

## PGY-4 Electives Catalog

Updated 8/2007

**TITLE:** Addiction Medicine  
**LOCATION:** West Hospital, 11<sup>th</sup> Floor, West Wing offices and VCUHS inpatient wards.  
**SUPERVISOR:** Michael Weaver, M.D.  
**CONTACT NUMBER:** 828-1283  
**HOURS:** 9am-5pm Monday-Friday  
**DURATION:** 1 month

**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. There are multiple opportunities to participate in research projects.

**TITLE:** Administrative Psychiatry  
**LOCATION:** Department of Mental Health, Mental Retardation, and Substance Abuse Services Central Office  
**SUPERVISOR:** James L. Evans, M.D.  
**CONTACT NUMBER:** 804-786-4136  
**HOURS:** 20 hours / week  
**DURATION:** 3-6 months

**DESCRIPTION:** Exposure and experience in the state-wide public mental health system Central Office, including opportunities to participate in legislative planning, hearings and testimony, policy and planning for state facilities and community mental health centers, peer review, quality improvement and utilization management; consultation to and participation in meetings related to human rights, risk management, budgetary and legal considerations; planning, development and oversight of mental health care public sector delivery systems.

**TITLE:** Administration and Supervision of Mental Health Systems  
**LOCATION:** Virginia Treatment Center for Children and Selected Placement Sites  
**SUPERVISOR:** Robert Cohen, Ph.D.  
**CONTACT NUMBER:** 828-3146  
**HOURS:** 6 – 10 hours / week, to be arranged  
**DURATION:** 3–6 months

**DESCRIPTION:** This elective is designed to familiarize the PGY-4 resident with a variety of aspects of administration and management supervision in the development and provision of mental health services. The elective is comprised of an 89-10 week seminar that will meet weekly, and an experiential placement of 5-8 hours/week for 3-6 months, which will enable the resident to work with an administrator in a mental health setting. The objectives of this learning experience are:

- To provide an overview of policy, program development, and management of mental health services in order to establish a framework for understanding administrative/supervisory roles in psychiatry.
- To enable residents to gain a better understanding of the perspective and major functions of an administrator in a psychiatric setting.
- To explore some of the conceptual, ethical, and practical issues confronting a psychiatrist who assumes an administrative/supervisory role.
- To assist residents to understand the importance of providing good work management supervision and to provide a framework for approaching the supervisory process.

- To expose residents to a range of administration/supervisory positions within the mental health field.
- To encourage residents to explore administrative/supervisory styles that are compatible with their own personal style.

**TITLE:** Advanced Training in Family Therapy  
**LOCATION:** Virginia Treatment Center for Children (VTCC)  
**SUPERVISOR:** Bill Fahey, Ph.D. and Skip Montgomery, Ph.D.  
**CONTACT NUMBER:** 828-3266  
**HOURS:** 3:30-5:00 pm Wednesday, 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:** Advanced Assessment and Pharmacotherapy of Psychotic Disorders  
**LOCATION:** VCU Health Systems, Department of Psychiatry Inpatient Services  
**SUPERVISOR:** Anand Pandurangi, M.D.  
**CONTACT NUMBER:** 828-4570  
**HOURS:** 10 hours / week  
**DURATION:** 12 weeks

**DESCRIPTION:** The resident will first become familiar with ongoing research in the Schizophrenia Program through literature and protocol review, then actively assist in the performance of one of the protocols. Further, the resident will organize the data obtained and perform preliminary analyses, write up a clinical or research report for presentation in the departmental research seminar and in a conference.

**TITLE:** Anorexia / Bulimia Support Group  
**LOCATION:** Tucker Pavilion/Chippenham Hospital  
**SUPERVISOR:** Elliott Spanier, M.D.  
**CONTACT NUMBER:** 320-2881  
**HOURS:** 7:30-9:00 pm the first and third Tuesday of each month  
**DURATION:** 12 months

**DESCRIPTION:** A self-help support group for people, in affiliation with the American Anorexia Association, as a learning experience for eating disorders as well as self-help support groups.

**TITLE:** Anxiety Disorders  
**LOCATION:** VCU Health Systems, Department of Psychiatry Outpatient Services  
**SUPERVISOR:** John Hetteema, M.D., Ph.D.  
**CONTACT NUMBER:** 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 and introduce the resident to research methodology in anxiety disorders. The PGY-4 resident will participate in the Anxiety Disorders Clinic on Wednesday AM and will carry one or two individual short-term therapy cases and/or co-lead a short term cognitive behavioral therapy group. Resident will also handle pharmacologic management of complex cases involving multiple anxiety disorders. Initial evaluations will be kept to a minimum to ensure a greater treatment focus during the elective experience.

