Vanderbilt University Medical Center
Department of Psychiatry and Behavioral Sciences

Maja Skikic, MD
Training Director
Overview

• Vanderbilt University
• VU School of Medicine
• VU Medical Center
• VUMC 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:
  – 400 MD, 100 MD/PhD
  – 548 PhD
  – 29 MSCI

• Ranks #18 in US News & World Report Best Research Medical School 2020

• 3,600 faculty
Vanderbilt University Medical Center

Ranked #17 on U.S. News and World Report’s Best Hospitals Honor Roll 2018

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
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
Maja Skikc, MD

Assistant Training Director
Daniel Daunis, MD

Assistant Training Director
Jessica Merritt, MD
Maja Skikic, MD
Assistant Professor of Psychiatry
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
Daniel Daunis, MD  
Assistant Professor of Psychiatry and Behavioral Scientist  
Assistant Training Director, Residency Training Program

Education
B.S.—Louisiana State University, Baton Rouge LA  
M.D.—Louisiana State University, Shreveport LA

Clinical Training
Internship—Internal Medicine, Massachusetts General Hospital, Boston MA  
Adult Psychiatry Residency—MGH/McLean Hospital, Belmont MA  
Consultation-Liaison Psychiatry Fellowship—Massachusetts General Hospital, Boston MA

Interests
Consultation Liaison Psychiatry  
Transplant Psychiatry  
Bioethics  
Mindfullness/Meditation  
Medical Education
Jessica Merritt, MD
Assistant Professor of Psychiatry
Assistant Training Director, Residency Training Program

Education
B.A.—Marshall University, Huntington WV
M.D.—Marshall University, Huntington WV

Clinical training
Adult Psychiatry Residency—Vanderbilt University Medical Center,
Child/Adolescent Psychiatry Fellowship—Vanderbilt University
Medical Center
Vanderbilt Psychiatric Hospital, Nashville TN

Clinical Practice
Attending for Adolescent Partial Hospitalization Program and Child
and Adolescent Inpatient at VPH
Outpatient Clinic – VPH and Oasis Center

Interests
Mental Healthcare of Homeless Youth
Medical Education
Psychodynamic Psychotherapy

LGBT Mental Health
Trauma Disorders
Chief Residents

Patrick McGuire
Inpatient Chief

Elise Scott
Outpatient Chief

Stephanie Fall
Outpatient Chief

Devin Greene
C/L Chief
Overview: Psychiatry Residency

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- PGY 1 – PGY 4 in detail
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- Research opportunities
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.
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
Overview: Psychiatry Residency

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• PGY 1 – PGY 4 in detail
• Electives
• Research opportunities
Education: PGY 1-4

- Weekly Grand Rounds and Grand Rounds Enrichment Discussions
- Weekly Case Conference
- Monthly Journal Club
- Monthly The Whole Resident
- Monthly Neurobiology Conference
- Monthly Introduction to Research Seminar Series
- 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:

<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>
<th>HANDOUTS</th>
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<tbody>
<tr>
<td>Mon</td>
<td>9/21</td>
<td>Noon</td>
<td>Residents</td>
<td>Chiefs’s Meeting with Residents</td>
<td>Chiefs</td>
<td>ZOOM</td>
<td></td>
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<td></td>
<td></td>
<td>Noon</td>
<td>Members</td>
<td>CCC Meeting - PGY4</td>
<td>Skikic/Daunis/Merritt</td>
<td>ZOOM</td>
<td></td>
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<tr>
<td>Tue</td>
<td>9/22</td>
<td>1:00 PM</td>
<td>ALL</td>
<td>Case Conference</td>
<td>Kwan / Heckers</td>
<td>ZOOM</td>
<td></td>
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<tr>
<td>Tue</td>
<td>9/22</td>
<td>1:10 PM</td>
<td>PGY 2</td>
<td>Anxiety: Neurobiology</td>
<td>Blackford</td>
<td>ZOOM</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>2:10 PM</td>
<td>PGY 2</td>
<td>Anxiety Disorders in Children and Adolescents</td>
<td>Tanguturi</td>
<td>ZOOM</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>3:00 PM</td>
<td>PGY 2</td>
<td>Psychodynamic Case Formulation I (ch5&amp;6)</td>
<td>Merritt</td>
<td>ZOOM</td>
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<tr>
<td></td>
<td></td>
<td>4:00 PM</td>
<td>PGY 2</td>
<td>Process Group</td>
<td>Chanin</td>
<td>ZOOM</td>
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<tr>
<td>Tue</td>
<td>9/22</td>
<td>1:10 PM</td>
<td>PGY 3</td>
<td>Management of Geriatric Patients (other than AD) &amp; MCI</td>
<td>Gwirtzman</td>
<td>ZOOM</td>
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<td></td>
<td></td>
<td>2:30 PM</td>
<td>PGY 3</td>
<td>Acceptance and Commitment Therapy - Values &amp; Committed Action</td>
<td>Matwin</td>
<td>ZOOM</td>
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<tr>
<td></td>
<td></td>
<td>4:00 PM</td>
<td>PGY 3</td>
<td>Process Group</td>
<td>Dressler</td>
<td>ZOOM</td>
<td></td>
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<tr>
<td>Tue</td>
<td>9/22</td>
<td>1:30 PM</td>
<td>PGY 4</td>
<td>Bipolar Disorder</td>
<td>Haman</td>
<td>ZOOM</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>2:30 PM</td>
<td>PGY 4</td>
<td>Malpractice</td>
<td>Petrie</td>
<td>ZOOM</td>
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<tr>
<td></td>
<td></td>
<td>3:30 PM</td>
<td>PGY 4</td>
<td>Process Group</td>
<td>Ramage</td>
<td>ZOOM</td>
<td></td>
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<tr>
<td>Wed</td>
<td>9/23</td>
<td>1:00 PM</td>
<td>PGY 1</td>
<td>Theories of Development 1: Young Child</td>
<td>Billings</td>
<td>ZOOM</td>
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<td></td>
<td></td>
<td>2:00 PM</td>
<td>PGY 1</td>
<td>Sleep issues in inpatient psychiatry</td>
<td>Clark</td>
<td>ZOOM</td>
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<tr>
<td>Thu</td>
<td>9/24</td>
<td>Noon</td>
<td>ALL</td>
<td>The Whole Resident</td>
<td>Greene</td>
<td>ZOOM</td>
<td></td>
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<tr>
<td>Fri</td>
<td>9/25</td>
<td>9:30 AM</td>
<td>PSYCHOLOGY INTERNS</td>
<td>Complex and Developmental Trauma</td>
<td>Ebert</td>
<td>ZOOM</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Noon</td>
<td>ALL</td>
<td>Grand Rounds</td>
<td>Benningfield</td>
<td>ZOOM</td>
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</tbody>
</table>
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**
Overview: Psychiatry Residency

