACT) teams have been established. In Victoria, the teams have a unique composition with close police and community service agency links. The downtown street and homeless population provides a challenging and stimulating learning opportunity for residents, especially for the complex interplay among socioeconomic factors, mental health and addictions, and other special populations such as off-reserve aboriginal people.

The Island Medical Program (IMP) also provides support to the residency program thanks to our Regional Associate Dean of Medicine, Dr. Oscar Casiro, who is a strong advocate for distributed medical programs. We share many resources with IMP, and we appreciate the support Dr. Casiro provides at various levels of the UBC postgraduate system. Residents are also involved in teaching the IMP medical students, which is much appreciated by both the students and the IMP faculty. IMP faculty also coordinate other events that are relevant to psychiatry residents. The Assistant Regional Associate Dean, Dr. Adrian Yee, has recently developed an excellent medical leadership elective that is open to both undergraduate and postgraduate learners.

Currently, there is expansion of other postgraduate programs in Victoria. In 2013, Internal Medicine and Emergency Medicine residencies were created. Because of this new development, there is a lot of support and interest in all of our postgraduate programs. With more postgraduate residents, there are further opportunities for shared learning and collegiality.
Psychiatry residents have a lounge and suite of offices located within the secure area at Victoria Mental Health Centre (VMHC). Residents will use the offices for their psychotherapy patients throughout the residency program. They also have the advantage of dedicated office space during their outpatient rotations. The VMHC is centrally located near the inpatient units, outpatient programs, and psychiatry emergency unit which helps with continuity of care and efficient use of time. In Victoria, all psychiatry emergencies go to the Psychiatry Emergency Service (PES) located at the Archie Courtnall Centre at Royal Jubilee Hospital. The VMHC offers a wide range of therapy programs to support individuals with complex mental health disorders, including group programs, CBT programs, an anxiety disorder clinic, and a wide range of case-management services. The USTAT program and addictions programs are located a few blocks away and offer a wide array of excellent learning opportunities. The USTAT program offers short term therapy and group CBT and DBT programs for patients presenting with acute and serious mental illnesses.

Geriatric psychiatry is based at the Royal Jubilee Hospital, with inpatient units in the PCC, next door to the general adult units, and the outpatient clinic in the Memorial Pavilion. Child & Adolescent Psychiatry (CAP) inpatient and outpatient rotations are done at the Queen Alexandra Hospital near the University of Victoria. There are also some CAP experiences at Victoria General Hospital where the pediatric service is located.

Victoria-based psychiatry residents in PGY 2-3 and part of PGY 4 have a full academic day on Thursdays, mostly by video link. Once a month, residents will travel to Vancouver for their academic day. This gives residents a chance to socialize with their Lower Mainland-based colleagues, and also to attend resident business meetings. Most residents travel by float plane to Vancouver, which makes it quite an enjoyable and exciting trip! In the winter months, generally the residents will do all lectures by video link. In PGY 4-5, the scheduling is more flexible, depending on the learning needs of the residents.

I invite any interested medical students to come out and look at our program. We would be happy to show you around. Come and experience the fabulous lifestyle we enjoy year round on Vancouver Island!

Dr. Michael Cooper
Clinical Associate Professor
Assistant Program Director
The University of Northern BC celebrated its twenty fifth anniversary this year while the Northern Medical Program celebrated its tenth anniversary. The Northern Medical Program was started with the hope that it would be able to train doctors in the north and that some of them would stay. The psychiatry residency spot in Prince George was started with similar aspirations in mind. Our goal is to train psychiatrists that can work anywhere, but might choose to work in a smaller community.

The psychiatry residency training spot in Prince George began in 2009 with placements for years one through three of the program. Our first two residents completed years four and five in Vancouver. They reported feeling very well prepared for their senior residencies and appreciated the many benefits of training in a small cohesive medical community. They particularly remarked on the variety of patient experiences available to them. Our current goal is to be able to provide the fourth and fifth years of training in Prince George.