Resident will also be involved in anxiety research projects such as treatment outcome studies and psychopathology studies. Resident will become familiar with structured interviews, anxiety assessment measures, and aspects of research design. There is sufficient flexibility in this part of the elective experience for the resident to design and implement their own spin-off or independent research ideas.

**TITLE:** Attention Deficit Disorders Clinic  
**LOCATION:** Virginia Treatment Center for Children (VTCC)  
**SUPERVISOR:** Aradhana Bela Sood, M.D.  
**CONTACT NUMBER:** 828-4371  
**HOURS:** 3-4 hours / week  
**DURATION:** 6 weeks

**DESCRIPTION:** The Attention Deficit Disorders Clinic has been in existence since 1984. The clinic offers a multidisciplinary assessment (child psychiatry and education) of Attention Deficit Disorder and provides ongoing psychopharmacological and behavior management follow-ups for children diagnosed with the disorder. The resident will have an opportunity to learn about diagnostic techniques, rating scales, etc., using this population and pharmacologic treatment strategies.

**TITLE:** Behavioral Medicine Research  
**LOCATION:** VCU Health Systems, Department of Psychiatry  
**SUPERVISOR:** James Culbert, Ph.D.  
**CONTACT NUMBER:** 827-0053  
**HOURS:** Flexible  
**DURATION:** 6 –12 months

**DESCRIPTION:** We are willing to work with you on a project of your own choosing or provide a more directed experience in conceptualizing, designing and conducting a laboratory or clinical research project in the area of behavioral medicine. Potential topics include psychophysiological research, research on somatization disorders, etc. This is a longitudinal elective to permit the necessary time for research design, data collection, and data analysis.

**TITLE:** Child and Adolescent Psychiatry  
**LOCATION:** Virginia Treatment Center for Children (VTCC)  
**SUPERVISOR:** Cheryl Al-Mateen, M.D.  
**CONTACT NUMBER:** 828-3296  
**HOURS:** Variable from 8 –12 hours / week  
**DURATION:** 2 – 12 months

**DESCRIPTION:** This elective is suggested for PGY-4 residents who would like more experience in working with children or adolescents but who will not be pursuing a child fellowship. The resident will follow one or two patients as primary therapist. This will require only primary work with the patient and family including liaison with community agencies as needed; regular charting requirements, and minimally, attendance at periodic treatment planning meetings. Attendance at morning rounds (8:45-9:10 am) at least three mornings a week

and presence at the team meeting every other week is requested. If this is not possible, ongoing regular communication with nursing staff and supervisor is mandatory. This is one hour per week of individual supervision. Residents are welcome and encouraged to participate in all unit meetings and activities. They are also invited to use one-way screening rooms and video equipment to record sessions for supervision. They can also arrange to present work with families (live or taped) to the family therapy seminar.

**TITLE:** Clinical Trials Research in Psychopharmacology  
**LOCATION:** VCU Mood Disorders Institute, 3805 Cutshaw Ave, Suite 504, 23230  
**SUPERVISOR:** Susan G. Kornstein, M.D.  
**CONTACT NUMBER:** 828-5637  
**HOURS:** Flexible  
**DURATION:** 6-12 months

**DESCRIPTION:** This elective is designed to provide the PGY-4 resident with research experience in clinical trials. The resident will participate in ongoing research projects in psychopharmacology, including mood and anxiety disorders, premenstrual dysphoric disorder, and sexual dysfunction. The resident will work closely with the multidisciplinary staff at the VCU Mood Disorders Institute. The elective may be adjusted according to the interests of the resident and the amount of time elected.

**TITLE:** Community Psychiatry Elective  
**LOCATION:** Chesterfield Mental Health  
**SUPERVISOR:** Asha Mishra, M.D.  
**CONTACT NUMBER:** 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:** Consultation / Liaison Psychiatry in a VA Medical Center Setting  
**LOCATION:** Hunter Holmes McGuire VA Medical Center  
**SUPERVISOR:** Joel Blum, M.D.  
**CONTACT NUMBER:** 675-5000, ext. 4186  
**HOURS:** TBD  
**DURATION:** TBD

**DESCRIPTION:** This elective provides the PGY-4 resident the opportunity to serve as a member of the consultation team at McGuire VA Medical Center. The team includes the director, who leads C/L rounds 3 days each week and another staff psychiatrist who leads C/L rounds one day each week. A Consultation / Liaison fellow leads C/L rounds one day a week as well. Others on the team include a PGY-2 resident, a geriatric medicine fellow for parts of the year, a 3<sup>rd</sup> year medical student, and a psychiatric clinical nurse specialist.

