Vanderbilt University
Department of Psychiatry

Ronald Cowan, MD, PhD
Training Director
Overview

- Vanderbilt University
- VU School of Medicine
- VU Medical Center
- VU Psychiatry Department
- Psychiatry Residency Program
- Living in Nashville
Vanderbilt University

- Founded 1873
- Students:
  - 6,700 undergraduate
  - 5,200 graduate
- 10 schools, Top 20 in US News & World Report
- 3,100 fulltime faculty
- 23,000 employees
VU School of Medicine

- **Students:**
  - 444 MD, 99 MD/PhD
  - 548 PhD
  - 29 MScI

- **Ranks #15 in US News & World Report**
- **Top 10 in NIH funding (Over $300 Million)**
- **2,404 fulltime faculty**
VU Medical Center

> 97 ACGME accredited programs

Approx. 984 residents and fellows

Orientation: 300+ new house staff

VUMC: $2.9 billion annual enterprise
VU Department of Psychiatry

- Founded in 1947
- Current Faculty:
  - 93 fulltime, 55 secondary, 73 voluntary
- Vertical service lines:
  - Psychotic Disorders
  - Mood Disorders
  - Child Psychiatry
VU Department of Psychiatry

Growth since 2006:

• New faculty
  – 80 new faculty members
  – 8 tenure-track faculty
  – 5 tenured faculty
  – New space for laboratory research
  – New training opportunities (Fellowships, K-awards)
• Renovation of VPH (3,500 discharges; >85% occupancy)
• Outpatient clinics (>60,000 outpatient visits)
Overview: Psychiatry Residency

- Training Office
- Mission and Vision
- Overview: PGY 1 – PGY 4
- Training sites
- Education: Seminar, Conferences, Supervision
- PGY 1 – PGY 4 in detail
- Electives
- Research opportunities
Training Directors

TD: Ronald Cowan, MD, PhD
Assistant TD: Sheryl Fleisch, MD
# Training Team Leaders

<table>
<thead>
<tr>
<th>Inpatient Psychiatry</th>
<th>Stephan Heckers, MD, MSc</th>
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<tbody>
<tr>
<td></td>
<td>Nathaniel Clark, MD</td>
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<td>Harsh Trivedi, MD</td>
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<tr>
<td>Outpatient Psychiatry</td>
<td>Cheryl Cobb, MD</td>
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<td>Andrew Michel, MD</td>
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<td>Anne Bartek, MD</td>
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<td>Volney Gay, PhD</td>
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<td>Consultation Liaison /</td>
<td>Stephen Nicolson, MD</td>
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<td>Emergency Psychiatry</td>
<td>Amanda Wilson, MD</td>
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<td>Training Office</td>
<td>Shana Scanlin</td>
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</table>
Overview: Psychiatry Residency

• Training Office
• Mission and Vision
• Overview: PGY 1 – PGY 4
• Training sites
• Education: Seminar, Conferences, Supervision
• PGY 1 – PGY 4 in detail
• Electives
• Research opportunities
Mission

Our mission is to graduate physicians who:

• provide compassionate, quality mental health care for persons of all ages and ethnic groups;
• have the capacity to evaluate new research findings, incorporate them into current clinical practices as appropriate, and communicate them to others;
• possess skills necessary for lifelong learning;
• and abide by the highest ethical and professional standards.
Vision

Our vision is to train leaders of psychiatry who generate and implement new knowledge in the service of a more personalized care of the person who struggles with mental illness.
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<table>
<thead>
<tr>
<th>PGY 1-4</th>
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<tbody>
<tr>
<td>PGY 1</td>
<td></td>
<td></td>
<td>Inpatient Adult Psychiatry</td>
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<td>Inpatient Addiction Psychiatry</td>
<td>Inpatient C&amp;A Psychiatry</td>
<td>Dec/Jan</td>
<td>Medicine/Pediatrics</td>
<td>Neurology</td>
<td>ER</td>
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<tr>
<td>PGY 2</td>
<td>Inpatient Adult Psychiatry / Research</td>
<td>Coverage</td>
<td>Night Float / Psych ER</td>
<td>CL Adult</td>
<td>CL C&amp;A</td>
<td>MHCoop</td>
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<td>PGY 3</td>
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<td>Outpatient Clinics / Research</td>
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<td>PGY 4</td>
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<td>Electives / Research</td>
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Training Sites

