The didactic curriculum of the Westchester Medical Center Psychiatric Residency Training Program represents a core component of the training program. Formal educational courses are held every Tuesday, including grand rounds, clinical case conferences, didactic coursework, and a bi-weekly research seminar. Didactic courses provide both scientific and conceptual basis for practice, and a reflective environment within which treatment issues can be considered at a remove from the moment-to-moment pressure of clinical responsibilities.

**All Residents**

**Disorder of the Quarter:**
*Stephen Ferrando, MD, BHC Residents and Staff.* The DOQ represents a Department-wide initiative of scholarship, practice review, and clinical training. At three-month intervals, didactic presentations, grand rounds, and chart reviews focus on a specific major psychiatric disorder, accompanied by up-to-date presentations on best practices, with assessment of actual department-wide practice and performance.

**Adult Psychiatry Grand Rounds & Lunch Discussion:**
Rotates among faculty, invited speakers and residents – Weekly for nine months of the year, excluding holidays.

**Handoffs and Continuity of Care:**
*Chief Residents: 1 session.* Improving patient handoffs has been identified as a priority by the Joint Commission, WHO, Institute of Medicine and ACGME. This course reviews the critical responsibility of ensuring continuity of care across personnel transitions, and review of administrative procedures and operation of database software used in this process.

**Recognizing & Managing Fatigue:**
*Alexander Lerman, MD, and Chief Residents: 1 session.* The Accreditation Council for Graduate Medical Education (ACGME) requires programs to educate residents about recognizing and managing fatigue. This workshop reviews strategies for mitigating fatigue and utilizing available resources to reduce fatigue.

**Applied Neuroscience Seminar:**
*Alexander Lerman, MD, and BHC Staff: 12 sessions.* Neuroanatomy and Neuropsychiatric basis of affect regulation, biologic basis of schizophrenia, and other topics relevant to applied neuroscience.
Senior Seminar:
Four sessions. All residents are required to complete an independent project prior to graduation. In this course, senior residents give semi-formal presentations describing academic projects they have worked on throughout residency training.

Professionalism:
Alexander Lerman, MD, and Chief Residents: 1 session. A topic related to professionalism is selected by chief residents, and all residents attend a workshop designed to raise awareness about matters of professionalism as they apply to psychiatry. A small group case-based discussion format is used to facilitate discussion about professionalism. Recent topics have included using social media as a resident, and improving resident mental health.

Practice Guideline Review:
Chief Residents and BHC Staff: 8 sessions

PGY 1 & 2 Years:

Emergency Psychiatry:
Lidia Klepacz, MD: 8 sessions. This course provides an introduction to the important skills for managing psychiatric emergencies and crisis situations. It includes an introduction to decision making regarding the pharmacologic management of acutely agitated patients.

INTERVIEWING AND CASE FORMULATION

Initial Patient Interview:
Alexander Lerman, MD: 2 sessions. This course focuses on conducting an efficient diagnostic interview. Each PGY-2 resident later has the opportunity to conduct an interview, present the case, discuss their formulation and treatment plan and receive a detailed critique.

The Initial Psychiatric Note:
Alexander Lerman, MD and Chief Residents: 1 session. This course reviews the basic elements of the initial psychiatric note, with emphasis on the writing of the history of present illness.

Clinical Case Formulation:
Alexander Lerman, MD and BHC Staff: 22 sessions. This course introduces residents to assessment of patients for psychotherapy and to the written case formulation. Each week, one resident prepares a written formulation of his/her long-term psychotherapy case and distributes this to the class. When feasible, Dr. Lerman will interview the patient with the class discusses the interview.
Suicide Assessment and Management of Suicidal Behavior:
*Alexander Lerman, MD: 4 sessions.* An introduction to the genesis of suicidality, risk assessment and management of acutely and chronically suicidal patients.

Mental Status Exam:
*Alexander Lerman MD: 2 sessions.* An interactive introduction to the elements of the mental status exam, including tools for observation, assessment, and description.

Initial Psychiatric Interview:
*Four sessions.* Each week, residents watch an interview conducted by an expert interviewer and have the opportunity to ask questions about interviewing approaches and technique.