Close relationships are developed with faculty over the span of the training program and there are excellent opportunities to be more involved in program development in the senior years of residency. There is close collaboration with other residents, particularly the family medicine residents. Residents in Internal medicine, Obstetrics and General Surgery also do rotations in Prince George. With the success of the medical school here, there has been rapid growth of our medical community and subsequent expansion of services. There has been an exciting transition from Regional referral hospital to University Hospital of Northern BC. Despite this rapid growth, there is still a community hospital feel and true northern collegiality and hospitality.

The first two years of the residency are sited at UHNBC. There are new facilities on the fifth floor of the hospital that include a Lounge for residents and medical students. There are state of the art video conferencing facilities sited there as well. A new teaching and learning center is currently being built on the hospital grounds. The 24 be inpatient unit is very busy and serves a geographically vast catchment area. Outpatient mental health services are conveniently located across the street from the hospital. Years three to five will involve working in services that are spread throughout the community.

Northern Health provides services across a vast region and this provides resident with outreach opportunities. Residents often choose to get involved in outreach early in their residency because it is a rich learning experience and a chance to provide psychiatric care in underserved communities. Prince George is on Leidleh Tenneh territory and many of the surrounding communities have large first nations populations. There are rich opportunities for becoming involved in first nations health.

Finally, Prince George offers an excellent lifestyle for people who are interested in the outdoor and a closer connection to nature. There are fantastic outdoor opportunities on the doorstep. Housing is affordable and with frequent affordable flights we are in commuter distance to both Vancouver and Calgary. Prince George is a friendly and vibrant small city with excellent opportunities to get involved in the arts. There excellent sporting facilities for families and individuals.
We would be happy to welcome any applicants to come and visit!

Yours Sincerely,
Rachel Boulding, FRCPC
Assistant Program Director
If you are interested in making research a major part of your future psychiatric career, WE WANT YOU!

As the only Research Track program in Canada to have dedicated CaRMS positions, we aim to produce the next generation of clinician-researchers in psychiatry. Our program ensures that residents get excellent clinical training while providing time and opportunity to conduct cutting edge research with internationally-recognized faculty. The cornerstone of the Research Track is dedicated research time in all years of the residency, starting with a 4-week research elective in PGY1, extending to 1 day a week in PGY2 and PGY3, and more time in PGY4 and PGY5.

We currently have 10 Research Track residents from PGY1 to PGY5. Our Research Track residents come from a variety of backgrounds and experience. Some have graduate degrees (Master’s or PhD’s) and others have managed to gain research experience during undergraduate or medical school rotations. Some have a clear idea of their specific research area, while others prefer to explore the many clinical and basic research opportunities here. All are enthusiastic and committed to completing and publishing results of their research.

The Research Track resident projects range from neuroimaging in first-episode mania to examining psychopathy in forensic patients to evaluation of psychoeducational books in pediatric mental illness. Several residents have received external awards and prizes for their work.

The hallmark of our program is flexibility. We tailor the research and training experience to the interest and needs of the individual resident. We also have clear milestones and program objectives for the Research Track and annual reviews to ensure that objectives are met.

You can apply to both the regular track and the Research Track. These are independent selections so you do not affect your chances for either track by applying to both. We use the same interviews as the regular track, so you don’t have to repeat those. Additionally, the Research Track applicants meet with our Research Track committee (composed of clinical research faculty and Research Track residents from the department) and give a brief 10-minute presentation of previous work.

Of course, you do not need to be in the Research Track to have research experiences in the UBC psychiatry residency. Many residents conduct research projects within the regular tracks, and we have opportunities including a longitudinal half-day research elective open to all residents. But if you are serious about research training, then the dedicated research time in the Research Track will provide the best opportunity for an academic career path.

I look forward to meeting with you during the interviews and beyond!

Regards,
Raymond W. Lam, MD, FRCPC
Professor and Associate Head for Research
Dear Applicants,

Thank you for your interest in the Vancouver Track at the University of British Columbia Postgraduate Residency Program in Psychiatry. We have a well-established and highly regarded residency program that is incredibly diverse in breadth of patient experience and depth of teaching faculty. Our clinical training offers numerous opportunities in a wide range of psychiatric clinical placements, with an eye to ensure all residents meet the Royal College requirements.