Vanderbilt Psychiatric Hospital  
(88 beds)

Vanderbilt University Hospital  
(584 beds)

Vanderbilt Children’s Hospital  
(271 beds)

The Nashville VA Hospital

Stallworth Rehabilitation Hospital

Medical Research Buildings
Overview: Psychiatry Residency

- Training Office
- Mission and Vision
- Overview: PGY 1 – PGY 4
- Training sites
- **Education: Seminar, Conferences, Supervision**
- PGY 1 – PGY 4 in detail
- Electives
- Research opportunities
# Education: PGY 1-4

<table>
<thead>
<tr>
<th>Time</th>
<th>TUESDAY</th>
<th>(9x per year)</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</th>
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<tbody>
<tr>
<td>12:00-12:30</td>
<td>CC (VPH 1027)</td>
<td>CBL (VPH 1027)</td>
<td>JC</td>
<td>CC (VPH 1027)</td>
<td>GR</td>
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<tr>
<td>12:30-1:00</td>
<td>PG2 (VPH 3080)</td>
<td>PG3 (VPH 3046)</td>
<td>PG4 (VPH 3047)</td>
<td>PG2/3/4 (VPH 3046)</td>
<td>PG1 (VPH 3046)</td>
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<thead>
<tr>
<th>Time</th>
<th>Session #1: Biomedical</th>
<th>Session #1: Biomedical</th>
<th>Session #1: Psychotherapy</th>
<th>Session #2: Psychotherapy</th>
<th>Session #2: Biomedical</th>
<th>CBL</th>
<th>Session #1: Psychotherapy</th>
<th>Session #2: Biomedical</th>
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<tbody>
<tr>
<td>1:00-1:30</td>
<td>Process Group</td>
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<td>CBL</td>
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<td>1:30-2:00</td>
<td>Session #1: Biomedical</td>
<td>Session #1: Biomedical</td>
<td>Session #1: Psychotherapy</td>
<td>Session #2: Psychotherapy</td>
<td>Session #2: Biomedical</td>
<td>CBL</td>
<td>Session #1: Psychotherapy</td>
<td>Session #2: Biomedical</td>
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<td>2:00-2:30</td>
<td>Process Group</td>
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<td>CBL</td>
<td>CBL</td>
<td>CBL</td>
<td>Process Group</td>
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<tr>
<td>2:30-3:00</td>
<td>Session #2: Psychotherapy</td>
<td>Session #2: Psychotherapy</td>
<td>Session #2: Biomedical</td>
<td>Session #2: Biomedical</td>
<td>CBL</td>
<td>Session #1: Psychotherapy</td>
<td>Session #2: Biomedical</td>
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<td>3:00-3:30</td>
<td>Process Group</td>
<td>Process Group</td>
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<td>CBL</td>
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**Vanderbilt University Medical Center**
Education: PGY 1-4

- Weekly Grand Rounds (Fri)
- Weekly Case Conference (2x/week)
- Monthly Journal Club (3rd Wed)
- Monthly Residents as Teachers

- Supervision: at least 2 hours per week
  - 1 hour with a service attending
  - 1 hour with a longitudinal supervisor
  - additional clinic supervisors in PGY 3 and PGY 4
Seminars: PGY 1-4

- Psychopathology
- Theories of development
- Neuroscience
- Basic science of psychopharmacology
- Clinical psychopharmacology
- Psychotherapy (Dynamic, CPT, DBT, Groups)
Education: Beyond seminars ...

- Process groups for PGY 2-4
- Psychotherapy at reduced fee (Advisor: Dr. Bartek)
Overview: Psychiatry Residency

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- Electives
- Research opportunities
Overview: PGY 1

- 3 months of Internal Medicine (or 1 month of Pediatrics)
- 2 months of Neurology
  - 1 month Inpatient Neurology
  - 1 month Outpatient Neurology
- 1 month of Emergency Medicine
- 6 months of Psychiatry
Overview: PGY 1

Inpatient psychiatry rotations in PGY 1 year:
- Addiction Psychiatry (1 month)
- Adolescent C&A Psychiatry (1 month)
- Adult Psychiatry (4 months)

Call responsibility:
- Evening call (5pm-9pm) on rotating basis
- Weekend call (Sat/Sun 9am-9pm) on rotating basis
Overview: PGY 2

