CaRMS 2021
Information Package
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**QUESTIONS ABOUT INTERVIEW SCHEDULE?**

**CONTACT:** Linda Chang  
Education Coordinator, PGE  
*linda.chang@ubc.ca*
Dear CaRMS Applicant,

I am excited that you have chosen UBC Psychiatry for an interview. I look forward to meeting you during the interview period as I meet with all applicants individually. UBC Psychiatry offers a dynamic and comprehensive program. Depending on what track you have applied to, I encourage you to read the information outlined in the document.

I am from North Vancouver, received my BSc from McGill, completed medical school at UBC, and thereafter, began my training in Psychiatry at UBC. Given that I have trained here, I can say first hand that we offer an incredible program with respect to clinical experience and resident education. I have been involved in resident education since my residency training and feel privileged to be able to lead this program.

Please feel free to email me at Irfan.Khanbhai@ubc.ca.

Sincerely,

Irfan Khanbhai
Interim Program Director
University of British Columbia
Postgraduate Education Psychiatry
Message from our CaRMS Committee

Dear CaRMS Applicant,

We would like to welcome you (virtually!) to the University of British Columbia! Our program offers a diverse array of exceptional training in all core competencies outlined by the Royal College of Physicians and Surgeons of Canada.

The UBC Psychiatry program is comprehensive and designed to train residents to work with diverse patient populations and in diverse practice settings. We also have access to many additional clinical, academic and research training opportunities throughout our program. Our psychotherapy and pharmacologic training is excellent, and research is actively encouraged. Each week we have one day dedicated to academic seminars (Academic Day). UBC also has subspecialty training and fellowship training programs available to residents that are interested in focusing their clinical practice.

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 trainees’ research and scholarly activity requirement being developed by the third year of residency and completed by the last year of training with mentoring provided throughout. As with all tracks, one day per week remains dedicated to academic seminars (Academic Day).

Our program follows a distributed model, with residents placed in various hospitals throughout the Lower Mainland, Vancouver Island, and Northern BC (Prince George). All sites offer excellent training and there are opportunities for all residents to complete some portion of their training at any of these sites. The standards and training requirements are uniform across all distributed sites.

Should you have any questions about the program or residency experience, please do not hesitate to contact us at ubc.psych.residents@gmail.com. We are happy to answer your questions by email, set up a zoom meeting, or connect you with other residents in our program.

Sincerely,

CaRMS Welcome Committee
Program Overview

The Department of Psychiatry offers residency training through the following distributed programs:
- Vancouver (includes IMG residents and Research Track residents)
- Fraser
- Vancouver Island
- Prince George

The standards, training requirements, and curricula are unified across all distributed sites.

Our Residents and Tracks

Our residency group is made up of residents with diverse backgrounds, experiences and interests. There are currently 121 residents placed among the distributed programs.

There are 24 resident positions available in 2021:
- Vancouver Program: 12 positions (including 2 IMG and 2 Research Track positions)
- Fraser Health Greater Vancouver Program: 7 positions
- Vancouver Island Program: 3 positions
- Prince George Program: 2 positions

Similarities and differences between tracks:
- All tracks have the same core rotations and psychotherapy requirements.
- Tracks vary by the group of hospitals at which core rotations are completed.
- Due to the COVID-19 pandemic, all weekly academic days are by videoconference. Should the current guidelines for in-person meetings change, the following protocols would resume:
  - Most in-person teaching would return to being held in Vancouver with videoconference to sites in Fraser, Vancouver Island, and Prince George.
  - Most residents in the Vancouver and Fraser tracks would attend sessions in-person together.
  - Vancouver Island and Prince George tracks would videoconference each week, and attend in-person once per month (paid for by the program).
- In PGY4 and 5, residents can (and many do) complete electives at various sites across the province or across the country and are not limited to their home track.
Clinical Curriculum

Our course curriculum follows the standards mandated by the Royal College of Physician and Surgeons.

Our program is fully accredited with the Royal College until 2028.

A wide variety of electives and selectives which are relevant to contemporary psychiatric practice are available to residents at UBC, both at approved residency programs in North America and abroad.

Basic Clinical Training Requirements

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Monthly Psychiatry Academic Full Day
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 very highly regarded residency program that is incredibly diverse in its breadth of patient experience and depth of teaching faculty in a city that is world class in its beauty and offerings. Our clinical training offers numerous opportunities in a wide range of psychiatric clinical placements including inner city, tertiary and community sites, with an eye to ensure all residents meet and move beyond the Royal College requirements. With this tremendous variety of clinical teaching and experience, our program still endeavours to maintain the collegiality, connectedness, and learning experience of other more intimate programs.

