

PGY- 4 Electives Catalog

TITLE: Addiction Medicine

LOCATION: W11W offices and MCVH inpatient wards
SUPERVISOR: Michael Weaver, M.D.
CONTACT NUMBER: 804 828-1283
HOURS: 8:30 AM – 5 PM Monday-Friday
DURATION: 1 month or 1 full (8-hr) day/week
Minimum of 8hrs/week (on 1 full day) - Maximum of 1 month
(most full days/week for 4 weeks)

DESCRIPTION: This elective is designed to prepare Psychiatry Residents to deal with substance abuse and pain management issues in inpatient and outpatient settings. Residents will gain experience evaluating and developing treatment plans for patients seen on the Substance Abuse Consult Service. Didactic conferences and reading materials on addition topics are provided. Outpatient experience is through the Chronic Pain Management Clinic and a local Methadone Maintenance clinic, as well as a local detox clinic and residential treatment center.

TITLE: Adolescent Mental Health & Substance Use Research

LOCATION: Commonwealth Institute for Child & Family Studies
SUPERVISOR: Michael Mason, Ph.D.
CONTACT PHONE: 804 628-3375
HOURS: Flexible
DURATION: 3-12 months

DESCRIPTION: This elective is designed to provide PGY-4 residents with a diverse experience in adolescent mental health and substance use research. Possible experiences would include: shadowing research staff for behavioral clinical trials, longitudinal cohort study of adolescent development of risk and protective factors, clinical trial targeting tobacco use via text-messaging technology, assist in proposal/paper development through contribution of literature review, participate in research meetings targeting on-going projects and projects in various forms of development.

TITLE: Advanced Assessment and Pharmacotherapy of Psychotic and Mood Disorders

LOCATION: VCUHS
SUPERVISOR: Anand Pandurangi, MD
CONTACT NUMBER: 804 828-4570
HOURS: 10 hrs/week
DURATION: 2,3,or 4 months

DESCRIPTION: The resident will become familiar with ongoing research in Schizophrenia and Mood Disorders through literature, program and protocol reviews. He/she will actively assist in the performance of complex consults and/or ongoing protocols. Further, the resident will organize the data obtained and perform preliminary analyses, write up a clinical or research report. There is potential to present this activity in Grand Rounds, APA-new research.

TITLE: **Advanced Training in Family Therapy**

LOCATION: VTCC
SUPERVISOR: Valerie Bishop, L.C.S.W.
CONTACT NUMBER: 804 828-2671
HOURS: 3:30-5:00 PM Wednesday 2nd & 4th Wed of each month, 1 additional hour to see OP family
DURATION: 6-12 months

DESCRIPTION: This elective is designed to provide the PGY-4 resident with an intensive, multidisciplinary experience focused on gaining master of Structural and Brief Family Therapy techniques. The resident will participate in the VTCC Family Clinic with Child Psychiatry Fellows, Child Psychology Interns, and Medical Students.

The VTCC Family Clinic is designed to provide live supervision from the Family Team for ongoing therapy cases. In addition, this format provides the resident an opportunity to enhance family assessment skills. Participants on the Family Team rotate presenting a session or being part of the team behind the one-way mirror. Each member of the team assumes responsibility for treatment of one family case and for scheduling them to the VTCC Family Clinic periodically. During the course of a semester, the resident will have been exposed to a number of families with a variety of presenting problems.

Supervision of the ongoing family therapy case encourages the use of videotape or co-therapy arrangements. The focus of supervision is on putting techniques learned in the VTCC Family Clinic into practice. The case can be seen at a time and place convenient to your schedule.

TITLE: **Anxiety Disorders**

LOCATION: MCV Outpatient Clinic
SUPERVISOR: John Hetteema, MD PhD
CONTACT NUMBER: 804 828-8592
HOURS: Wednesday 8:00 am - 12:00 pm plus 4 hours flexible time
DURATION: 3-6 months

DESCRIPTION: The purpose of this elective is to teach advanced diagnostic and therapeutic skills in the treatment of anxiety disorders, with an option to introduce the resident to research methodology. The PGY-4 resident will participate in the Anxiety Disorders Clinic on Wednesday AM similar to the PGY-3 rotation, with opportunity for extended discussion of cases and approaches outside of clinic time. Resident will learn to handle pharmacologic management of complex cases involving multiple anxiety disorders. Resident will also be involved in anxiety research projects as available, depending upon their level of interest and ability. This can range from a focused literature review to involvement in ongoing research projects, each with potential to provide a topic for PGY-4 Grand Rounds presentation.

TITLE: **Center for Craniofacial Care**

LOCATION: CCH8, CHOR
SUPERVISOR: Jaeë Bodas Ph.D. LCP
CONTACT PHONE: 804 828--3138
HOURS: 4 - 12 hours/week
DURATION: 6-12 months

DESCRIPTION: This elective offers the opportunity for clinical and/ research experience in the craniofacial clinic. Clinical experience involves screening patients and families to identify any psychiatric issues and to provide appropriate referrals. Occasionally inpatient consults are also provided. Opportunities also exist to participate in ongoing research.