The clinical experience can be tailored to the resident's expressed wishes. Options include:

Conducting consultations in rotation with other team members.

1. Focusing consultations in a particular area (e.g., intensive care unit, spinal cord injury service, geriatric service, head injury service, etc).
2. Liaison activities – e.g., teaching staff in one or several areas about one or more selected topics.

3. Carrying out a scholarly activity – i.e., development of a presentation for the service on a particular topic, or carrying out a brief, focused research project.

**TITLE:** Consultation / Liaison Research  
**LOCATION:** Flexible  
**SUPERVISOR:** James J. Levenson, M.D. and Yaacov Pushkin, M.D.  
**CONTACT NUMBER:** 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 non-psychotic drugs, medical-psychiatric comorbidity, etc. Use your imagination!

**TITLE:** Couples Therapy: An Object Relations Perspective  
**LOCATION:** 2803 McRae Road, Suite 3B, Richmond, VA 23225  
**SUPERVISOR:** Norma Caruso, Psy.D.  
**CONTACT NUMBER:** 272-7287  
**HOURS:** 1-2 hours/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.

#### Theory

1. Clinical Introduction to Couple Therapy
2. Conceptualization of "The Internal Couple"
3. The Projective Matrix in Couples
4. The Geography of Multiple Transferences
5. A Schema for Assessment and Beginning Engagement
6. Assessment & Techniques

#### Applied

1. The Psychodynamic Partnership
2. DMS-IV: Sexual Dysfunction – Assessment
3. The Technique of Sex Therapy: An Integrated Model
4. Sex and Attachment: Assessment and Implications for Treatment

**TITLE:** Electroconvulsive Therapy & Other Brain Stimulation Techniques  
**LOCATION:** VCU Health Systems, Department of Psychiatry Inpatient Psychiatry Service and ECT Suite  
**SUPERVISOR:** Anand Pandurangi, M.D. & Veronica Matthews, M.D.  
**CONTACT NUMBER:** 828-4570  
**HOURS:** 16 hours/week\* \*daily schedule available from service"  
**DURATION:** 3 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 as an "Acting Attending" under direct supervision of an ECT/rTMS practitioner as follows:

- Assist in screening patients referred for ECT from the inpatient psychiatry service, and assist Dr. Pandurangi's consultations for ECT/TMS/VNS, referred by practitioners on the community.
- 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.
- Attend morning rounds with teams 1-2 times per week, and follow all inpatients receiving ECT daily.
- Assist in the technical aspects of the ECT procedure, including decisions regarding stimulus dosing and electrode placement, and interacting with the anesthesia team, and recovery nurse.
- Learn administrative aspects related to staffing, scheduling, billing and monitoring patient/family satisfaction.
- Teach M-3 medical students; prepare a presentation for the inpatient teaching 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:** Electives in Consultation / Liaison Psychiatry  
**LOCATION:** VCU Health Systems  
**SUPERVISOR:** James Levenson, M.D.  
**CONTACT NUMBER:** 827-0762  
**HOURS:** Flexible  
**DURATION:** Flexible

**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:** Family Therapy  
**LOCATION:** 100 Boulders Parkway #600  
**SUPERVISOR:** Dina S. Boettcher, M.S.  
**CONTACT NUMBER:** 330-9370  
**HOURS:** 1 hour / week  
**DURATION:** 10-12 months

**DESCRIPTION:** This elective is designed to provide the PGY-4 resident with additional teaching, patient care, and supervision in the field of family therapy. With emphasis on systemic, cognitive and behavioral techniques, the resident will develop clinical skills and expertise working with individuals and couples to enhance their relationships.

**TITLE:** Forensic Psychiatry  
**LOCATION:** VCU Health Systems, Department of Psychiatry Outpatient Services and Richmond City  
**SUPERVISOR:** J. Randy Thomas, Ph.D.  
**CONTACT NUMBER:** 827-3035  
**HOURS:** Noon-3 pm on Fridays, Noon-3:00 pm Mondays  
**DURATION:** Negotiable

**DESCRIPTION:** The resident will have the opportunity to participate in the evaluation of inpatient and outpatient Forensic Evaluation Clinic patients, predominantly competency and criminal responsibility evaluations, as well as other criminal forensic work (i.e., capital sentencing evaluations.)

