

Vanderbilt University Medical Center Department of Psychiatry and Behavioral Sciences

Ronald Cowan, MD, PhD
Training Director



Overview

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



VANDERBILT
UNIVERSITY



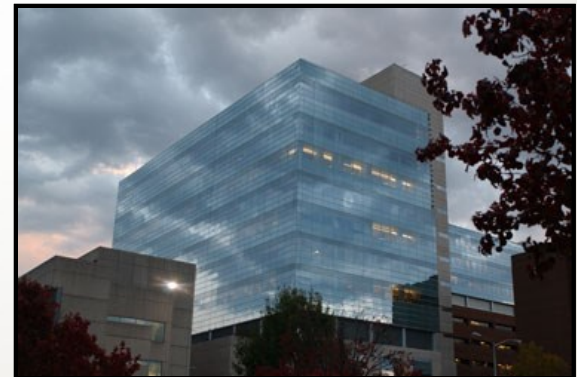
Vanderbilt University

- 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:
 - 400 MD, 100 MD/PhD
 - 548 PhD
 - 29 MSCI
- Ranks #17 in US News & World Report
- Ranks #8 in NIH funding (\$340 Million)
- 3,600 faculty



Vanderbilt University Medical Center



Ranked #17 on U.S. News and World Report's
Best Hospitals Honor Roll

About 100 ACGME
accredited programs

Approx. 1,000
residents and fellows

Orientation: 300+ new
house staff

VUMC: \$3 billion
annual enterprise



VUMC Department of Psychiatry and Behavioral Sciences

- Founded in 1947
- Current Faculty:
 - About 200 primary, secondary, or voluntary faculty

Department of
Psychiatry and Behavioral Sciences

Search

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For Patients

Wednesday is clinic day for Vanderbilt psychiatrist Sheryl Fleisch, M.D. No sterile hallway. No exam room. Her clinic is the street, and her patients are Nashville's homeless. ▶

Overview: Psychiatry Residency

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

Training Directors



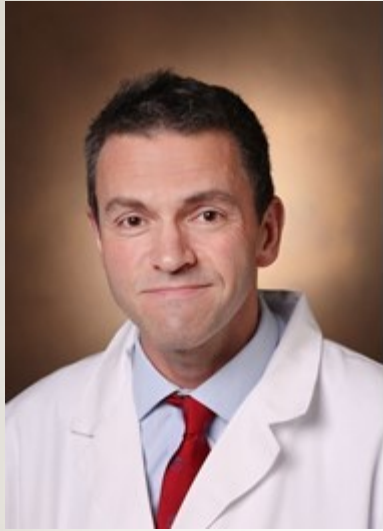
Training Director
Ron Cowan, MD, PhD



Associate Training Director
Maja Skikic, MD



Assistant Training Director
Dave Conklin, MD



Ron Cowan, MD, PhD
Professor of Psychiatry and Behavioral Scientist
Training Director, Residency Training Program

Education

B.S. —Christian Brothers College, Memphis TN

Ph.D. —University of Tennessee Health Science Center,
Memphis TN

M.D. —Cornell University Medical College (now Weill Cornell
Medicine)

Clinical Training

Internship—Internal Medicine, Massachusetts General
Hospital, Boston MA

Adult Psychiatry Residency—McLean Hospital, Belmont MA

Interests

Motivated behavior and its disorders (including drug abuse,
obesity, sex addiction)

Serotonin and behavior

Evolutionary psychiatry

LGBTQI Mental health

Medical education



Maja Skikic, MD

Assistant Professor of Psychiatry

Associate Training Director, Residency Training Program

Education

B.S.—Tulane University, New Orleans LA

M.D.—Vanderbilt University, Nashville TN

Clinical training

Adult Psychiatry Residency—Vanderbilt University Medical Center, Vanderbilt Psychiatric Hospital, Nashville TN