- Training Office
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- PGY 1 – PGY 4 in detail
- Electives
- Research opportunities
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
  • 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

- 4.5 mo - Adult Psychiatry Inpatient service
- 3 mo - Adult Psychiatry Consultation Liaison service
- 1 mo - C&A Psychiatry Consultation Liaison service
- 2.5 mo - Emergency Psychiatry (Night Float / EPS)
- 1.5 mo - Psychiatric Assessment Service and Coverage
- 0.5-1mo - Elective

13 lunar months
Inpatient teaching teams

VPH Teams 1-5:

- 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

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<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
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<tbody>
<tr>
<td>8-9</td>
<td></td>
<td>Psychotherapy</td>
<td></td>
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<td>Community Psychiatry</td>
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<td>9-10</td>
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<td>Adult Psychiatry (Mood Disorders)</td>
<td>Adult Psychiatry (Psychotic Disorders)</td>
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<tr>
<td>10-11</td>
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<td>Supervision</td>
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<td>Supervision</td>
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<td>11-12</td>
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<td>Monthly Cake Meeting</td>
<td>Case Conference</td>
<td>Journal Club</td>
<td>Case Conference</td>
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<td>1-2</td>
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<td>Adult Psychiatry</td>
<td>Seminars</td>
<td>Geriatric Psychiatry</td>
<td>Elective</td>
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<td>2-3</td>
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<td></td>
<td>Seminars</td>
<td>Geriatric Psychiatry</td>
<td>Elective</td>
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<tr>
<td>3-4</td>
<td></td>
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<td>Geriatric Psychiatry</td>
<td>Elective</td>
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<tr>
<td>4-5</td>
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<td></td>
<td>Process Group</td>
<td>Supervision</td>
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</table>
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 (2 mo)
- Inpatient service coverage (~4 wks)

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

VANDERBILT UNIVERSITY MEDICAL CENTER
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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-3)
  - Embedded TNCare patients throughout PGY-3 experience

• **Electives:**
  - Homeless Street Psychiatry
  - Oasis clinic (half-day per week elective available for PGY3/PGY4)
    - Transitional age youth
    - Medication management, individual psychotherapy, group therapy
  - Research projects/scholarly work (available for PGY1-PGY4)
  - Mental Health Cooperative (PGY-3/4 varying electives)

• **Volunteer:**
  - Shade Tree "Psych Night"
  - 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

Consult-Liaison Psychiatry (TD: Dr. Jonathan Smith)

Geriatric Psychiatry (TD: Dr. Warren Taylor)

Addiction Medicine Fellowship: (TD: Dr. Reid Finlayson)
CAP Fast Track

- Residents are accepted into this track through the match
- Residents enter C/A Fellowship after completion of PGY-3
- Offers additional C/A opportunities in PGY 1-3
  - Pediatrics (Medicine and/or Neurology clinic)
  - Additional time on Inpatient C/A Units
  - Meetings and mentorship by C/A faculty in PGY-2
  - Elective C/A clinic during PGY-3
# Post Residency Paths

<table>
<thead>
<tr>
<th>Grad Yr</th>
<th>Fellowships</th>
<th>Academic positions</th>
<th>Private practice</th>
<th>Community</th>
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</thead>
<tbody>
<tr>
<td>2015</td>
<td>- CL</td>
<td>- TD Geri</td>
<td>- Admin/CVO role</td>
<td>- Forensic position in local jail/ MHCoOp</td>
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<tr>
<td></td>
<td>- Geriatrics</td>
<td>- ATD Gen Psych</td>
<td>- Director addiction center</td>
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<tr>
<td></td>
<td>- Palliative</td>
<td></td>
<td>- OP practice</td>
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<tr>
<td>2016</td>
<td>- Addiction</td>
<td>- ATD Gen Psych</td>
<td>- Inpt/OP positions</td>
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<td></td>
<td>- C/A</td>
<td>- ATD Addiction</td>
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<tr>
<td>2017</td>
<td>- C/A</td>
<td>- TD CL</td>
<td>- CMO for Private hospital system</td>
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<tr>
<td></td>
<td>- CL</td>
<td>- AP</td>
<td>- Inpt/OP positions</td>
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<td>- Forensics</td>
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<td>- Geriatrics</td>
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<td></td>
<td>- Palliative</td>
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<tr>
<td>2018</td>
<td>- Addiction (UCSF)</td>
<td>- ATD Gen Psych</td>
<td>- Inpt/OP position</td>
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<td>- C/A (Vandy)</td>
<td>- AP UPenn</td>
<td>- Telepsychiatry</td>
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<td>- AP Yale</td>
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Team Work

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

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