Vanderbilt University
Department of Psychiatry and Behavioral Sciences

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
- Ranks #9 in NIH funding (Over $300 Million)
- 3,599 faculty
VU Medical Center

About 100 ACGME accredited programs

Approx. 1,000 residents and fellows

Orientation: 300+ new house staff

VUMC: $2.9 billion annual enterprise
VU Department of Psychiatry and Behavioral Sciences

- Founded in 1947
- Current Faculty:
  - 101 primary, 49 secondary, 66 voluntary
VU Department of Psychiatry and Behavioral Sciences

Growth since 2006:
• New faculty
  – 80 new faculty members
  – 8 tenure-track faculty
  – 6 tenured faculty
  – New space for laboratory research
  – New training opportunities (Fellowships, K-awards)
• Renovation of VPH (3,500 discharges)
• Outpatient clinics (>60,000 outpatient visits)
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

TD: Ronald Cowan, MD, PhD
Assistant TD: Maja Skikic, 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
Assistant 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
Autoimmune Encephalitis
Shared Decision model of care
Neuroscience Curricular Integration
Medical Education
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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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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
Overview: Psychiatry Residency

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Education: PGY 1-4

- Weekly Grand Rounds
- Weekly Case Conference
- Monthly Journal Club
- Monthly Residents as Teachers
- 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
The Whole Resident - RAT

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:

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

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

- Trackable Educational Activities
  - Aimed at strengthening academic portfolio of trainee
  - Medical student teaching /Leading groups on the unit
  - Write-up and submission of Case Report

- Process groups for PGY 2-4

- Psychotherapy at reduced fee
Overview: Psychiatry Residency

- Training Office
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- Overview: PGY 1 – PGY 4
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- Overview: PGY 1 – PGY 4
- PGY 1 – PGY 4 in detail
- Electives
- Research opportunities
# Overview: PGY 1-4

## 2014-2015

<table>
<thead>
<tr>
<th>PGY 1-4</th>
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<th>13</th>
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<tbody>
<tr>
<td>PGY 1</td>
<td>All Interns Start On Psych</td>
<td>Inpatient Adult Psych</td>
<td>Inpatient Addiction Psych</td>
<td>Inpatient Child &amp; Adoles. Psych</td>
<td>Flexible</td>
<td>Medicine/Pediatrics</td>
<td>Neurology</td>
<td>Emergency Medicine</td>
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<td>PGY 2</td>
<td>Inpatient Adult Psych / Research</td>
<td>Coverage</td>
<td>Night Float / Emergency Psych</td>
<td>Consult Liaison Adult</td>
<td>Consult Liaison Child &amp; Adoles.</td>
<td>Community Psych</td>
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<td>Outpatient Psychotherapy Clinics</td>
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<td>Outpatient Clinics / Research Electives / Teaching Electives</td>
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<td>Electives / Research / Forensics / ECT Training</td>
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Lunar Block Schedule (1/3) four week periods.
These blocks do not have to be consecutive and can be broken into 4 week segments.
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
  - 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 / PTU)
- 1 mo - Community Psychiatry at MH Cooperative
- 2 mo - Psychiatric Assessment Service and Coverage

13 lunar months
Inpatient teaching teams

VPH Teams 2-4:

- 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: consults 9am – 9pm, overnight 9pm – 9am

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

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<th>Mo</th>
<th>Tue</th>
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<tr>
<td>8-9</td>
<td></td>
<td>Psychotherapy</td>
<td>Adult Psychiatry (Mood Disorders)</td>
<td>Adult Psychiatry (Psychotic Disorders)</td>
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<td>Adult Psychiatry</td>
<td>Adult Psychiatry (Psychotic Disorders)</td>
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<td>10-11</td>
<td>Supervision</td>
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<td>11-12</td>
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<td>Supervision</td>
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<td>Monthly Cake Meeting</td>
<td>Case Conference</td>
<td>Journal Club</td>
<td>Case Conference</td>
<td>Grand Rounds</td>
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<tr>
<td>1-2</td>
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<td>2-3</td>
<td>Adult Psychiatry</td>
<td>Seminars</td>
<td>Geriatric Psychiatry</td>
<td>Elective</td>
<td>Psychotherapy</td>
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<td>3-4</td>
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<td>Supervision</td>
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<td>4-5</td>
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<td>Process Group</td>
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</tbody>
</table>
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

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

VANDERBILT UNIVERSITY MEDICAL CENTER
Call: PGY 4

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

Back up call from home

Weekend moonlighting at VPH for PGY 3 and PGY 4
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Community Psychiatry Offerings

• **Mandatory:**
  - Mental Health Cooperative (PGY-2 x 1 month)

• **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
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
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)
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 Finlyason)
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: EPIC
- Research Database: RedCap
- Personalized Medicine/Genetics: BioVU
- Eskind Electronic Library
Resident Life

Nashville has it ALL!
Your neighbors in Nashville ...
Questions?