Clinical Practice

Attending for Inpatient Services - Psychotic Disorders Unit, VPH
Outpatient Clinic – Vanderbilt Early Psychosis Program, VPH

Interests

Psychotic Disorders, First-Episode Psychosis

Shared Decision model of care

Neuroscience Curricular Integration

Medical Education



Dave Conklin, MD
Assistant Professor of Psychiatry
Assistant Training Director, Residency Training Program

Education

B.A.—Wake Forest University, Winston Salem NC

M.D.—Wake Forest School of Medicine, Winston Salem NC

Clinical training

Adult Psychiatry Residency—Vanderbilt University Medical Center,
Vanderbilt Psychiatric Hospital, Nashville TN

Clinical Practice

Attending for Inpatient Services - Mood Disorders Unit, VPH
Outpatient Clinic – Veterans Affairs Hospital

Interests

Mood disorders

Psychiatric ethics

Medical education

Veterans mental health

Clinical ethics consultation

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Mission

Our mission is to train a ***diverse*** group of 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.



VANDERBILT
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Diversity

The psychiatry training programs at Vanderbilt greatly value diversity. Our program seeks to foster an environment that is ***inclusive*** and ***supportive*** of racial, ethnic, religious and cultural diversity; disabilities; and gender, gender identity, gender expression, and sexual orientation.



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 suffers from mental illness.



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Training Sites

Vanderbilt Psychiatric Hospital
(88 beds)

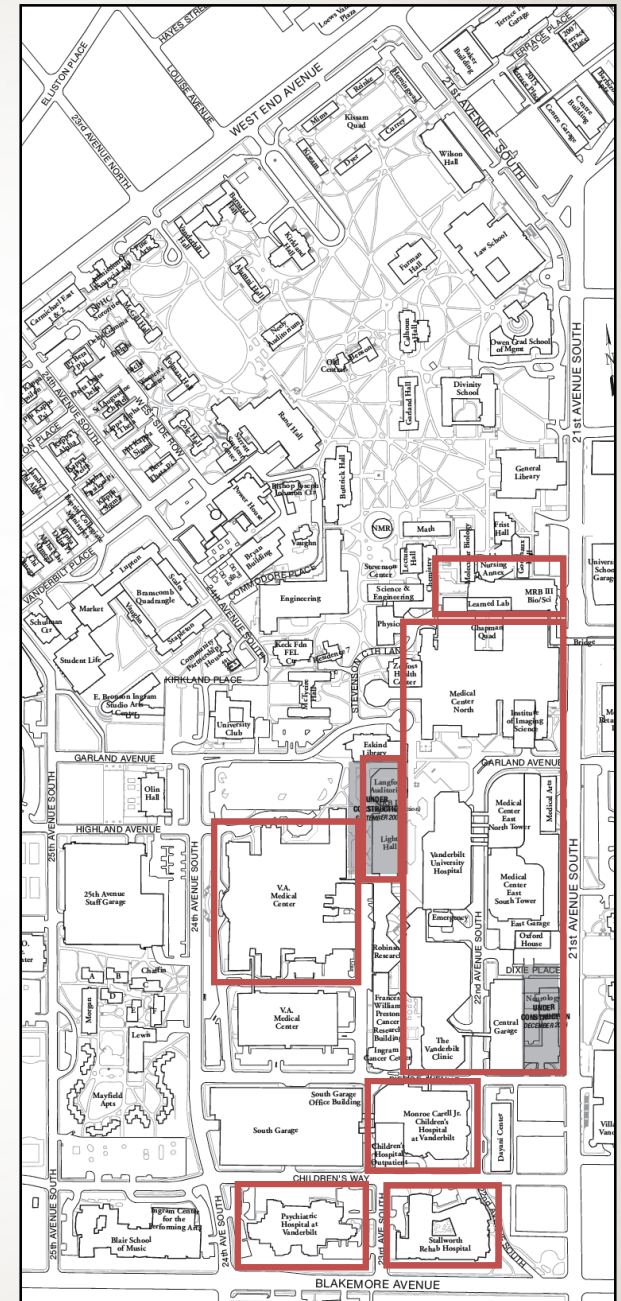
Vanderbilt University Hospital
(695 beds)