Here at the Vancouver track, residents in their PGY2 year have the opportunity to work in three diverse hospital settings for their initial Inpatient/Outpatient Psychiatry year. Site placements are decided by a ballot matching system. These settings are the Vancouver General Hospital (VGH), St. Paul’s Hospital (SPH), and Richmond Hospital (RH).

Residents then move to PGY3 when all complete their Geriatric and Child Psychiatry core rotations. Geriatrics is enriched by a week-long ECT course to ensure residents are well versed and gain experience in all aspects of neuro-stimulation. Residents will then complete their geriatric rotation either at VGH, SPH/Mt. St. Joseph’s Hospitals (MSJ), Richmond Hospital, or at Lions Gate Hospital (LGH). Child Psychiatry fills the other six months of PGY3. Vancouver track residents are assigned to BC Children’s Hospital (BCCH) or Richmond Hospital. The residents also participate in the family therapy program during their child rotation.

The residents in PGY4 will complete their core rotations in Consultation-Liaison, Shared Care, Addictions and Chronic Care. Residents at this point are less restricted by geographic location and can go further afield to any approved rotations. Consultation-Liaison rotations exist at VGH and SPH in the Vancouver area and at Royal Columbian Hospital (RCH) and Peace Arch Hospital (PAH) in the Fraser area. Chronic Care rotations allow for a longitudinal experience in treating those with severe and persistent mental illness. The options are multiple and include any of the city wide Mental Health Teams, the tertiary mental health Willow Inpatient Pavilion at VGH, the treatment refractory “B.C. Psychosis” unit at UBC Hospital, the Forensic Psychiatric Hospital, the various outreach Assertive Case Management teams or with the Acute Home- Based Treatment team. Shared Care training is about offering consults and working alongside other medical professionals across some traditional settings including family practice offices, as well as more surprising settings such as the Bariatric Clinic, the Voice Epilepsy Clinic, the B.C. Cancer Agency, and at Langara University Student Health. In the final core rotation of Addiction Psychiatry, training can occur at The Burnaby Center for Mental Health and Addictions, at Royal Columbian Hospital or at Richmond Hospital.

Finally, in the PGY5 year, residents have enormous flexibility to tailor their year to their interests and future career. Selectives and electives exist in every area of Psychiatry, but electives that exist at the Vancouver/Richmond/North Shore sites include Anxiety Disorders, Child Psychiatry, Chronic Pain, Civil Forensic, Addictions, Consultation-Liaison, Early Psychosis, Eating Disorders, Emergency Psychiatry, Gender Dysphoria, Geriatrics, Infant Mental Health, Mood Disorders,
Multicultural Psychiatry, Neuropsychiatry, Refractory Psychosis, Reproductive Psychiatry, Sexual Medicine, Sleep Disorders, Student Health Services and Inner City Urban Psychiatry with divisions for both youth and adults. Residents are then well prepared for their Royal College exams and for the rest of their careers as general psychiatrists.

I hope that this letter has sparked your interest in the Vancouver track of the UBC Postgraduate Psychiatry Residency Program. As you can see, we have a tremendous variety and diversity of clinical teaching and experience in a world renowned city, yet our program endeavors to maintain the collegiality, connectedness, and learning experience of other more intimate programs. In conclusion, I am proud of how our program directors, administrative staff, clinical faculty and junior colleagues all work together to create what I feel is an exemplary residency program and I am thrilled to head what I consider an excellent track therein.

Thank you for your consideration,

Dr. Irfan Khanbhai
Assistant Program Director
FREQUENTLY ASKED QUESTIONS

1. How is psychotherapy training integrated into the different years of the program?

- The psychotherapy schedule is depicted on Page 21.

- Academic days feature psychotherapy afternoons starting in Year 2, beginning with psychodynamic psychotherapy and eventually covering family therapy, cognitive behavioural therapy, interpersonal psychotherapy. Principles of dialectical behavioural therapy and other therapies are also covered at various points in the academic day curriculum, as questions emerge.