- 4 months Adult Psychiatry Inpatient service
- 2.5 months Adult Psychiatry Consultation Liaison service
- 1 month C&A Psychiatry Consultation Liaison service
- 2.5 months Emergency Psychiatry (Night Float / PTU)
- 1 month Community Psychiatry at MH Cooperative
- 2 months coverage (including 13th lunar month)

13 lunar months
Inpatient teaching teams

VPH Teams 1-3:
- 10 patients per team
- PGY 1: 6 patients
- PGY 2: 4 patients
- 1-2 VU medical students
- SW/ RN

VPH Teams 1-2:
- Psychotic Disorders seminar series and team meeting
- Psychotic Disorders Clinic
Call: PGY 2

Night float (9pm – 9am), Sun – Fri, total of 5-6 weeks

Saturday call: consults 9am – 9pm, overnight 9pm – 9am

Sunday consult call 9am – 9pm
# Overview: PGY 3

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<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
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<tbody>
<tr>
<td>8-9</td>
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<td>Adult Psychiatry (Mood Disorders)</td>
<td>Adult Psychiatry (Psychotic Disorders)</td>
<td>TNCare Clinic</td>
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<td>Supervision</td>
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<td>Supervision</td>
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<td>11-12</td>
<td>Longitudinal Supervision</td>
<td>Case Conference</td>
<td>Journal Club</td>
<td>Case Conference</td>
<td>Grand Rounds</td>
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<td>1-2</td>
<td>Adult Psychiatry</td>
<td>Seminars</td>
<td>Geriatric Psychiatry</td>
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<td>Psychotherapy</td>
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<td>2-3</td>
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<td>Seminars</td>
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<td>Elective</td>
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<td>Supervision</td>
<td>Process Group</td>
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<td>4-5</td>
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<td>Supervision</td>
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Call: PGY 3

In house:
• 5pm – 9pm call with junior resident (Mo-Fri)
• 9am – 9pm call with junior resident (Sat)
• 9am – 9pm consult call (Sun)

Back up call from home
Overview: PGY 4

Clinical Electives (> 20 to choose from)

Chief Residency
- Inpatient Psychiatry
- Outpatient Psychiatry
- Consultation Liaison Psychiatry

Research Electives (Neuroimaging, Mood Disorders, Schizophrenia, ...)

VANDERBILT UNIVERSITY MEDICAL CENTER
Call: PGY 4

In house:
• 9am – 9pm VPH/Consult call (Sat or Sun)

Back up call from home

Weekend “Moon”lighting at VPH for PGY 3 and PGY 4
CALL: IN A NUT SHELL

• PGY1
  – 12 Weekends / 30 Weekdays
• PGY2
  – 6 Weekends / 0 Weekdays
• PGY3
  – 6 Weekends / 18 Weekdays
• PGY4
  – 1 Weekend / 12 Weekdays
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Electives

Clinical Electives (>20 to choose from)
• Autism clinic
• Student mental health
• Sleep clinic
• ECT
• Pain clinic ........ and others

Research Electives (since 2012):
• Schizophrenia, Mood Disorders; Neuroimaging
• Addiction, Geriatrics
• Autism
Research

Psychotic Disorders Program

Mood Disorders Program (ECT, rTMS, DBS)

Center for Cognitive Medicine

VUIIS

Kennedy Center
ACGME Fellowships

Child and Adolescent Psychiatry (TD: Dr. Edwin Williamson)

- Residents are eligible after PGY 3
- Graduates are board eligible in both adult and child and adolescent psychiatry

Psychosomatic Medicine (TD: Dr. Stephen Nicolson)

Geriatric Psychiatry, (TD: Dr. Paul Newhouse) scheduled to start in July 2015
Team Work

- Monthly meeting with Training Director
- Residency Training & Curriculum Committees
- Monthly residents-only meeting led by Chief Residents
- Annual Retreat for all residents
We are wired ...

• Electronic Medical Record: StarPanel
• Research Database: RedCap
• Personalized Medicine/Genetics: BioVU
• Eskind Electronic Library
Resident Life

Nashville has it ALL!
Your neighbors in Nashville ...
Summary and Questions

• Residency is hard work ... and an exciting period of learning and personal growth

• You will apply what you have learned in medical school ... and act upon it

Questions ... ?