TITLE: **Center for Human-Animal Interaction**

LOCATION: VCUHS
SUPERVISOR: Sandra Barker, Ph.D., Janet Knisely, Ph.D.
CONTACT NUMBER: 804 827-7297
HOURS: Flexible
DURATION: 3-6 months

DESCRIPTION: This elective provides the opportunity to pursue an interest in the benefits of human-animal interaction. The Center for Human-Animal Interaction, housed in the Department of Psychiatry, was established in The School of Medicine in 2001 to provide a formal structure for and promote interdisciplinary and inter-institutional research, clinical practice, and educational activities related to the human-animal relationship. To achieve its mission of improved health and well-being through human-animal interaction, the Center's clinical programs provide canine-assisted therapy throughout the VCU Medical Center through its Dogs On Call Program and pet loss counseling for grieving pet owners in the community; the Center's research program investigates the physiological and psychological benefits of interacting with companion animals; and the Center's educational activities include invited lectures/presentations in the university and community and scientific presentations to scholarly organizations.

The PGY-4 resident will have an opportunity to become familiar with psychosocial and physiological benefits of animal-assisted therapy (AAT) and/or interacting with companion animals. This may be accomplished by observing therapy dog visitation (or providing it if requirements for Dogs On Call are completed), becoming involved in ongoing research studies, as available, and participating in the delivery of pet loss support. Some effort will focus on completing a literature review of a population of interest to the resident; becoming familiar with research design, assessment techniques, and barriers to conducting research in this area; and becoming knowledgeable and skilled in the provision of pet loss support.

TITLE: **Child and Adolescent Psychiatry Consultation - Liaison**

LOCATION: VTCC
SUPERVISOR: Neil Sonenklar, MD; Jaeel Bodas, PhD
CONTACT PHONE: 804 828-3129
HOURS: Monday – Friday, variable
DURATION: As requested

DESCRIPTION: The resident will accompany the Child Fellow and or Psychology intern on consultations to the Pediatric floors and the Pediatric ED. If comfortable, they may see the patients on their own with supervision. There is also a weekly seminar on Mondays at 1 PM at VTCC. There is also potential opportunity to participate in biweekly psychosocial rounds on the Pediatric floor.

TITLE: **Clinical Service in a Private Practice - Outpatient , Inpatient and Research setting**

LOCATION: Panic , Anxiety and Depression Center, Alliance Research Group.
SUPERVISOR: Prakash Ettigi, M.D.
CONTACT PHONE: 804 353 3324
HOURS: 20 hrs a week
DURATION: 8 to 12 weeks

DESCRIPTION: Resident will learn the basic business aspects of running a practice from setting up, coding, billing, collecting from different sources and the successful management of a team with the MD as the leader and responsible person. Resident will participate in the evaluation and management of a certain number of clinical cases inpatient and outpatient. Exposure will be provided to clinical rating scales and clinical procedures utilized in research protocols. Current approaches in the evaluation of new drugs alone or with combinations in clinical conditions will be examined. The supervision will be directly under Dr Ettigi and residents ability appreciate and grasp clinical research and private practice skills will be evaluated and feedback will be provided.

TITLE: **Clinical Trials in Psychiatry**

LOCATION:
SUPERVISOR: Dr. Susan Kornstein
CONTACT PHONE: 804 827-0222
HOURS: 4 hours/week
DURATION: 1-12 months

DESCRIPTION: Resident will work on clinical trials in department with Drs. Kornstein (depression), Pandurangi (schizophrenia, depression), and/or Sood (child). Experience will include review of protocols, observation and conduct of research assessments and assigned readings on clinical trials research.

TITLE: **College Psychiatry**

LOCATION: University Counseling Services, VCU, University Student Commons, 907 Floyd Avenue, Office Suite 238
SUPERVISOR: Joan Plotkin Han, MD, FAPA, DFAACAP
CONTACT PHONE: 804 828-6200 / 804 828-4783
HOURS: 8:00 to 12:00 or 1:00 – 5:00—4 hour block weekly—day and hours negotiable and dependent on space availability in any given semester. Note: Summer and Winter break hours not optimal.
DURATION: Flexible – 1 month, 6 weeks, 2 months, 3 months

DESCRIPTION: Assessment and treatment of mental health needs of VCU undergraduate and graduate students. Will involve psychiatric evaluation of varied student presentations including ranges in severity of depression, anxiety spectrum disorders (panic disorder, generalized anxiety, performance anxiety, social anxiety, obsessive compulsive disorder, PTSD), suicidality, bipolar mood disorders, psychotic syndromes, alcohol and substance use, misuse, abuse, and dependence, Eating Disorders, Aspergers Disorder, ADHD.