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 welcome you to what I consider an excellent track therein.

Dr. Irfan Khanbhai
Associate Program Director, Vancouver Track

Program Highlights

- Numerous opportunities to gain experience working with diverse populations
- Excellent staff interested in supporting and mentoring residents
- Emphasis on resident teaching and learning
- Friendly and collegial resident group

Sites
- BC Children’s Hospital (BCCH)
- Lions Gate Hospital (LGH)
- Mount St. Joseph Hospital (MSJ)
- Richmond Hospital (RH)
- St. Paul’s Hospital (SPH)
- UBC Hospital (UBCH)
- Vancouver General Hospital (VGH)

Program

- **PGY1**: TTD & BCY at St. Paul’s Hospital (SPH) or Royal Columbian Hospital (RCH); elective rotations are flexible
- **PGY2**: General Psychiatry at VGH/UBCH, SPH or RH
- **PGY3**: Child Psychiatry at BCCH or BCCH/RH; Geriatric Psychiatry at VGH/SPH/MSJ/UBCH
- **PGY4**: Emergency, Addictions, CL, and Chronic Care Psychiatry at various sites in Vancouver
- **PGY5**: Elective and Selective opportunities
The UBC Fraser Health Greater Vancouver Psychiatry Residency Program (UBC-FHGV) is located in Greater Vancouver – a region which houses the fastest growing population in the province. Our program has a record of excellence in resident education and we are proud of our dedicated clinical faculty who are deeply committed to teaching. It is a very exciting time for a new resident to be part of Fraser Health – both of the main teaching sites are undergoing or have recently undergone extensive redevelopment with specific attention to mental health areas. There are numerous opportunities for electives both within Fraser Health, as well as throughout Vancouver and the rest of BC.

The diversity of population and variety of learning options allows for a well-rounded and rich educational experience. We look forward to meeting you and discussing the program further, good luck!

Dr. Faiza Hameer
Associate Program Director, Fraser Track

Sites
- Burnaby Hospital (BH)
- Peace Arch Hospital (PAH)
- Royal Columbian Hospital (RCH)
- Surrey Memorial Hospital (SMH)

Program
- **PGY1**: TTD & BCY at Royal Columbian Hospital (RCH); elective rotations are flexible
- **PGY2**: General Psychiatry at RCH or SMH
- **PGY3**: Child Psychiatry at SMH; Geriatric Psychiatry at RCH / SMH / BH
- **PGY4**: Emergency, Addictions, CL, and Chronic Care Psychiatry at various sites in Fraser Valley
- **PGY5**: Elective and Selective opportunities

Program Highlights
- Strong emphasis on teaching which takes a priority over service-based components
- Excellent staff support on call
- Strong collegial atmosphere, young staff, future employment opportunities
- Extra-curricular events and educational dinners where staff and residents socialize
Situated in the most beautiful city in Canada, the Victoria Program is known for its strong academic focus, collegiality, opportunities for continuity of care, and work-life balance. We maintain our connections with UBC Psychiatry Residents from other sites through call-back trips to Vancouver for educational and social events, as well as offer Victoria Postgrad specific social events and Psychiatry specific educational and social events. Training is centralized at Royal Jubilee Hospital in the heart of Victoria, where psychiatric inpatient units are located on the first 2 floors of the state-of-the-art Patient Care Centre. This has greatly reduced the stigma of mental illness and allowed for increased collaboration of medical treatment for psychiatric patients with concurrent illnesses and care continuity. We have well established ACT teams, outpatient clinics, and Tertiary facilities like Seven Oaks. Most of the graduates from the program (including subspecialty residents from Child and Geriatric Psychiatry) have chosen to live and practice in Victoria or other parts of Vancouver Island.