Introduction to the Clinical Skills Verification Exam:
*Alexander Lerman, MD: 1 session.* Through observed interviews and presentations, the clinical skills verification (CSV) provides an opportunity to ensure that residents master critical skills such as establishing an effective physician-patient relationship, conducting a clinical interview and presenting a case. This course reviews the process and expectations set by the American Board of Psychiatry and Neurology for CSVs in general psychiatry.

PSYCHOPATHOLOGY

Nosology and the DSM-5:
*Alexander Lerman, MD and Chief Residents: 2 sessions.* This two session course provides an overview of the DSM-5 in the context of problems and controversies in psychiatric nosology. What is a mental illness, and how is it defined? How do our models of mental illness shape the care our patients receive?

Schizophrenia and Related Disorders:
*Mohammed Tavakkoli, MD and BHC Staff: 4 sessions.* Dimensions of schizophrenia are reviewed in this course: symptomatology, diagnosis, prognosis and the subjective experience, as well as the history and development of psychotic disorder classification. In addition, epidemiological and etiological studies, forensic and family studies, and the various treatment approaches are discussed. Particular attention is paid to current biological theories of both disease process and treatment.

Affective Disorders:
*Alexander Lerman, and Resident Staff: 4 sessions.* This course covers the phenomenology, epidemiology and psychobiology of affective disorders. Treatment is reviewed from both psychotherapeutic and pharmacological perspectives.
**Anxiety Disorders and OCD:**  
*Alexander Lerman, and Resident Staff: 4 sessions.* This course covers the phenomenology, epidemiology and psychobiology of the anxiety disorders. Treatment approaches including psychopharmacology and psychotherapy are discussed.

**Substance Abuse:**  
*William Knack, PhD: 10 sessions.* The common features of chemical dependency are described including the development of chemical dependency, its diagnosis and treatment. Specific issues for the treatment of alcohol, cocaine, opiate and other drug abuse and dependence are discussed, as well as the neurological underpinnings of addiction in brain reward mechanisms.

**INTRODUCTORY NEUROPSYCHIATRY AND NEUROSCIENCE**

**Introduction to Psychopharmacology:**  
*Amy Parikh, DO and BHC Staff: 6 sessions.* This course offers the first year resident an introduction to the basics of psychopharmacology, such as how to choose medications, dosing, assessment of side effects, and relevant laboratory tests.

**Cognitive Behavior Therapy:**  
*Sepideh Faez, MD: 4 sessions.* A clinically-focused introduction to CBT and related techniques.

**Community Care for Severe Mental Illness:**  
*Hal Smith: 4 sessions.* These are the first in a series of lectures that cover topics related to the care of people with severe mental illness in community settings. Lectures include topics related to the concept of recovery as it applies to housing, benefits, vocational rehabilitation and systems of outpatient treatment.

**CLINICAL PSYCHIATRY**

**Child Sexual Abuse:**  
*Billye Jones, CSW: 5 sessions (alt. years).* A comprehensive exploration of sexual abuse, including setting, causes, interventions, and outcomes.

**Consultation Liaison Psychiatry:**  
*Yvette Smolin, MD: 6 sessions.* Consultation-Liaison Psychiatry deals primarily with the understanding and treatment of psychiatric problems in patients with other medical problems. The course will focus on four key topics that are important because of their acuity and generalizability: agitation, alcohol and sedative withdrawal syndromes, capacity to make decisions, and psychotherapy with the medically ill.
Geriatric Psychiatry:
Mitch Nobler MD: 4 sessions. This course covers the pathophysiology, phenomenology, and treatment of late life neuropsychiatric disorders. The course focuses on common issues such as the diagnosis and management of memory disorders and late life depression.

Evidence Based Medicine and Journal Club:
BHC Staff: 10 sessions. In this series of seminars residents learn to critically review the literature and develop skills in practice-based learning.

Legal Issues & Ethics in Psychiatry:
This course provides an overview of legal issues as they relate to the practice of psychiatry. Included are discussions of civil commitment (including outpatient commitment), informed consent, decision-making competence, and the duty to protect potential victims of patients' violence. Principles underlying the evolution of the legal framework for psychiatric practice are emphasized.