TITLE: **Community Psychiatry Elective**

LOCATION: Chesterfield Mental Health
SUPERVISOR: Asha Mishra, MD
CONTACT NUMBER: 804 768-7217
HOURS: Flexible (Block format, as well as longitudinal)
DURATION: 6-12 months

DESCRIPTION: This elective is designed to provide the PGY-4 resident with a combination of experience in teaching team work, consultation, and direct patient care. The resident can choose to (1) work with a particular patient population, e.g., substance abuse patients, patients with mental retardation and mental illness, people with chronic mental illness; or (2) work as psychiatric consultants to crisis intervention team providing consultations to people in crisis. Residents are encouraged to initiate research proposals with supervision. They will be working closely with the Director of Medical Services and/or designee with active ongoing collaboration with a number of other disciplines in the area that they choose. The elective may be further adjusted according to the interests of the resident.

TITLE: **Couples Therapy: An Object Relations Perspective**

LOCATION: 803 McRae Road, Suite 38, Richmond, VA 23225
SUPERVISOR: Norma Caruso, Psy.D.
CONTACT NUMBER: 804 272-7287
HOURS: 1-2 hrs/week
DURATION: 12 weeks
PARTICIPATION: Minimum of 3 participants

DESCRIPTION: Through lectures, readings, discussion, and case material this elective offers the PGY-4 resident the opportunity for in-depth study of Object Relations Theory as it applies to the assessment and treatment of couples. Special consideration will be given to the sexual and intimate relationships of couples. Using a model that integrates psychoanalytic and behavioral techniques the resident will gain an understanding of how to assess and treat sexual dysfunction.

1. Object Relations Couple Therapy: An Overview
2. The "Internal Couple"/Mating
3. The Projective Matrix in Couples/Psychosomatic Partnership
4. The Geography of Multiple Transferences
5. The technique of Sex Therapy: An Integrated Model (Psychoanalytic and Behavioral Techniques)
6. A Scheme for Assessment
 DSM-IV: Sexual Dysfunction - Assessment
7. The Treatment of Low Sexual Desire in the Couple Relationship
8. The Treatment of an Orgasmic Disorder in the Couple Relationship

TITLE: **Consultation Liaison Psychiatry (Psychosomatic Medicine)**

LOCATION: Inova Fairfax Hospital
SUPERVISOR: Dr. Catherine Crone & Dr. Thomas Wise
CONTACT PHONE: 703 776-3626
HOURS: Monday thru Friday 8:30am to 5 pm
DURATION: Minimum 1 month

DESCRIPTION: This elective will allow the resident to further refine skills in inpatient psychiatric consultations (excluding self-harm attempts) Psychiatric consults are requested for a wide variety of issues that involve behavioral, cognitive, and emotional disorders in the setting of medical illness. Consultations are closely supervised. A literature seminar of consultation topics is also part of the rotation.

TITLE: **Consultation I Liaison Psychiatry**

LOCATION: VCUHS
SUPERVISOR: James Levenson, MD
CONTACT NUMBER: 804 828-0762
HOURS: 4-20 hours/week
DURATION: 4-12 months

DESCRIPTION: This elective provide the PGY-4 resident with an opportunity to supplement their required C/L experience with in-depth work in a liaison area of your choice. Electives in many liaison areas are available and others may be developed depending on interests. Available areas include HIV, Pain Clinic, primary care medicine, organ transplant and others. Many activities are possible and may include participating in a multidisciplinary team, running a group for patients or staff, teaching non-psychiatric trainees, attending rounds, etc. Research opportunities in these and other areas are available. We invite interested residents to speak with us about their needs and interests.

TITLE: **Consultation/Liaison Research**

LOCATION: Flexible
SUPERVISOR: James Levenson, MD
CONTACT NUMBER: 804 828-0763
HOURS: Flexible
DURATION: Flexible (longitudinal preferred)

DESCRIPTION: The resident will pursue a scholarly project of his/her own choice and design, with supervision provided by faculty in C/L, and when appropriate other Division and Departments. Pilot data studies are encouraged, but systematic literature reviews also can be the aim.

Examples of research questions would be psychological factors predicting medical disease outcomes, psychiatric side effects of nonpsychotic drugs, medical-psychiatric comorbidity, etc. Use your imagination!

TITLE: **Domestic Violence Assessment and Engagement**

LOCATION: YWCA, 6 North 5th Street, 23219
SUPERVISOR: Shawntee Wynn, LCSW & Susan Kornstein, M.D.
CONTACT PHONE: 804-980-7289
HOURS: tbd: 4-8 hours/week
DURATION: 6 – 12 months

DESCRIPTION: The PGY-4 resident will be introduced to domestic and sexual violence work, as well as prepared for work with nonprofits in this field. The PGY-4 resident will become familiar with the laws, best practices, and mandated programming standards for Virginia DV/SA agencies. While working with clients, the PGY-4 will participate in clinical assessments as well as case management assessment team meetings for the purpose of staffing clients and making appropriate referrals. He/she will work with case management staff to prepare appropriate documentation to facilitate services necessary for independence and accessing housing options.