Dr. Alison Gregson
Associate Program Director, Vancouver Island Track

**Sites**

- Queen Alexandra Center for Children’s Health (QACCH)
- Royal Jubilee Hospital (RJH)
- Urgent Short-Term Assessment and Treatment (USTAT)
- Victoria General Hospital (VGH)
- Victoria Mental Health Centre

**Program**

- **PGY1**: TTD & BCY at Royal Jubilee Hospital (RJH) and Victoria General Hospital (VGH)
- **PGY2**: General Psychiatry at RJH, Victoria Mental Health Centre and/or USTAT
- **PGY3**: Child Psychiatry at QACCH, VGH, Geriatric Psychiatry at RJH
- **PGY4**: Emergency, Addictions, CL, and Chronic Care Psychiatry at various sites in Victoria
- **PGY5**: Elective opportunities in Victoria, up island and on the mainland

**Program Highlights**

- Strong community environment with a collaborative and close-knit program
- Flexible program that caters to your individual interests
- Centralized training and beautiful hospital (RJH)
- Multiple psychotherapy training opportunities
The Prince George track is unique in its beautiful Northern location, with access to rural and Indigenous communities. With the success of UBC’s Northern Medical Program, there continues to be exciting evolution of our University Hospital of Northern BC. There are ample research opportunities, and interested residents can also pursue their own teaching endeavours. Residents work with a wide range of psychopathology, with access to sub-specialties including addictions and neuropsychiatry. Our faculty are passionate about teaching and consistently foster residents’ growth and development.

Prince George also offers an excellent lifestyle! There is a close connection to nature, hiking, skiing, yoga, and artistic experiences including live music and an expanding nightlife. Affordable housing provides the opportunity to live in real homes (with yards!), with frequent flights available to travel to larger cities. Prince George Psychiatry Residents have the opportunity to foster a healthy work-life balance, and to be connected to a program and medical community with a strong collegiality and keen interest in the excellence of our residents. We are proud to call Prince George home, and would be happy to welcome interested applicants to learn and practice with us!

Dr. Dmitri Zanozin
Associate Program Director, Prince George

Program

- **PGY1**: TTD & BCY at UHNBC
- **PGY2**: General Psychiatry Inpatient at UHNBC and Outpatient at Community Acute Stabilization Team (CAST) or Community Outreach Assertive Services Team (COAST) + Early Psychology Intervention (EPI)
- **PGY3**: Child Psychiatry at the Adolescent Psychiatric Assessment Unit (APAU) and Community Clinics and Geriatric Psychiatry
- **PGY4**: Emergency, Addictions, CL, and Chronic Care Psychiatry at various sites in Prince George
- **PGY5**: Elective and Selective opportunities

Program Highlights

- Diverse, often marginalized patient populations, including rural, remote, and Indigenous patients.
- Dedicated teaching faculty. Services are not “resident-dependent”
- Small Psychiatry resident group, close relationships with faculty, many social events throughout the year
- Affordable housing; dramatically lower cost of living compared to larger centres
- Local Pubs and restaurants, weekly farmer’s markets, coffee shops, concerts, and artistic experiences
- Work-life balance; outdoor sports including mountain biking, hiking, camping, and skiing
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. The hallmark of the Research Track 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. If you are serious about research training, the Research Track will provide you the best opportunity for an academic career path.

Dr. Anthony Bailey
Associate Program Director, Research

**Program Highlights**

- Personalized mentorship to support research interests
- Dedicated & protected time for scholarly projects
- Integrated & flexible curriculum to allow resident to meet clinical training requirements outlined by the Royal College
- Opportunities to enter program from any clinical track throughout residency
- Opportunities to complete Master’s or PhD programs

**LAYOUT OF TRAINING**

| PGY1   | • Clinical placement at SPH  
|        | • 1 – 2 months research elective  
|        | • Support from program director to identify mentor/supervisor & plan a research project  
| PGY2   | • 1 day/week research time  
|        | • Clinical placement is usually at VGH/UBC hospital  
|        | • Research methodology training  
| PGY3 & 4 | • 1 day/week research time  
|         | • Option to enrol in a Master’s program in clinical neuroscience or other discipline  
| PGY5   | • Up to 4 days/week research time  
|        | • Opportunity to continue research in PGY6 & 7 in the clinical investigator program  
|         | • Opportunities to transition from Master’s to PhD  

**QUESTIONS ABOUT RESEARCH OPPORTUNITIES?**

*Explore our website:*
http://scholarlyactivity.psychiatry.ubc.ca

*Contact:* Dr. Anthony Bailey
anthony.bailey@ubc.ca
A wide variety of electives and selectives which are relevant to contemporary psychiatric practice are available to residents at UBC, both at approved residency programs in North America and abroad.

This includes electives in other branches of medicine including: internal medicine, paediatrics, neurology, and research.

Some examples of electives and/or selectives available at UBC include:
Psychotherapy Curriculum

UBC has a comprehensive longitudinal psychotherapy curriculum which includes training, supervision, and experiences in all validated modalities.