Vanderbilt Children's Hospital
(271 beds)

The Nashville VA Hospital

Stallworth Rehabilitation Hospital

Medical Research Buildings



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Education: PGY 1-4

- Weekly Grand Rounds
 - Weekly Case Conference
 - Monthly Journal Club
 - Monthly The Whole Resident
 - Monthly Psychoradiology Conference
-
- 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



Presenting a case ...

The Whole Resident

A monthly seminar aimed at developing personal and professional skills to prevent and address burnout.

- Resident as Educator:
 - Learn practical teaching and supervisory skills
- Resident as Leader:
 - Learn conflict resolution and delivering feedback
- Resident as Self:
 - Develop skills of compassion, optimism, gratitude, and empathy
- Resident as Colleague
 - Participate in peer group mentorship



Example weekly schedule:

DAY	DATE	START TIME	CLASS	TITLE OF EVENT	FACILITATOR(S)	ROOM #
Tues	11/4	7:45 AM	Residency Interview Day			
Tues	11/4	12:15 PM	ALL	Case Conference	Denton/Peters	1027 VPH
Tues	11/4	1:00 PM	PGY2	GAD/Phobia/Panic	Peters	3080 VPH
		2:30 PM	PGY2	Psychotherapy	Bartek/Campbell	3080 VPH
		4:00 PM	PGY2	Process Group	Chanin	3080 VPH
Tues	11/4	1:00 PM	PGY3	Personality Disorders 2	Blackford	3046 VPH
		2:30 PM	PGY3	Psychotherapy	Haman/Phillips	3046 VPH
		4:00 PM	PGY3	Process Group	Scroggie	3046 VPH
Tues	11/4	1:30 PM	PGY4	Psychotherapy	Haman/Phillips	3047 VPH
		2:30 PM	PGY4	Spirituality & Psychiatry	Michel	3047 VPH
		3:30 PM	PGY4	Process Group	Ramage/Hutchins	3047 VPH
Wed	11/5	12 Noon	ALL	Journal Club	Epstein	3047 VPH
Wed	11/5	1:00 PM	PGY1	Psychotherapy	Williamson/Saxena	3046 VPH
		2:00 PM	PGY1	Sleep Issues in Inpatient Psychiatry	Clark	3046 VPH
Thur	11/6	7:45 AM	Residency Interview Day			
Thur	11/6	12:15 PM	ALL	Case Conference	Ivens/Finlayson	1027 VPH
Fri	11/7	12 Noon	ALL	<u>Grand Rounds</u> Childhood Adversity: Neurobiological and Psychosocial Consequences	Uma Rao	202 LH

Seminars: PGY 1-4

- Psychopathology
- Theories of development
- Evolutionary foundations
- Neurobiology
- Clinical psychopharmacology
- Basic psychopharmacology
- Psychotherapy
(CBT, DBT, Dynamic, Groups)



Education: Beyond seminars ...

- Academic Development
 - Involvement in clinical Case Conference and CBL
 - Write-up and submission of Case Report
 - Medical student teaching /Leading groups on the unit
- Process groups for PGY 2-4
- Psychotherapy at reduced fee



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Overview

These blocks do not have to be consecutive and can be broken into 4 week segments

Vanderbilt University Adult Psychiatry Residency													
PGY 1-4	1	2	3	4	5	6	7	8	9	10	11	12	13
PGY 1	All Interns Start On Psychiatry	Inpatient Adult Psych: Addiction, Mood, Psychosis			Psychiatric Assessment Service (PAS)	Inpatient Child & Adol. Psych	Flexible	Medicine/Pediatrics			Neurology	Emergency Medicine	
PGY 2	Inpatient Adult Psych: Addiction, Mood, Psychosis				PAS	Coverage	Night Float / Emergency Psych			Consult Liaison Adult	Consult Liaison Child & Adol.	Community Psych	
Outpatient Psychotherapy Clinics													
PGY 3	Outpatient Clinics / Research Electives / Teaching Electives / Geriatrics												
PGY 4	Electives / Research / Forensics / ECT Training												

Lunar Block Schedule (13) four week periods.