The resident will receive ongoing supervision from Susan Kornstein, MD, as well as support of on-site staff of the YWCA. Upon completion the PGY-4 will receive a certificate. This is a significant role that may be included on a graduate's curriculum vitae (CV).

TITLE: **Forensic Psychiatry in a Maximum Security Setting**

LOCATION: Central State Hospital; Maximum Security Forensic Unit
SUPERVISOR: Daniel Sheneman, M.D. and David Albright, M.D.
CONTACT NUMBER: 804 524-7206
HOURS: Minimum 8 hours/week - Maximum 20 hours / week
DURATION: 4-6 weeks

DESCRIPTION: This rotation is designed to provide the resident with the experience of working with the patient population in a maximum-security setting. Resident will have direct patient care responsibilities including psychiatric management and forensic evaluations. Emphasis will include teaching regarding the interface between psychiatry and the legal system. Residents will have the opportunity to participate in court ordered forensic evaluations and possibly court observation. Teaching will also encompass special considerations in treating this specific patient population.

TITLE: **In-Depth Experience in Geriatric Psychiatry**

LOCATION: various
SUPERVISOR: Adam Rosenblatt, M.D.
CONTACT PHONE: 804 827-0717
HOURS: Full Time
DURATION: 4 weeks and up

DESCRIPTION: An opportunity to shadow a senior faculty member in a specialized area of psychiatry including experiences on the inpatient geriatric psychiatry service, outpatient geropsych clinic, movement disorders center, and nursing home units at the VA. Residents would function largely independently and also have opportunities for independent study and projects.

TITLE: **Inpatient Junior Attending, Geropsych Team**

LOCATION: North Hospital 3 (and 4)
SUPERVISOR: Adam Rosenblatt, M.D.
CONTACT PHONE: 804 827-0717
HOURS: M-F full-time (some afternoon time could be free)
DURATION: 4 weeks (flexible)

DESCRIPTION: This elective, open to senior residents, is an opportunity to function in a junior or sub-attending role on a busy geriatric psychiatry inpatient service. Residents would make rounds, direct the interview of inpatients and team discussions, formulate cases, develop treatment plans and supervise junior residents in preparation for being able to assume a similar role after graduation.

TITLE: **Inpatient Junior Attending, Schizophrenia Team**

LOCATION: VCU Health Systems
SUPERVISOR: Joel B. Moran, MD; Anand Pandurangi, MD
CONTACT PHONE: 804 628-8519
HOURS: M-F full-time (some afternoon time could be free)
DURATION: 4 weeks (flexible)

DESCRIPTION: This elective, open to senior residents, may be considered clinical, research-oriented, or a combination of the two. The resident will function as a junior attending, and will conduct team rounds, direct patient interviews, formulate cases, and will evaluate two cases intensively, using biological, psychological and family methods. There is an opportunity to study various international criteria for schizophrenia-spectrum illnesses and conduct a research project under the guidance of Dr. Pandurangi. This elective can be tailored to the needs of the resident in preparation for assuming a similar role after graduation.

TITLE: **Inpatient Junior Attending, STAT/CSU Team**

LOCATION: NGCS (CSU); North 3 and 4
SUPERVISOR: Jozef Bledowski, M.D.
CONTACT PHONE: 804-827-0767

HOURS: M-F (8am-5pm)

DURATION: 4 weeks

DESCRIPTION: The senior resident assuming the role of junior attending will become proficient in the following: (1) assessment and management of patients in the acute crisis setting, (2) determination of suicide risk acuity, and (3) management of dual diagnoses.

The junior attending will be responsible for running a busy crisis unit and short-term admission team. Responsibilities include running morning interdisciplinary rounds, interviewing patients and supervising rounds in the Crisis Stabilization Unit and inpatient STAT service, supervising/teaching junior level residents and medical students, and being available for any unit/team related issues during the day.

TITLE: **Electroconvulsive Therapy & Other Brain Stimulation Techniques**

LOCATION: MCVH, ECT suite and Inpatient Psychiatry Service
SUPERVISOR: Catherine Bledowski, M.D., Jozef Bledowski, M.D., Anand Pandurangi, MD
CONTACT NUMBER: 804 828-4570
HOURS: 16-20 hours/week* *daily schedule available from service
DURATION: 4 months

DESCRIPTION: This elective is designed to provide the PGY-4 resident with additional training in ECT, and exposure to TMS (Repetitive Transcranial Magnetic Stimulation) and VNS (Vagal Nerve Stimulation).