**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:** 804-827-4700  
**HOURS:** 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:** Health Practitioners' intervention Program (HPIP)  
**LOCATION:** 700 East Franklin St, Suite 300 Tower, Richmond  
**SUPERVISOR:** Medical Director  
**CONTACT NUMBER:** 828-1551  
**HOURS:** Fridays 8:30 am – 5:00 pm  
**DURATION:** 3 months

**DESCRIPTION:** By the end of the experience, the PGY-4 resident will increase knowledge level in the diagnosis and treatment of substance use disorders and co-morbid mental illness and/or medical illness in those patients with substance use disorders. The resident will gain an understanding of the significance if impairing illnesses in health care practitioners, the specialized needs of these individuals in the treatment setting, the challenges presented in the ongoing monitoring of health care practitioner safety to practice.

The resident will gain experience in psychiatric assessment of impaired health professionals, will gain an understanding of the use of standardized psychological testing in differential diagnosis, and will gain an understanding of the Virginia laws regulating practice by health care practitioners with impairments – including reporting laws, stay of disciplinary action, and statutes that define the function of the Virginia Health Practitioners' Intervention Program.

**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 & Fam. Tx)  
**CONTACT NUMBER:** 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:** VCU Health Systems  
**SUPERVISOR:** James Levenson, M.D.  
**CONTACT NUMBER:** 828-0763  
**HOURS:** Flexible  
**DURATION:** Flexible

**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:** Organ Transplant Psychiatry Research  
**LOCATION:** VCU Health Systems  
**SUPERVISOR:** Mary Ellen Olbrisch, Ph.D. and James Levenson, M.D.  
**CONTACT NUMBER:** 827-4774  
**HOURS:** Flexible  
**DURATION:** 6-12 months

**DESCRIPTION:** An extensive database from the psychosocial assessments of candidates for heart, lung, liver and kidney transplant surgeries is available to use in a research project. We have lots of interesting questions we would love to have you work with us in answering. A lot of guidance will be provided.

**TITLE:** Pain Management  
**LOCATION:** VCU Health Systems  
**SUPERVISOR:** James Culbert, Ph.D., James Levenson, M.D., James Wade, Ph.D.  
**CONTACT NUMBER:** 828-0763  
**HOURS:** Flexible  
**DURATION:** Flexible

**DESCRIPTION:** May be tailored to resident's specific interests. May include research, clinical management issues. Opportunities available to see patients for pharmacological and/or psychotherapy treatments.

**TITLE:** Private Practice Model in a Small Town Setting  
**LOCATION:** 207 North 4<sup>th</sup> Avenue, Hopewell  
**SUPERVISOR:** Neena Singh, M.D.  
**CONTACT NUMBER:** 804-541-0918  
**HOURS:** Flexible  
**DURATION:** 3-6 months

**DESCRIPTION:** Mainly outpatient practice to evaluate, treat, and formulate follow-up plans. On average, see 8-10 patients/day, usually 3-4 new patients/week. This elective is designed to provide direct patient care with focus on psychopharmacology, evaluation, occasional crisis intervention, and independent decision-making.

**TITLE:** Psychiatric Care of Children and Adolescents with Neuropsychiatric Impairment and Chronic Medical Illnesses  
**LOCATION:** Cumberland Hospital  
 9400 Cumberland Road  
 New Kent, VA  
**SUPERVISOR:** Neil Sonenklar, M.D.  
**CONTACT NUMBER:** 828-3129  
**HOURS:** Tuesdays and Wednesday afternoons  
**DURATION:** 1 month

**DESCRIPTION:** This elective allows the PGY-4 resident the opportunity to obtain experience with children and adolescents who have neuro-psychiatric impairments and chronic medical illnesses. The resident will have exposure to youth with various Neuropsychiatric impairments including autism, Asperger's Syndrome, Tourette's Disorder, seizure disorders, familial dysautonomia, etc. In addition, the resident will work with youth who have sustained acquired CNS trauma, including open and closed head injuries, CNS tumors, encephalopathies, etc. Last, there will be a focus in providing care to youth who have emotional/behavioral disorders and chronic medical problems such as diabetes, massive obesity, generalized eating disorders, etc. The resident will have the opportunity to work with a pediatric neuropsychiatrist, pediatric neuropsychologist, pediatric neurologist, behavioral pediatrician and various specialists involved in consultation and rehabilitation (e.g., endocrinologist, psychiatrists, physical therapists, speech and language therapists, etc.) Depending upon the resident's experience, he or she may take as active a role as desired, from actually serving as the acting attending on a case to observation. This elective provides a unique opportunity for the resident to intensely experience an area of psychiatry where she or he may have had little prior knowledge or contact.