Psychotherapy teaching and supervision is provided to residents individually as well as in small groups on Academic Days and at all teaching hospitals.

Academic Day lectures parallel residents’ clinical experience and exposure to the various treatment modalities starting in PGY2. Lectures and seminars review the fundamentals in the various modalities and increase in their complexity over time.

The current curriculum includes specific training and experience in the following modalities:

- Psychodynamic Psychotherapy
- Cognitive Behavioural Therapy (CBT)
- Interpersonal psychotherapies (IPT)
- Multi-person therapies (group and family)

Opportunities for learning and experiences in other modalities are available and include: Mindfulness Based CBT, Dialectical Behavioral Therapy, Motivational Interviewing, Couples Therapy, and Brief Psychodynamic Psychotherapy.

Residents have protected and dedicated time for psychotherapy starting in PGY3 to PGY4 (3 hours/week).

QUESTIONS ABOUT OUR PSYCHOTHERAPY PROGRAM?
Please contact: Dr. Michelle van den Engh
michelle.vandenengh@ubc.ca
In all years, residents will attend Psychiatry Academic Full Day at VGH once a month (post COVID).

Residents in Vancouver Island and Prince George are reimbursed for their travel expenses for Academic Day.

- **PGY1**: Each site has its own weekly site-specific half-day teaching on all medicine topics. Once a month, residents virtually attend a Psychiatry Academic Full day at VGH.
- **PGY2 - 4**: Weekly academic full days at VGH, with videoconferencing to Royal Columbian (Fraser), Royal Jubilee (Vancouver Island), & UHNBC (Prince George). Two mock OSCE’s per year—one in Fall and one in Spring.
- **PGY5**: Occasional Thursday lectures in Transition to Practice. A total of five mock OSCE’s ranging between two to eight stations. The mock OSCE structure is set up to imitate the Royal College exam as closely as possible.

Varies from site to site, and includes: grand rounds, on-call rounds, OSCE practice, formulation course, phenomenology teaching, and ECT

### Academic Day

### Site-Specific Teaching

- Frames of Mind – monthly mental health film study
- Journal Club – review cornerstone studies and guidelines, food provided
- Research Methods Course – review of critical appraisal and research methods
Opportunities Unique to UBC

**VANCOUVER COMMUNITY MENTAL HEALTH SYSTEM (VCMHS)**
Community based multi-disciplinary mental health teams catering to the needs of clients suffering from chronic mental illness.

**BC CHILDREN’S HOSPITAL (BCCH)**
Tertiary care pediatric hospital for the province of British Columbia with specialized clinics in OCD, ADHD, Mood and Anxiety & somatization disorders.

**SPECIALIZED GERIATRIC PSYCHIATRIC SERVICES**
Offered through MSJH, VGH, RCH, Vancouver Community Mental Health Services (VCMHS), St Joseph’s Hospital in Comox, and PAH.

**BC CHILDREN’S HOSPITAL (BCCH)**
Tertiary care pediatric hospital for the province of British Columbia with specialized clinics in OCD, ADHD, Mood and Anxiety & somatization disorders.

**PSYCHIATRY ASSESSMENT UNIT (PAU)**
A unique emergency service within Canada. It is designed with a crisis stabilization model, providing assessments to the ER, immediate intervention, containment, stabilization and short-term triage of patients. It is adjacent to the ER at VGH, consists of 14 beds (incl. 2 seclusion rooms) and 6 ER psychiatrists of varied backgrounds attend the unit.

**SLEEP DISORDERS**
A multidisciplinary program based at UBC with inpatient/outpatient programs involved in the assessment and evaluation of sleep disorders.

**SEXUAL MEDICINE DIVISION**
Provides clinical services to patients with sexual dysfunctions and gender dysphoria through the BC Centre for Sexual Medicine at UBC. The sexual medicine consultation clinic is part of VCMHS and provides consultation services to both patients with severe mental illness and their therapists. Both sites also provide opportunities for education and research.

**HILDSIDE CENTRE IN KAMLOOPS, BC**
Provides specialized tertiary services for adult and geriatric patients from the southern and northern interior of BC. The neuropsychiatry program there provides specialized services for the province, as part of the BC Neuropsychiatry Program linked with the UBC site. South Hills provides tertiary psychosocial rehabilitation and sub-acute stabilization for people from throughout the interior health authority with severe, refractory illness in a community setting.