The residents will function under direct supervision of an ECT/rTMS practitioner as follows:

- Assist in screening patients referred for ECT, TMS, VNS to attending physicians from the inpatient psychiatry service, and referred by practitioners in the community and VCUHS Psychiatry Inpatient and VTCC .
- Liaise with the teams on the inpatient service; assist in teaching the PGY-1 & PGY-2 residents about the preparation needed for ECT, including performing appropriate rating scales, necessary medical evaluations/consultations, and the consent process.
- Assist in the technical aspects of the ECT procedure, including stimulus dosing and electrode placement, and liaison with the anesthesia team, and ECT nurse.
- Learn administrative aspects related to staffing, scheduling, billing and monitoring patient/family satisfaction.
- Teach M-3 medical students; present in the inpatient conference.
- Become familiar with relevant ECT literature (classical and current), and prepare a case report or literature review on a topic of interest to the resident.
- Assist with screening, documenting, performing TMS and Post TMS assessment.
- Observe VNS programming and assist in follow-up assessment of refractory depression patients.

TITLE: Emergency Psychiatry
LOCATION: VCU Health Systems
SUPERVISOR: Joel B. Moran, MD; Anand Pandurangi, MD
CONTACT PHONE: 804 628-8519
HOURS: M-F full-time (some afternoon time could be free)
DURATION: 4 weeks (flexible)

DESCRIPTION: This elective, open to senior residents, may be considered clinical, research-oriented, or a combination of the two. The resident will function as a junior attending, overseeing psychiatric consults in a busy academic emergency department setting. Residents may direct patient interviews, formulate cases, and supervise junior psychiatry residents. The liaison role includes determining medical clearance, promoting throughput within the health system, and facilitating communication with emergency department colleagues. There is an opportunity to conduct a research project in emergency psychiatry. This elective can be tailored to the needs of the resident in preparation for assuming a similar role after graduation.

TITLE: General Psychiatry Outpatient Junior Attending
LOCATION: Nelson Clinic, 2nd Floor
SUPERVISOR: John Vernon, MD
CONTACT PHONE: 804 828-9452
HOURS: Tuesday afternoon 1pm to 5pm.
DURATION: 4 weeks or as approved by Attending and Residency Director

DESCRIPTION: Further training in outpatient psychiatry with focus on teaching medical students and PGY-3 residents, refining interview technique and case formulation in the outpatient setting, developing advanced skills in psychotherapeutic techniques during brief appointments, advancing understanding of psychopharmacology application in the outpatient setting, and coordination of outpatient treatment plans.

TITLE: HIV Psychiatry Clinic
LOCATION: Infectious Diseases Clinic, West Hospital, 3rd Floor, West Wind
SUPERVISOR: Christopher Kogut, M.D.
CONTACT NUMBER: 804 828-7912
HOURS: 4 hours/week, Monday or Wednesday afternoons
DURATION: 2 months or 4 months

DESCRIPTION: This elective is designed to broaden residents' knowledge and skills in liaison psychiatry, specifically working with patients with comorbid HIV and psychiatric illnesses.

PGY-4 residents will see patients in a psychiatry clinic imbedded within the multidisciplinary outpatient Infectious Diseases Clinic at VCU. Residents will complete initial evaluations with supervision from the attending, provide follow-up visits to those patients with supervision, and will see additional patients along with the attending. Residents will also provide liaison services to the providers in the clinic, including faculty physicians, ID fellows, nurse practitioners, physician assistants and clinical pharmacists. Residents may have the opportunity to participate in multidisciplinary mental health meetings with social work and HIV providers. Residents will be provided with targeted readings from texts and journal articles.

TITLE: **Inpatient Junior Attending, Schizophrenia Team**

LOCATION: VCU Health Systems
SUPERVISOR: Joel B. Moran, MD; Anand Pandurangi, MD
CONTACT PHONE: 804 628-8519
HOURS: M-F full-time (some afternoon time could be free)
DURATION: 4 weeks (flexible)

DESCRIPTION: This elective, open to senior residents, may be considered clinical, research-oriented, or a combination of the two. The resident will function as a junior attending, and will conduct team rounds, direct patient interviews, formulate cases, and will evaluate two cases intensively, using biological, psychological and family methods. There is an opportunity to study various international criteria for schizophrenia-spectrum illnesses and conduct a research project under the guidance of Dr. Pandurangi. This elective can be tailored to the needs of the resident in preparation for assuming a similar role after graduation.

TITLE: **Introduction to Functional Magnetic Resonance Imaging**

LOCATION: 203 E Cary St, Suite 202
SUPERVISOR: Joel L. Steinberg, M.D.
CONTACT PHONE: 804 828-4148
HOURS: 8:00 AM to 5:00 PM Monday through Friday
DURATION: 4 months

DESCRIPTION: This elective is designed to provide PGY-4 residents with a research experience in functional magnetic resonance imaging (fMRI). Research experiences would include: working in the fMRI laboratory, observing fMRI research scanning sessions, observing research behavioral testing as it relates to fMRI scanning experiments, and examining fMRI approaches to study the etiology and development of vulnerabilities to and treatment of substance abuse, traumatic brain injury, and other neuropsychiatric and behavioral disorders.