**TITLE:** Psychiatric Genetic Research  
**LOCATION:** VIPBG, Biotech One: 800 East Leigh St, Suite 1-101  
**SUPERVISOR:** Kenneth Kendler, M.D.  
**CONTACT NUMBER:** 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:** Post Traumatic Stress Disorder  
**LOCATION:** Hunter Holmes McGuire VA Medical Center, PTSD Program  
**SUPERVISOR:** Antony Fernandez, M.D. & Lynn Satterwhite, ANP  
**CONTACT NUMBER:** 675-5000 ext 4177 or 2619  
**HOURS:** Mon-Fri, 8am – 4:30pm  
**DURATION:** 1-3 months

**DESCRIPTION:** The purpose of this elective is to teach advanced diagnostic and therapeutic skills including EMDR (Eye Movement Desensitization Reprocessing) in the treatment of Post Traumatic Stress Disorder (PTSD) and introduce the resident to clinical research methodology in PTSD and anxiety disorders. The PGY-4 resident will participate in the PTSD program activities Monday-Friday and will carry one or two individual short-term therapy cases and/or co-lead a short term cognitive behavioral therapy group. Resident will also handle pharmacologic management of complex cases involving PTSD and complex PTSD. Initial evaluations will be kept to a minimum to ensure a greater treatment focus during the elective experience.

Resident will also be involved in ongoing clinical research projects such as descriptive psychopathology studies. Resident will become familiar with PTSD assessment scales and measures, and aspects of research design. Independent research ideas will be encouraged.

**TITLE:** Readings in Descriptive Psychiatry  
**LOCATION:** VCU Health Systems  
**SUPERVISOR:** Kenneth Kendler, M.D.  
**CONTACT NUMBER:** 828-8590  
**HOURS:** 4 hrs/week  
**DURATION:** 3-6 months

**DESCRIPTION:** This reading course will be offered with one hour of formal didactics and 3 to 4 hours of expected reading per week for a period ranging from 3 to 6 months. This will be offered to a **minimum of 3 residents** at the same time. We will cover more advanced areas of descriptive psychopathology beyond those treated in the PGY-2 course. This could include readings on classic descriptive psychiatry, including those of Kraepelin, Bleuler, Jaspers, and Schneider. Given some interest in history, it may be possible to read some pre-Kraepelian descriptions (e.g., Esquirol or Pinel). The goal would be to provide the residents with a more complete background in the history of descriptive psychiatry and the problems associated with providing objective and detailed descriptions of the phenomenology of psychiatric illness.

**TITLE:** Research and Treatment of Schizophrenic Disorders  
**LOCATION:** VCU Health Systems  
**SUPERVISOR:** Anand Pandurangi, M.D.  
**CONTACT NUMBER:** 828-4570  
**HOURS:** 12-20 hours / 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:** Research in Addiction Medicine  
**LOCATION:** Addiction Treatment Research Program  
**SUPERVISOR:** Addictions Psychiatry Faculty  
**CONTACT NUMBER:** 828-7939  
**HOURS:** 8:30 am-5:00 pm  
**DURATION:** 3 months (longer experientials available)

**DESCRIPTION:** The resident will increase achieve an increased knowledge level in the diagnosis and treatment of substance use disorders and co-morbid mental illness and/or medical illness in those patients with substance use disorders. The resident will also gain an understanding of clinical research design and implementation, clinical pharmacology studies (Phase I/II), clinical trials, statistical methods, working with human volunteers in research settings, and Institutional Review Board issues/training. The resident will learn to use *buprenorphine* as a treatment for opioid addiction and will become eligible for waiver for office-based practice with medication.