Resource Management in Mental Health Care:
According to the Accreditation Council for Graduate Medical Education (ACGME), residents must “Practice cost-effective health care and resource allocation that does not compromise quality of care.” This course is aimed to develop the knowledge, skills and attitudes critical to providing high-value, cost-effective care within psychiatry.

Psychological Testing:
Alan Tepp, PhD: 8 sessions. Aspects of assessment of intelligence and cognitive functioning are discussed with attention paid to profiles of neuropsychological functioning in various psychiatric disorders.

Neurology

Dementia

Epilepsy

Stroke and Neurovascular Disease

Memory / Amnestic Disorders/ Mild Cognitive Impairment

Sleep Disorders
DEVELOPMENT AND CHILD PSYCHOLOGY

Child Development:
Jeanette Sawyer Cohen, MD: 10 sessions – In this seminar we will review physical, neurological, and psychological aspects of child development, including growth, attachment, cognition, language acquisition and psychosocial maturation.

PSYCHOTHERAPY AND PERSONALITY ASSESSMENT

Introduction to Psychotherapy:
Alexander Lerman, MD: 4 sessions. This course is an introduction to psychotherapy, and addresses such topics as what is and what isn’t psychotherapy, how to conduct a basic psychotherapy session, how to use psychotherapy on an inpatient unit, and the development of empathy.

Psychodynamic Psychotherapy:
Gary Schultheis, MD: 8 sessions. This course prepares residents for treating their first patients with psychodynamic psychotherapy, which they begin doing in the fall of their PGY-II year. Residents learn how to begin the treatment, set the frame, establish a therapeutic alliance, and use basic psychodynamic interventions.

Introduction to Cognitive Behavior Therapy:
Sepideh Faez, MD: 4 sessions

Personality Disorder Case Conference
Gary Schultheis MD: 4 – 6 sessions

History of Psychiatry:
Introduction - An introduction to the history of psychiatry: Morel, Kreapelin, Bleuler, Wernike (4478)

The Lobotomist & the Self-Confirming Hypothesis (1 session)

Freud and the “Psychoanalytic Imperialists” (3 sessions)

Statistics:
Rhea Dornbush, PhD: 2 sessions. The purpose of this course is to provide a basic introduction to the statistical approaches that are commonly used in clinical and epidemiological research. The emphasis is on understanding which tests should be used to answer typical questions (e.g., a randomized clinical trial), rather than on the mechanics of how to do the calculations for those tests.
PGY 3 Year

**Combined Therapy and Psychopharmacology:**
*Joan Youchah, MD and BHC Staff.* This course presents a clinical approach to the various ways of combining psychopharmacology and psychotherapy. Clinical material from the experience of the lecturers and residents are used to illustrate the advantages and disadvantages of different models for treatments that combine medications and therapy. The course also addresses issues related to psychopharmacology management with patients who are being treated in therapy with other mental health providers.

PGY 3 & 4 Year

**CLINICAL PSYCHIATRY & NEUROPSYCHIATRY:**

**Child Psychopathology:**
Six *sessions.* This is a review of the major emotional, behavioral, and developmental disturbances of childhood and adolescence, including mood and anxiety disorders, attention deficit disorder and conduct disorder.

**Evidence Based Medicine (EBM) Workshop:**
*Les Citrome, MD: 6 sessions.* This is an interactive course that offers residents skills for critical reading of scientific articles and reviewing the potential application to their own clinical work.

**Case Studies Psychopharmacology and Neuroscience:**
*BHC Staff: 4 sessions.* Case discussions drawn from the residents’ outpatient practices are used as a starting point to review and discuss principles of psychopharmacology and neuroscience. The course is divided into units grouped by disorder (Affective Disorders, Schizophrenia, etc.).

**Neuropsychiatry Seminar:**
*Alexander Lerman, MD and BHC Staff.* In this seminar we will follow the course & clinical management of actual OPD Cases, reviewing clinical decision making, treatment options, and treatment outcome.