Overview: PGY 1

- 3 months of Internal Medicine (1 month can be Pediatrics)
 - 2 months Inpatient
 - 1 month Outpatient
- 2 months of Neurology
 - 1 month Inpatient
 - 1 month Outpatient
- 1 month of Emergency Medicine
- 6 months of Psychiatry



Overview: PGY 1

Inpatient psychiatry rotations in PGY 1 year:

- Child/Adolescent Psychiatry (1 month)
- Adult Psychiatry (5 months)
 - Mood
 - Psychosis
 - Addiction
 - Geriatrics
 - Psychiatric Assessment Service



Call responsibility:

- Evening call (5pm-9pm) on rotating basis
- Weekend call (Sat/Sun 9am-9pm) on rotating basis

Overview: PGY 2

- 4 mo - Adult Psychiatry Inpatient service
- 2.5 mo - Adult Psychiatry Consultation Liaison service
- 1 mo - C&A Psychiatry Consultation Liaison service
- 2.5 mo - Emergency Psychiatry (Night Float / EPS)
- 1 mo - Community Psychiatry at MH Cooperative
- 2 mo - Psychiatric Assessment Service and Coverage

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 / UM / Discharge Planner



Call: PGY 2

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

Saturday call: A total of six 24h calls (9am-9am)

- can be broken into 12h shifts: 9am – 9pm, overnight 9pm – 9am

Sunday consult call 9am – 9pm



Overview: PGY 3

	Mo	Tue	Wed	Thu	Fri
8-9	Psychotherapy	Adult Psychiatry (Mood Disorders)	Adult Psychiatry (Psychotic Disorders)	Adult Psychiatry	Adult Psychiatry
9-10					
10-11					
11-12	Supervision			Supervision	
	Monthly Cake Meeting	Case Conference	Journal Club	Case Conference	Grand Rounds
1-2	Adult Psychiatry	Seminars	Geriatric Psychiatry	Elective	Psychotherapy
2-3					
3-4					
4-5		Process Group			Supervision

Call: PGY 3 and PGY 4

In house:

- 5pm – 9pm call with junior resident (Mo-Fri)
- 9am – 9pm call with junior resident (Sat)
- 9am – 9pm consult call (Sun) – only PGY3; for half year

Back up call from home

Weekend moonlighting -
VPH for PGY 3 and PGY 4



Overview: PGY 4

Clinical requirements

- Forensic Psychiatry (2mo)
- Inpatient service coverage (2-4wks)



Electives

- Clinical (>20 to choose from)
- Chief Residency
 - Inpatient Psychiatry
 - Outpatient Psychiatry
- Research Electives
 - Neuroimaging, Basic, Clinical (Mood Do, Schizophrenia, Addiction, ...)



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Electives

Clinical Electives (>20 to choose from)

- Osher Center for Integrative Medicine
- Autism clinic
- Student mental health
- Sleep clinic
- ECT/TMS
- Pain clinic
- Addiction psychiatry
- Psycho-oncology
- Women's mental health
- Forensic psychiatry



Community Psychiatry Offerings

- **Requirements:**

- Mental Health Cooperative (PGY-2)
- Embedded TNCare clinics throughout PGY3 experience