TITLE: **Managed Behavioral Healthcare**

LOCATION: Anthem Blue Cross and Blue Shield of VA
SUPERVISOR: Anthony L. Pelonero, M.D.
CONTACT PHONE: 804 354-2007
HOURS: flexible
DURATION: flexible

DESCRIPTION: An opportunity for the resident to learn about the workings of a large health plan and health insurance, managed care operations, and managed care principals and systems. The elective will help physicians be more prepared to function in the changing health care environment.

TITLE: **Marital and Family Therapy Training and Supervision**

LOCATION: The Family Institute of Virginia, 2910 Monument Avenue
SUPERVISOR: Grace J. Hadeed, Ed.D. and Joan E. Winter, Ed.D.
AAMFT Approved Supervisor (Amer. Assoc. for Marriage & Family Therapy)
CONTACT PHONE: 804 355-6876
HOURS: Flexible
DURATION: 6-12 months

DESCRIPTION: This elective is designed to give the PGY-4 resident particular skills in psychotherapy with families and couples. A combination of direct practice and clinical supervision is included. The capacity for live or videotaped supervision, along with possible co-therapy with an experienced supervisor is available. This elective provides a clinical practice opportunity for a

resident interested in learning more about the role and function of family systems in dysfunctional behavior. Additionally, a PGY-4 will learn how to assess patients within their family systems and how to promote effective behaviors and support for the individual clients.

TITLE: **Medical and Psychiatric Ethics**

LOCATION: VCUHS
SUPERVISOR: James Levenson, MD
CONTACT PHONE: 804 828-0763
HOURS: 2-8 hrs/week
DURATION: 4-12 months

DESCRIPTION: This elective provides the opportunity to pursue an interest in ethical issues in depth. Residents will design their own elective experience, combining ethics consultations, ethics committee meetings, lectures, teaching readings, research, and case reports (any or all of the above can be included by resident's choice).

TITLE: **Medical Regulation**

LOCATION: Virginia Board of Medicine, 9960 Mayland Drive, Suite 300, Henrico, VA 23233
SUPERVISOR: William L. Harp, M.D.
CONTACT NUMBER: 804 367-4558
DURATION/HOURS: 2 months/10 hours per week

DESCRIPTION: This elective provides an introduction to the principles and processes of medical regulation in Virginia and beyond. Through direct supervision and mentoring by the executive director for the Board, interaction with other Board of Medicine and Department of Health Professions staff, and attendance at credentialing, discipline and business meetings of the Board the resident will become familiar with and understand:

- The role of the boards of medicine in the United States
- The structure and function of the Virginia Board of Medicine
- The laws and regulations governing the practice of psychiatry and all specialties
- The ethics expected of all physicians
- The licensing process in Virginia
- Current national issues impacting state board licensure
- The discipline process, start to finish
- The complaint/intake process
- The investigative process
- The principles of probable cause review
- Informal conferences and formal hearings of the board
- Summary suspension and summary restriction
- Business meetings of the board
- The structure of the Department of Health Professions and its major divisions
- The Prescription Monitoring Program
- The Health Practitioners' Monitoring Program
- The Administrative Process Act
- Promulgation of regulations
- The Freedom of Information Act
- The challenges faced by the Board of Medicine

TITLE: **PGY-4 Medical Student Teaching Elective**

SUPERVISOR: Cheryl Al-Mateen, MD

DURATION: 8 months

DESCRIPTION:

Responsibilities:

- Attend and co-lead 2 weekly GEI sessions. Be available for coverage to independently lead CEI sessions at times.
- Grade video portions of psychiatry OSCE every 6 weeks. If multiple residents are participating in the elective then the OSCE's will be split between them to grade.
- Attend M3 clerkship committee meetings on Tuesdays from 12-1 every 3 weeks.
- Attend at least one TBL session every 6 weeks.
- Attend monthly planning meetings with Dr. Al-Mateen for supervision and feedback on progress.
- Become actively involved in the weekly online discussion board with the medical students.

Additional areas of participation:

- Creating a psychiatry review session for the medical students the week prior to their shelf test.
- Creating additional test questions and clinical vignettes for the various TBL's.
- Creating additional standardized patient vignettes for OSCE.

Dr. Al-Mateen will be completing the elective evaluations.

TITLE: **Mood Disorders Inpatient Junior Attending**

LOCATION: North Hospital, 3rd and 4th floors

SUPERVISOR: John Vernon, MD

CONTACT PHONE: 804 828-4570

HOURS: Monday - Friday mornings

DURATION: 4 weeks or as approved by Attending and Residency Director

DESCRIPTION: Further training in inpatient psychiatry with focus on teaching medical students and PGY-1,-2 residents during rounds, refining interview technique and case formulation, developing more advanced skills in inpatient psychotherapy (especially with patients with mood disorders), advancing understanding of psychopharmacology, and development of treatment plan coordination.