**Residents As Teachers:**
*Alexander Lerman, MD: 2 sessions.* Principals of teaching: setting goals, engaging learners, review, and feedback.
PERSONALITY DISORDERS / PERSONALITY DEVELOPMENT

**Models of the Mind in Psychodynamic Psychotherapy:**
*Alexander Lerman, MD: 4 sessions.* This course introduces three basic psychodynamic models – ego psychology, object relations theory and self-psychology and reviews indications for psychodynamic psychotherapy.

**Techniques in Psychodynamic Psychotherapy:**
*Gary Schultheis, MD: 11 sessions.* This course teaches residents an integrated approach to psychodynamic psychotherapy that incorporates both uncovering and supporting techniques. Topics include working with affect, resistance, transference, countertransference, working through and termination

**Cognitive Behavior Therapy:**
*Fred Dombrowski, PhD: 12 sessions.* Built around Aaron Beck’s classic text, this 12 week seminar represents a clinically-focused introduction to CBT and related techniques.

**Case Formulation Seminar:**
*Alexander Lerman MD – as needed.* This course teaches residents how to conceptualize mental illness in a multidimensional fashion, including consideration of temperament, trauma, neurocognitive and neuropsychiatric factors, family systems and communication patterns, and psychosocial factors.

**Human Sexuality:**
*William Picker, PhD: 8 sessions.* This course presents selected topics in human sexuality -- sexuality during the life cycle, the development of gender identity and sexual orientation, sex and the family including incest, pornography and paraphilia’s, and sexuality in older years and in the presence of physical illness. The course also covers common female and male sexual dysfunctions and up-to-date treatment modalities for these disorders. It takes an interdisciplinary approach that includes guest lecturers with different perspectives on therapy, i.e., behavioral, psychodynamic, and group therapy. Topics include current areas of particular interest, such as rape, AIDS, and bisexuality

**Advanced Psychotherapy Concepts:**
*Silvia Olarte, MD: 10 sessions.* This course explores selected topics in psychodynamic psychotherapy at an advanced level, including transference and countertransference, therapeutic impasses, and termination of treatment.

**Fred Dombrowski, PhD:**
Introduction to Mood Disorders, Westchester Medical Center, April 2018

Sexual Disorders, Westchester Medical Center, May 2018

Personality Disorders, Westchester Medical Center, 2017
ADVANCED PSYCHOPATHOLOGY SEMINAR

**Somatoform Disorders:**
*Alexander Lerman, MD and BHC Staff: 10 sessions.*  
Hysteria and Hypochondriasis, Somatization Disorder, Body Dysmorphic Disorder, Conversion Disorder, Pain Disorder, Subthreshold Somatization in medical illness

**Post-Traumatic Stress Disorder:**
*Alexander Lerman, MD: 5 sessions.*  
The assessment and treatment of patients who have sustained physical/sexual abuse, the witnessing of violence, and other traumatic events is discussed. The course covers epidemiology, neurobiology, differential diagnosis, treatment techniques, and clinical case examples.

**Eating Disorders:**
*BHC Staff: 2 sessions.*  
This course covers the phenomenology, epidemiology, neurobiology and treatment of eating disorders.

**Impulse Control Disorders:**
*Intermittent Explosive Disorder, Disruptive Mood Dysregulation Disorder, Kleptomania, Compulsive Gambling.*

**Factitious Disorders and Malingering**
*Alexander Lerman, MD: 1 Session*

**Women’s Mental Health:**
*Joan Youchah, MD: 4 sessions.*  
This course provides an introduction to mental health in the context of the female reproductive life cycle, and covers core concepts in the management of antenatal and postpartum depression, bipolar disorder and anxiety disorders, as well as perimenopausal depression, PMDD, and issues related to infertility and pregnancy loss.

INTERVIEWING AND CASE FORMULATION

**Simulated Patient Exercise:**
*BHC Staff: 8 sessions.*  
In this exercise, we will review SP tapes in a seminar format, addressing core aspects of interviewing, mental status assessment, self-disclosure, management of resistant and hostile patients, and other challenges in clinical interviewing and assessment.