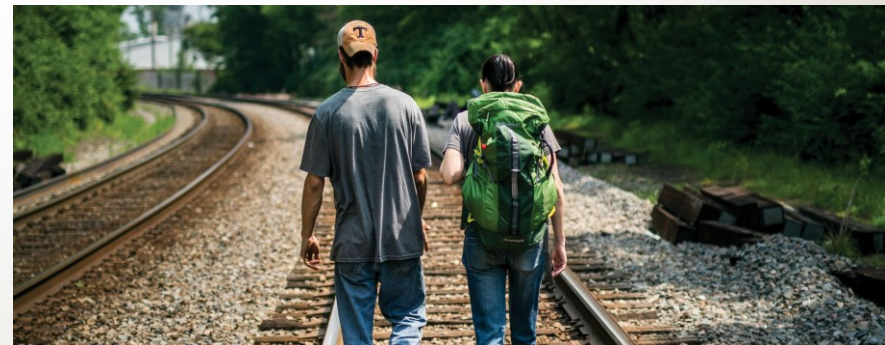


- **Electives:**

- Vanderbilt Street Psychiatry (PGY-3 1/2 day week x 1 yr or PGY-4 full day week x 1 yr)
- Mental Health Cooperative (PGY-3/4 varying electives)

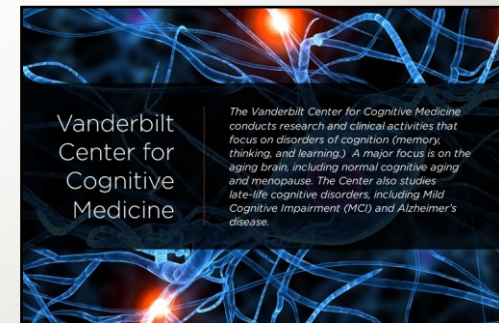
- **Volunteer:**

- Shade Tree "Psych Night" (can staff cases upon getting medical license)
- Homeless "Point in Time Count"
- NAMI Functions



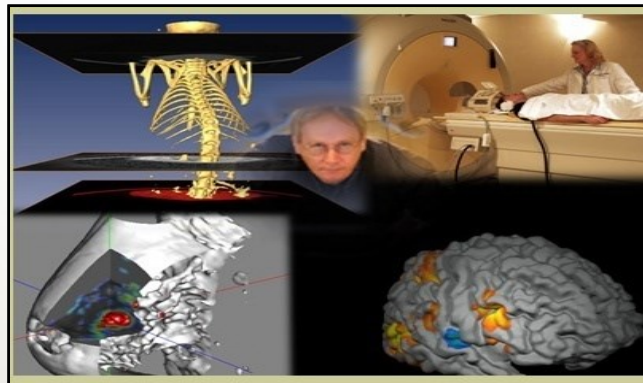
Research in the Department of Psychiatry and Behavioral Sciences

- The Division of Child and Adolescent Psychiatry
- The Division of Addiction Psychiatry
- The Mood Disorders Research Program
- The Psychotic Disorders Research Program
- The Center for Cognitive Medicine
- The Psychiatric Neuroimaging Program
- The Basic Neuroscience laboratories



Research

- Vanderbilt Kennedy Center
- Vanderbilt Brain Institute
- Vanderbilt University Institute of Imaging Science
- The Advanced Computing Center for Research and Education (ACCRE)
- The Vanderbilt Institute for Clinical and Translational Research (VICTR)
- BioVU



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. Sheryl Fleisch)

Geriatric Psychiatry (TD: Dr. Meghan Riddle)

Addiction Medicine Fellowship: (TD: Dr. Reid Finlayson)