- Clinical learning through the practice and supervision of psychotherapy begins in Year 2, when residents will ideally look for an appropriate patient either through their clinical rotations on inpatient and outpatient adult psychiatry or by picking up a patient who has been identified as appropriate for psychodynamic psychotherapy by another resident or staff psychiatrist. When a resident and/or attending identifies a patient suitable for psychodynamic psychotherapy, they inform the program secretary who forwards this information to the resident body. The psychodynamic psychotherapy program lead can also help you identify an appropriate patient.

- Many sites will incorporate cognitive behavioural therapy groups and/or individual therapy into the Year 2 outpatient general adult psychiatry rotation. In Year 4, the afternoon cognitive behavioural therapy course will require that you see individual cognitive behavioural therapy patients.

- Starting in Year 2, three hours per week are protected time for you to see your psychodynamic psychotherapy patient. This includes time to see the patient and time to review the case with your psychodynamic psychotherapy supervisor.

2. How much elective time are we allowed?

- 6 months of selectives and 6 months of electives in Year 5.

- Can do at least 6 months of electives outside of British Columbia.

3. What do residents feel are the main areas for improvement for the program?

- UBC is the pioneer university in Canada when it comes to distributed medical education. The psychiatry program’s educational requirements and standards are uniform across the distributed sites, but clinical experiences can vary across the different sites. Residents in northern and more distant sites have greater opportunities to engage in the REAP program, for instance, which allows residents to engage in outreach experiences. We are hoping to have more residents in the lower mainland engaged in such outreach experiences and activities.
4. Do residents have much of a say in program changes? In which ways? Is the program receptive to resident feedback?

- Residents have a great deal of say in program changes. The administrative structure of the program incorporates a great deal of resident input at all levels. There are numerous committees that residents can join, i.e., post-graduate education committee, post-graduate education executive, on-call committee. Many of the changes in the program have been driven and facilitated by residents, i.e., on-call system development.

5. What formal/informal mechanisms are in place to provide residents with career advice/mentorship, and/or advice regarding transition to practice?

- A formal mentorship program, conceived and developed by the residents is in place. Residents are divided into groups of roughly four to eight and are connected with one or two staff psychiatrists per group. Formal mentorship social gatherings are held several times at year at different lower mainland hospitals and the groups are encouraged to meet socially and informally throughout the year.

6. What is the job market like in the lower mainland/BC? (General/Niche?)

- The need for psychiatrists remains strong throughout British Columbia. It is well understood from literature that physicians are more likely to practice where they complete their residency.

7. What are some of the unique training sites in UBC that set this residency program apart from other Canadian Psychiatry residency programs?

- Just about any patient population can be found in British Columbia. A non-exhaustive list of special/unique training sites in the UBC psychiatry program can be found in this manual. (Page 18).

8. Can you tell me more about the Addictions fellowship?

- Residents with a special interest in addictions can apply to the St. Paul's Hospital Goldcorp Addiction Medicine Fellowship. This is a multidisciplinary program, which takes place in PGY-IV. Core blocks include time spent in Addictions Medicine, Vancouver Detox, Outpatient Addictions Treatment, Women’s recovery pain management, SPH Emergency Psychiatry, SPH Consult Psychiatry, and time with the Inner City Youth Mental Health Program.

9. How has your program changed in the last 5 years and how do you anticipate it will change in the future?

- The program has expanded in the number of residents. No more large expansions in terms of resident numbers are planned at this time. We plan on focusing on delivering high quality psychiatric education to the residents in our program.

10. I have specific questions about the other tracks. Where can I get more information?
• Specific information about the different tracks can be found as follows: The Fraser Track website link is: http://fraserpsychiatry.com. There is an FAQ there specifically for Fraser Track questions.

• Other tracks’ information can be found at: http://psychiatry.ubc.ca/education-programs/postgraduate-training-program/clinical-training-sites/.

11. Is it required that a student complete a graduate degree if they are in the Research Track Program?

• No. Completing or starting a graduate degree is optional for the Research Track Program.

12. What benefits does a student interested in research receive from being in the Research Track Program (i.e., dedicated time, extra seminars, funding for research)?

• Benefits of the Research Track Program include: dedicated time in all years of the residency; seminar series for the research track; dedicated supervision and mentorship.