

Psychotherapy training in MetroHealth's Psychiatry Residency Program is two-fold, comprised of weekly didactic seminars and psychotherapy training rotations.

Didactic seminars are taught by a range of behavioral health clinicians. Core topics include:

- psychotherapy theories
- psychological principles
- treatment interventions for specific symptoms and diagnoses and presenting patient issues
- general psychotherapy competency development.

Additional topics vary each year based on resident interest. Psychotherapy didactics are intended to lay a solid psychotherapeutic foundation for application in clinical training and beyond, as well as prepare residents for in-service exams.

Advanced psychiatry residents (e.g., PGY3 and PGY4) participate in psychotherapy training rotations with department psychologists. Residents observe and co-facilitate psychotherapy following a developmental or graduated learning model. Residents learn to establish a strong therapeutic alliance and build core foundational psychotherapy skills, in addition to gaining experience with manualized and/or evidence-based treatments (e.g., CBT-I and CPT). Residents present on selected psychotherapy cases and on their experiences in periodic group supervision.