Post Residency Paths

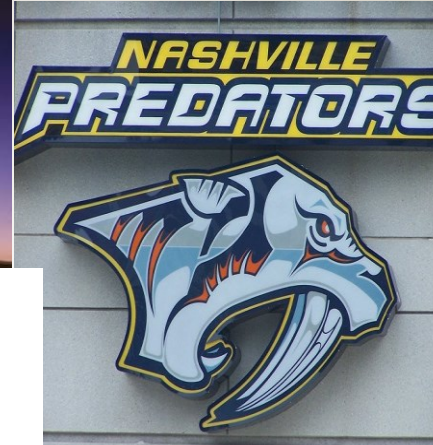
Grad Yr	Fellowships	Academic positions	Private practice	Community
2015	<ul style="list-style-type: none"> • CL • Geriatrics • Palliative 	<ul style="list-style-type: none"> • TD Geri • ATD Gen Psych 	<ul style="list-style-type: none"> • Admin/CMO role • Director addiction center • OP practice 	<ul style="list-style-type: none"> • Forensic position in local jail/ MHCoOp
2016	<ul style="list-style-type: none"> • Addiction • C/A 	<ul style="list-style-type: none"> • ATD Gen Psych • ATD Addiction 	<ul style="list-style-type: none"> • Inpt/OP positions 	<ul style="list-style-type: none"> • Medical Director position for PACT team
2017	<ul style="list-style-type: none"> • C/A • CL • Forensics • Geriatrics • Palliative 	<ul style="list-style-type: none"> • TD CL • AP 	<ul style="list-style-type: none"> • CMO for Private hospital system • Inpt/OP positions 	<ul style="list-style-type: none"> • Medical Director MHCoOp
2018	<ul style="list-style-type: none"> • Addiction (UCSF) • C/A (Vandy) 	<ul style="list-style-type: none"> • ATD Gen Psych • AP UPenn • AP Yale 	<ul style="list-style-type: none"> • Inpt/OP position • Telepsychiatry 	<ul style="list-style-type: none"> • TBD

Team Work

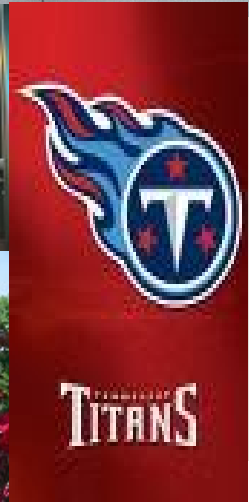
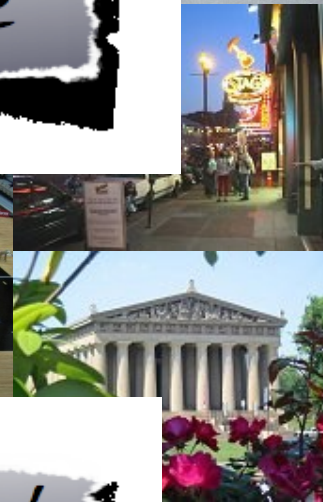
- Monthly meeting with Training Director
- Residency Training & Curriculum Committees
- Monthly residents-only meeting led by Chief Residents
- Annual Retreat for all residents



Nashville
MUSIC CITY



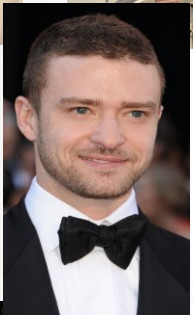
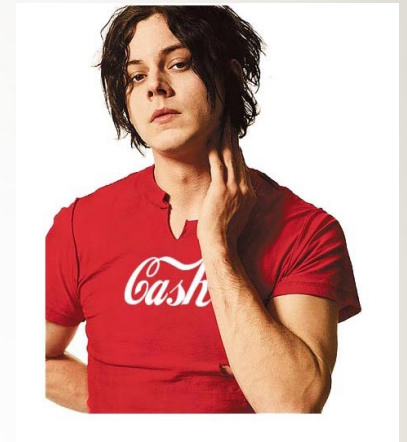
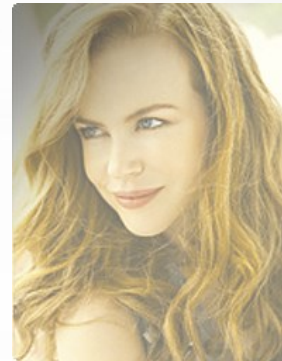
Resident Life



Nashville has it ALL!



Your neighbors in Nashville ...



Questions?