**Motivational Interviewing:**
*BHC Staff: 2 sessions.*  
This interactive course covers techniques of motivational interviewing.

**Psychopharmacology Prescribing Workshop:**
*BHC Staff TBA: 4 sessions.*  
This monthly workshop will provide a very practical opportunity for residents to hone their skills in discussing indications, risks and benefits of particular classes of medications with patients.
**FAMILY THERAPY & MARITAL THERAPY**

**Family Therapy:**
*Sue Mahler, MSW: 4 sessions.* This course focuses on theoretical aspects of outpatient treatment of families. Indications for family therapy, initial interview techniques and commonly encountered clinical management problems in family work form the specific aspects of this course.

**Marital Therapy:**
*John Turtz, PhD: 4 sessions*

**SYSTEMS BASED PRACTICE**

**Resource Management in Mental Health Care:**
*Bina Meyers CSW: 2 sessions.* This course is aimed to develop the knowledge, skills and attitudes critical to providing high-value, cost-effective care within psychiatry.

**Integrated Care:**
*BHC Staff TBA: 2 sessions.* These are second in the series of lectures that reviews care of people with severe mental illness in the community. This series will focus on systems of care and integrated services. Topics will include: co-occurring disorders treatment (both substance related and medical), treatment and mental health issues in the criminal justice system, and patient and family advocacy.

**Systems and Administrative Issues:**
*Ann Sissler, MSW and BHC Staff.* These meetings will address clinical and administrative issues. Topics may include case presentations, which highlight systems or other important clinical issues, as well as clinical-administrative topics involving clinic policies, documentation, coverage, and supervision.

**Quality Improvement:**
*Ann Sissler, MSW: 2 sessions.* Residents learn the foundations of QI and assess their own clinical practices and the culture and practices of the systems in which they work. As a group, residents develop and implement at least one QI project Residents review progress in implementation and refine their proposed interventions.

**PGY-4 Year**

**Psychiatry and the Police:**
*Lidia Klepacz, MD and local police officers.*
**College Mental Health:**
*Amanda Michael, PhD: 1 session.* This course focuses on college mental health services with an emphasis on the developmental and contextual issues unique to treating adolescents and young adults in a short term outpatient setting. The course includes coverage of such topics as the complexities of residence life, separation from parents, and the usual late adolescent ambivalence about treatment.

**Advanced Psychopharmacology:**
*Richard McCarthy and BHC Staff: 4 sessions.* This course reviews advanced topics in psychopharmacology such as managing treatment resistance and use of third and fourth line agents, as well as management of more complex illnesses without clear treatment guidelines such as rapid cycling bipolar disorder.

**Legal Issues in Psychiatry:**
*Six sessions.* This course deals with the critical legal issues that affect the treatment of psychiatric patients, including the insanity defense, involuntary hospitalization, informed consent, confidentiality, malpractice and the dangerous patient.

**Private Practice:**
*Six sessions.* This course provides practical information on starting one's practice Topics include: finding an office, setting a fee, record keeping, as well as treatment issues that relate specifically to private practice and managed care settings.

**Psychopharmacology Review:**
*Eight sessions.* This is a consolidated refresher course to review basic concepts in the practice of psychopharmacology.

**Couples Therapy:**
*John Turtz, PhD: 3 sessions.* This course is an introduction to the evaluation and psychotherapeutic treatment of the dyadic couple presenting in the outpatient setting.

**Public Policy and Health Care:**
*Hal Smith and BHC Staff: 4 sessions.* An examination of institutions, programs, and policy affecting the delivery of mental health care.

**Writing a CV:**
Staff TBA

**Resource Management in Mental Health:**
According to the Accreditation Council for Graduate Medical Education (ACGME), residents must “Practice cost-effective health care and resource allocation that does not compromise quality of care.” This course is aimed to raise awareness of the financial challenges facing
healthcare in the United States and the growing need to provide high-value, cost-effective care within psychiatry.

**Transition to Private Practice:**
*Abraham Bartell MD – 4 Sessions*

**Burnout Prevention:**
*Abraham Bartell MD – 2 Sessions*