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

• 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

About 100 ACGME accredited programs

Approx. 1,000 residents and fellows

Orientation: 300+ new house staff

VUMC: $3 billion annual enterprise

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

Vanderbilt University Medical Center
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
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.
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
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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
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>
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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>
<td></td>
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<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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<tr>
<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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<tr>
<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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<tr>
<td></td>
<td></td>
<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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<tr>
<td></td>
<td></td>
<td>2:30 PM</td>
<td>PGY4</td>
<td>Spirituality &amp; Psychiatry</td>
<td>Michel</td>
<td>3047 VPH</td>
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<tr>
<td></td>
<td></td>
<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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<tr>
<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>
<td></td>
<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>
<td>7:45 AM</td>
<td></td>
<td>Residency Interview Day</td>
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<td></td>
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<tr>
<td>Thur</td>
<td>11/6</td>
<td>12:15 PM</td>
<td>ALL</td>
<td>Case Conference</td>
<td>Ivens/Finlayson</td>
<td>1027 VPH</td>
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<tr>
<td>Fri</td>
<td>11/7</td>
<td>12 Noon</td>
<td>ALL</td>
<td>Grand Rounds Childhood Adversity: Neurobiological and Psychosocial Consequences</td>
<td>Uma Rao</td>
<td>202 LH</td>
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</table>
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
Overview: Psychiatry Residency

- Training Office
- Mission and Vision
- Overview: PGY 1 – PGY 4
- Training sites
- Education: Seminar, Conferences, Supervision
- Overview: PGY 1 – PGY 4
- 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 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

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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

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<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
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<tr>
<td>8-9</td>
<td>Psychotherapy</td>
<td>Adult Psychiatry (Mood Disorders)</td>
<td>Adult Psychiatry (Psychotic Disorders)</td>
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<td>9-10</td>
<td>Supervision</td>
<td>Supervision</td>
<td>Supervision</td>
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<td>10-11</td>
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<tr>
<td>11-12</td>
<td></td>
<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>
<td>Adult Psychiatry</td>
<td>Seminars</td>
<td>Geriatric Psychiatry</td>
<td>Elective</td>
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<td>Supervision</td>
<td>Process Group</td>
<td>Geriatric Psychiatry</td>
<td>Elective</td>
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<td>3-4</td>
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<td>Geriatric Psychiatry</td>
<td>Elective</td>
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<tr>
<td>4-5</td>
<td></td>
<td></td>
<td>Geriatric Psychiatry</td>
<td>Elective</td>
<td>Supervision</td>
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</tbody>
</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 (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, ...)

VANDERBILT UNIVERSITY MEDICAL CENTER
Overview: Psychiatry Residency

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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

<table>
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<tr>
<th>Grad Yr</th>
<th>Fellowships</th>
<th>Academic positions</th>
<th>Private practice</th>
<th>Community</th>
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<tbody>
<tr>
<td>2015</td>
<td>• CL</td>
<td>• TD Geri</td>
<td>• Admin/CMO 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>• ATD Addiction</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>
<td>• Medical Director position for PACT team</td>
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<tr>
<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>
<td>• Medical Director MHCoOp</td>
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<tr>
<td></td>
<td>• CL</td>
<td>• AP</td>
<td>• Inpt/OP positions</td>
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<td></td>
<td>• Forensics</td>
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<tr>
<td></td>
<td>• Geriatrics</td>
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<tr>
<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>
<td>• TBD</td>
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<td>• C/A (Vandy)</td>
<td>• AP U Penn</td>
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<tr>
<td></td>
<td></td>
<td>• AP Yale</td>
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</tbody>
</table>
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?