

**University of Washington Psychiatry Residency Program
Psychotherapy Electives, 2016-2017**

Dialectical Behavior Therapy (DBT) Training Program

Instructors: Kate Comtois, Ph.D., M.P.H.

Offered: July, 2017-June, 2018; Harborview

Prerequisites: R3 or R4; completion of basic CBT seminar desirable

Residents may choose different levels of involvement (weekend workshops, seminar, clinical experience and supervision); see website:

<https://catalyst.uw.edu/workspace/comtois/13581/73860>

Clinical training is primarily a Tuesday afternoon elective rotation at Harborview. Resident DBT therapists will either take two DBT clients or lead a group and see 1-2 clients. Individual clients will attend the same group also led by residents making the rotation essentially its own DBT program. Residents meet for group consultation each week as well as having individual DBT supervisors who watch videotapes of sessions. There is not enough time during Tues afternoon to see more than one client or lead group, so residents will be expected to have at least one slot in their resident clinic saved for a DBT psychotherapy client.

Please note that clinical training spots are limited and are given on a first come, best follow through basis with priority to R4s who will not have another opportunity to participate. Residents are required to meet with Dr. Comtois (kaclab@uw.edu) to discuss the rotation and ask any questions they have prior to being approved for it.

Advanced Cognitive-Behavioral Therapies

Instructor: Barbara McCann, Ph.D. (mccann@uw.edu)

Offered: January-June 2018, Thursdays 3-5pm, Harborview

Prerequisites: R3 or R4; completion of basic CBT seminar.

This elective takes the psychiatry resident beyond the training received in the required Cognitive Behavior Therapy (CBT) seminar. Dr. McCann will assist residents in understanding and treating their psychotherapy patients using cognitive behavioral case conceptualizations that are collaborative and evolving over the course of therapy. We will cover several more advanced topics and techniques in CBT, including schemas, exposure-based treatment approaches, mindfulness, and the use of imagery. We will survey several of the "Third Wave" and integrative cognitive and behavioral therapies, such as Acceptance and Commitment Therapy, Functional Analytic Psychotherapy, Dialectical Behavior Therapy, Cognitive Behavioral Analysis System of Psychotherapy, and Mindfulness-Based Cognitive Therapy. The collaborative case conceptualization will form the basis for integrating these theories and approaches into patient care.

Behavioral Sleep Medicine

Instructors: Barbara McCann, PhD. and Margaret A. Cashman, MD, FAASM

Offered: July-December, 2017 and January-June, 2018.

Clinic is Friday mornings or afternoons. Supervision with Drs. McCann and Cashman takes place Friday, 12-1 pm. All training and clinical work is at Harborview.
Prerequisites: R3 or R4; completion of basic CBT seminar.

This elective provides an in-depth clinical experience in Behavioral Sleep Medicine at the Sleep Center at Harborview. Residents can expect to see 3-4 patients weekly and draw from training, supervision, and readings in sleep medicine to provide therapy for insomnia (CBT-I), sleep hygiene problems, circadian rhythm disorders, and issues related to CPAP compliance. The psychiatry resident provides consultation to sleep specialists from other specialties in the Sleep Center. An optional add-on 6 months of training in Behavioral Sleep Medicine is to see sleep medicine cases and review polysomnography results with Vishesh Kapur, MD.

Clinical Hypnosis

Instructor: Barbara S. McCann, Ph.D.

Offered: July – December, 2017, Thursdays 3-5pm, Harborview.

Prerequisites: R3 or R4, or by permission of instructor.

This elective will equip advanced psychiatry residents with the skills and background necessary to include the use of hypnosis in their preferred psychotherapeutic frame. We will address the theoretical underpinnings of hypnosis, common misconceptions, structures and styles of hypnotic suggestions, hypnotic inductions, ethical considerations, and hypnosis and memory. The possibilities and pitfalls of introducing hypnosis into clinical practice will be considered. The strategic uses of hypnosis in therapy, integration of hypnosis with cognitive behavior therapy, and use of hypnosis in psychoanalytic frames will be explored. Tools for learning will include a primary text, supplemental readings, didactic presentations, in-class live demonstrations and practice, and videotaped demonstrations from many of the field's leaders.

Integrative Therapy with Individuals, Couples, and Families

Instructor: Richard Stuart, D.S.W., A.B.P.P.

Offered: Thursday 1-3 pm, July, 2017-June 2018; UWMC

Prerequisite: Permission of the instructor.

How often do you have trouble articulating the logic of the therapy that you offer to a particular patient? How easy is it for you to pinpoint exactly how well your therapy is working? How often do you go home confident that you helped most of the patients you saw that day? This seminar is an advanced consultation group in which residents will be helped to: (1) articulate their own belief systems; (2) use the integrative theories they create for formulate the assessment and treatment of individuals, couples, or families; and (3) create a goal attainment scale to monitor treatment progress and outcome. Residents will be asked to play tapes of patient encounters that will be used to help enhance their therapeutic thinking and intervention skills. Because of the intensity of the supervision, and the role residents play in consulting on each others' cases, group size is limited to a maximum of 5 residents, who should meet with Dr. Stuart (rbstuart88@gmail.com) prior to enrolling.