TITLE: **Movement Disorders Psychiatry**

LOCATION: VCU Parkinson's and Movement Disorders Center

SUPERVISOR: Adam Rosenblatt, M.D.

CONTACT PHONE: 804 827-0717

HOURS: 1st and 3rd Wednesday afternoons

DURATION: 4 weeks an up

DESCRIPTION: This elective, open to senior residents, could be combined with other experiences. It is an opportunity for an in depth experience with a highly specialized branch of neuropsychiatry working closely in consultation with neurologists on patients with Parkinson's disease, Huntington's disease, essential tremor, PSP, MSA and other neurodegenerative disorders.

TITLE: **Outpatient Geriatric Psychiatry**

LOCATION: Nelson Clinic
SUPERVISOR: Adam Rosenblatt, M.D.
CONTACT PHONE: 804 827-0717
HOURS: Monday Afternoons
DURATION: 4 weeks and up

DESCRIPTION: This elective, open to senior residents, could be combined with other experiences. It is an opportunity for an in depth experience with geriatric psychiatry including evaluation of dementia, mood and anxiety disorders, and various neuropsychiatric conditions. Residents would be expected to function more independently than in the PGYIII rotation in this clinic and would also engage in independent study.

TITLE: **Outpatient Neuropsychiatry**

LOCATION: Virginia Institute of Neuropsychiatry (www.VaNeuropsychiatry.org)
SUPERVISOR: David E. Ross, MD
CONTACT PHONE: 804 594-7046
HOURS: 8-40 hrs/week (flexible)
DURATION: 1-3 months (flexible)

DESCRIPTION: Join Dr. Ross and clinical colleagues in a private practice setting. • Clinical: Learn about the evaluation and treatment of neuropsychiatric patients. Most patients have traumatic brain injury. Some patients have movement disorders caused by psychiatric medications.

• Research: Learn about NeuroQuant, an FDA-approved software to measure MRI brain volume. We are applying it to research in patients with traumatic brain injury.

TITLE: **PACT Team**

LOCATION: Richmond Behavioral Health Authority
SUPERVISOR: Alice Jesudian, MD
CONTACT NUMBER: 804 819-8772
HOURS: once a week
DURATION:

DESCRIPTION: Spend time on the PACT team at RBHA once a wk. working with chronically and severely mentally ill patients, providing 'In home' Psychiatric care with a multi-disciplinary team including a Psychiatrist, Case managers, Nurses and peer support staff.

Patients are outreached in their homes, Psychosocial programs or the Adult Living Facilities. This offers a unique, exciting and challenging opportunity working with patients who otherwise remain inaccessible to receive adequate care.

TITLE: **Palliative Care**
LOCATION: Palliative Care Unit
SUPERVISOR: Dr. Laurie Lyckholm
CONTACT PHONE: 804 828-9723
HOURS: 4-20 hrs/week
DURATION: 1-12 months

DESCRIPTION: Resident would work with team on Palliative Care Unit. Experience would be tailored to resident but may include rounding with team, conducting a support group, family work, readings, research project.

TITLE: **Private Practice Psychiatry**
LOCATION: Commonwealth Counseling Associates, P.C.
SUPERVISORS: James H. Bullock, Psy.D. , LCP, Executive Director,
Wendy S. Cohen, MD, John C. Lee, MD, Yaacov R. Pushkin, MD, & Laura M. Worrel, MD
CONTACT NUMBER: (804) 237-8030 (Dr. Pushkin)
HOURS: 20-40 hours/week
DURATION: 2-4 weeks; offered continuously

DESCRIPTION: The PGY-IV resident will be exposed to private practice psychiatry in an outpatient multidisciplinary group setting. The resident will observe and assist in the evaluation, diagnostic formulation and management of a clinical variety of patients presenting primarily for medication therapies but also supportive psychotherapy. The resident's time will be divided between different attending physicians to allow for the appreciation of different styles of practice. The resident will be provided the opportunity to gain insight into the administrative elements of private practice (i.e., practice formation, staffing, scheduling, insurance/billing, liability, credentialing, etc.) There may also be the opportunity to accompany a physician on consultation rounds in a private general hospital setting. Educational goals, objectives and evaluations will correspond to the recognized general competencies of residency training per VCUHS and RRC guidelines

TITLE: **Psychiatric Genetics Research**
LOCATION: VIPBG, Biotech One: 800 East Leigh St, Suite 1-101
SUPERVISOR: Kenneth Kendler, MD
CONTACT NUMBER: 804 828-8590
HOURS: Flexible
DURATION: 6-12 months

DESCRIPTION: This elective is designed to provide PGY-4 residents with a diverse research experience in psychiatric genetics. Possible research experiences would include: working in the molecular genetics laboratory, examining molecular genetic approaches to the etiology and development of vulnerabilities to depression, anxiety, eating disorders, drug abuse, or alcohol dependence. Supervision by a variety of faculty with expertise in molecular, statistical and clinical psychiatric genetics is available through the Virginia Institute for Psychiatric and Behavioral Genetics.