**TITLE:** Research on Mental Health in Issues in Organ Transplant  
**LOCATION:** VCU Health Systems, Department of Psychiatry  
**SUPERVISOR:** Mary Ellen Olbrisch, Ph.D.  
**CONTACT NUMBER:** 827-4174  
**HOURS:** Negotiable  
**DURATION:** 6-9 months

**DESCRIPTION:** Directed research including literature review and use of archival patient records and database to answer questions about psychiatric social, and behavioral issues in organ transplant and their relationship to medical/surgical outcomes. May include some clinical experience with organ transplant candidates.

**TITLE:** Senior Supervising Resident  
**LOCATION:** VCU Health Systems, Department of Psychiatry Inpatient Services  
**SUPERVISOR:** Anand Pandurangi, M.D.  
**CONTACT NUMBER:** 828-4570  
**HOURS:** 10 hours / week  
**DURATION:** 2 months or 4 months

**DESCRIPTION:** The PGY-4 resident will be oriented to tasks by the supervisor. The resident will supervise, guide, and assist new interns in 1) planning patient care, 2) understanding CERNER, 3) MCVH care delivery system, 4) QA requirements, 5) risk management efforts, etc. The resident will receive ongoing supervision, needed resources, support of faculty, and upon completion will receive a certificate. This is a significant role that may be included on a graduate's curriculum vitae (CV).

**TITLE:** Sleep Disorders Medicine  
**LOCATION:** Hunter Holmes McGuire VA Medical Center Sleep Disorders Clinic  
**SUPERVISOR:** Kirk Nelson, M.D.  
**CONTACT NUMBER:** 675-5000, ext. 5041  
**HOURS:** Flexible  
**DURATION:** 1 to 2 months

**DESCRIPTION:** A program will be designed to meet the needs and interests of the resident. A variety of clinical, laboratory and research roles are available.

**TITLE:** Substance Abuse – Clinical Exposure  
**LOCATION:** Hunter Holmes McGuire VA Medical Center  
**SUPERVISOR:** Jani Theogaraj, M.D.  
**CONTACT NUMBER:** 675-5000, ext. 4200  
**HOURS:** Flexible  
**DURATION:** 1 –2 months

**DESCRIPTION:** The Alcohol Dependence Treatment Program (ADTP) / Drug Dependence Treatment Program (DDTP) offer a clinical position dealing with substance abuse management and diagnosis. The resident will have multiple and varied patient exposure, which will provide a solid basis for master of this growing aspect of psychiatry. In the addition to the inpatient program, there are also three other available areas of training: methadone maintenance, intensive day treatment, and an after-care program.

**TITLE:** Systems of CERT for Children & Families  
**LOCATION:** Virginia Treatment Center for Children (VTCC) and selected program sites  
**SUPERVISOR:** Robert Cohen, Ph.D.  
**CONTACT NUMBER:** 828-3146  
**HOURS:** Flexible  
**DURATION:** 2-6 months

**DESCRIPTION:** The resident will become familiar with the multiple facets of designing, developing, implementing, and evaluating comprehensive systems of care for children with mental health needs and their families. Through readings, discussion, and field visits, the resident will gain an appreciation of programmatic, fiscal, organizational, and political forces that facilitate or impede the provision of comprehensive services for youth and families. Particular attention will be given to the Comprehensive Services Act for At Risk Youth and Families in Virginia. The role of the clinician within the service delivery system will be explored. The resident is encouraged to pursue learning in areas of personal interest.

*TITLE:* **Toxicology**  
*LOCATION:* TBA  
*SUPERVISOR:* Kenneth Scott Whitlow, DO, FAAEM  
 Medical Director – Virginia Poison Center  
*CONTACT NUMBER:* 828-4780  
*HOURS:* Flexible  
*DURATION:* Flexible

*DESCRIPTION:* Contact Dr. Whitlow for details. This elective is strongly recommended by Susan Waller, M.D.

*TITLE:* **University Counseling Service**  
*LOCATION:* VCU academic and medical campuses  
*SUPERVISOR:* Joy Bressler, Ph.D., LCSW  
*CONTACT NUMBER:* 828-6200  
*HOURS:* 4-12 hours / week; flexible scheduling  
*DURATION:* 3 months minimum

*DESCRIPTION:* This elective is designed to provide the PGY-4 resident with the experience of working with a college population. The resident works as a member of the University Counseling Services (UCS) staff to provide medication management for a high functioning and clinically diverse population. As a UCS staff member, the resident has the unique opportunity to follow select cases, liaison with UCS staff in providing care, and broaden her/his knowledge base of therapeutic modalities.

One of the main advantages to this elective is that it offers a unique window into the possibility of a career in university student mental health services.