**FORFENT SERVICES**
Affiliated with the Forensic Psychiatric Services Commission and provides extensive clinical experience in the assessment and treatment of adults in conflict with the law, including the opportunity to participate in intensive treatment of sexual offenders. Residents may choose to do their chronic care rotation at the Forensic Psychiatric Hospital. There are also opportunities for outreach placements and research.

**REPRODUCTIVE PSYCHIATRY**
Based both at BC Women’s Hospital and SPH. Evaluates and treats women with Psychiatric problems associated with their reproductive years.

**MULTICULTURAL PSYCHIATRY**
In the unique setting of Vancouver’s multicultural society, the multicultural Psychiatry electives emphasizes an academic and research base combined with service at ambulatory and inpatient levels; the acquisition of skills through electives, and the sensitization of all staff to these areas through active liaison and teaching at all levels.

**CLINICAL INVESTIGATION UNITS**
Units dedicated to research, evaluation, and clinical service are well established in mood disorders at VGH/UBCH and in schizophrenia / psychotic disorders at UBC.

**NEUROPSYCHIATRY UNIT**
UBC evaluates and treats disorders of mood, behaviour, cognition and intellect produced by disturbances in brain structure and function. A fundamental goal is the understanding of how the brain mediates neuropsychiatric illness.

**OUTREACH COMMUNITY PLACEMENT**
Provides training in general community Psychiatry in suburban areas outside of Vancouver, designated rural sites in the province and outreach facilities providing consultation to outlying areas in the province on a regular basis.

**ST. PAUL’S HOSPITAL**
Offers residency training opportunities in the assessment and management of patients with chronic pain, HIV related psychiatric illness, and Substance Use Disorders including an Addictions Fellowship in PGY4. The eating disorders clinic at SPH evaluates and treats disorders associated with eating through inpatient / outpatient and outreach programs.
Outreach & Rural Practice Opportunities

Rural Training Sites

There are opportunities for residents to complete clinical work and gain experience in smaller communities and remote areas of B.C. including:

- **Vancouver Island & Coast**: Duncan, Comox, Nanaimo, Haida Gwaii
- **Interior BC**: Penticton, Vernon, Nelson/Trail, Kamloops
- **Northern BC & Yukon**: Prince George, Whitehorse

Outreach

- Outreach opportunities are encouraged and supported by the program and the Rural Education Action Plan (REAP) in various communities throughout BC.
- REAP funds UBC Psychiatry Residents to accompany their preceptors who are involved in the Specialist Outreach Program.
- **Funding up to $1,000/month** is available for travel and accommodation expenses to cover the cost associated with providing outreach care.

Questions?

If you have any questions about this program, please email Lisa Hetu (lisa.hetu@familymed.ubc.ca) or call (604) 827-4188. Further information is available at https://rccbc.ca/education-and-cmecpd/residents/reap/postgraduate-rural-rotation-support/.
Subspecialty Programs

- UBC offers accredited subspecialty training programs that follow the Royal College of Physicians and Surgeons of Canada training requirements in:
  - Child and Adolescent Psychiatry (CAP)
  - Forensic Psychiatry
  - Geriatric Psychiatry
- More information is available: [https://psychiatry.ubc.ca/education-programs/postgraduate-subspecialties-training-programs/](https://psychiatry.ubc.ca/education-programs/postgraduate-subspecialties-training-programs/)

Fellowships

- UBC offers additional training fellowships: Concurrent disorders, Addictions and Neuropsychiatry
- More information is available: [https://psychiatry.ubc.ca/about/divisions-programs/](https://psychiatry.ubc.ca/about/divisions-programs/)
What to expect on your Virtual Interview Day

Due to the COVID-19 pandemic, all interviews are virtual and will be held over Zoom

**Welcome & Orientation**
Program Director and all candidates

- Interview with the Program Director (10 min)
- 1 Mini Interview (15 min)
- 1 Panel Interview (15 min)

- **COMMUNICATION**
- **PROFESSIONALISM**
- **COLLABORATION SKILLS**

**RESEARCH TRACK** and/or **PRINCE GEORGE TRACK** Interview

- Same process as above
- In addition, separate interview with Research Track Program Director and/or Prince George Track Program Director

**Want more info?**

- Explore the UBC PGME website at [http://postgrad.med.ubc.ca](http://postgrad.med.ubc.ca)
- Direct interview-day questions to: Linda Chang (Education Coordinator, PGE) linda.chang@ubc.ca
- Direct questions about the program or residency experience to: CaRMS Welcome Committee ubc.psych.residents@gmail.com