TITLE: **Psychiatry in Long-Term Care**

LOCATION: VAMC
SUPERVISOR: Adam Rosenblatt, M.D.
CONTACT PHONE: 804 827-0717
HOURS: Full Time
DURATION: 4 weeks and up

DESCRIPTION: An opportunity for an in-depth experience in management of psychiatric problems in a long-term care population. The rotation would take place primarily at the VA where there are 80+ LTC residents, with the chance for side trips to other facilities. This elective would include assessment and treatment of individuals, but would not be solely patient focused. Emphasis would also be placed on staff education and supervision, environmental modifications and outcomes research. Ideal for residents considering a fellowship in geriatric psychiatry.

TITLE: **Psychiatric Day Hospital**

LOCATION: Inova Fairfax Hospital
SUPERVISOR: Dr. Navneet Sidhu
CONTACT PHONE: 703 776 3626 (first call Dr. Wise)
HOURS: 8:30 to 4pm (Monday thru Friday)
DURATION: can be negotiated (minimum 4 weeks)

DESCRIPTION: This is a day hospital program that is composed of patients either diverted from inpatient care or "stepped down" from an acute psychiatric unit. The resident would evaluate initial patients; lead groups; and manage medications for patients in this program located in the behavioral care outpatient department about 10 blocks (10 min drive) from the campus of the Inova Fairfax Hospital.

TITLE: **Research and Treatment of Schizophrenic Disorders**

LOCATION: VCHUS
SUPERVISOR: Anand Pandurangi, MD
CONTACT PHONE: 804 828-4570
HOURS: 12-20 hrs/week

DURATION: 8 weeks or more

DESCRIPTION:
Two broad options are available. The option described is more clinical. The resident will work as a junior attending on the Schizophrenia Disorders Inpatient Team, round with the team, and moderate one weekly team meeting. The resident will evaluate two patients intensively, using biological, psychological, and family methods, study various international criteria for schizophrenia and other psychotic disorders.

TITLE: **Senior Supervising Resident (SSR)**

LOCATION: North 3 and North 4
SUPERVISOR: Anand Pandurangi, MD
CONTACT PHONE: 804 828-4570
HOURS: 10 hrs/week
DURATION: 2 months or 4 months

DESCRIPTION: The SSR will supervise, guide, and assist new interns on the inpatient units at MCVH in 1) planning patient care, 2) understanding CERNER, 3) MCVH care delivery system, 4) QA requirements, 5) risk management efforts, 6) time management, etc.

The SSR resident will receive ongoing supervision from the medical directors, and support of faculty. Upon successful completion, the SSR will receive a certificate. This is a significant role that a graduate would most likely want to include on his/her CV as a significant accomplishment.

TITLE: **Senior Supervising Resident (SSR)**

LOCATION: McGuire VAMC
SUPERVISOR: Christine Baker, M.D.
CONTACT PHONE: 804 675-5000 ext.2037
HOURS: 10 hrs/week
DURATION: 2 months or 4 months

DESCRIPTION: The PGY-1 resident will be oriented to VAMC psychiatry by the SSR. The SSR will supervise, guide, and assist new interns in 1) planning patient care, 2) understanding CPRS, 3) VAMC care delivery system, 4) QA requirements, 5) risk management efforts, 6) time management, etc.

The SSR resident will receive ongoing supervision from the medical director, and support of faculty. Upon completion, the SSR will receive a certificate. This is a significant role that a graduate would most likely want to include on his/her CV as a significant accomplishment.

TITLE: **Spit for Science: The VCU Student Survey**

LOCATION: VIPBG, Biotech One
SUPERVISOR: Dr. Danielle Dick
CONTACT PHONE: 804 828-8756
HOURS: Flexible
DURATION: Flexible, minimum 2 month commitment

DESCRIPTION: Spit for Science is a longitudinal study of substance use and emotional health outcomes in the VCU undergraduate population. Students complete a survey upon entry to VCU and then are followed longitudinally across their college years and beyond. The goal of the project is to understand how genetic and environmental influences impact substance use and emotional health outcomes among college students. Learn more at www.spit4science.vcu.edu. Opportunities are available to get involved in data collection and other project related tasks, DNA collection and processing, data analysis, and educational/outreach initiatives associated with the project.

TITLE: **Toxicology**

LOCATION: TBA

SUPERVISOR: Kirk Cumpston, D.O., FACEP
Medical Director - Virginia Poison Center

CONTACT PHONE: 804 628-3465

HOURS: 8:00 AM-5:00 PM daily, 1 weekend

DURATION: 2 weeks, or 1 month

DESCRIPTION: Contact the Residency Education office for multi-page detailed descriptions of both 2-week and 1-month experiences. Contact Dr. Cumpston with any additional questions. This elective is strongly recommended by Susan Waller, M.D.