

# Improving Resident Therapy Education



**James Curry, MD, MPH, Michael Reitz, DO, Jennifer Oligmueller, MD, Vanessa Baca, DO, Sixing Liang, DO, Bryan Wilson, DO, Mohammed Lodhi Khan, PhD, LP**  
Department of Psychiatry, Hennepin County Medical Center, Minneapolis, MN

## Background:

The Hennepin Regions Psychiatry Residency Program strives to train clinically excellent, academically informed, and culturally competent physicians. In 2018, a program to improve the quality and scope of resident psychotherapy began. We present our work here to learn, discuss, and improve upon our program.

## Goals/Objectives:

- Provide individual therapy to psychiatric inpatients
- Practice acute interventions and brief therapy
- Better integrate and triage therapy into care
- Expand resident supervision
- Build therapy skills, knowledge, and self-awareness
- Experience consultative role
- Personal, professional development
- Assess therapeutic benefit and financial feasibility

## Brief therapy lessons:

- Supervisor and resident led
  - CBT
  - Supportive therapy
  - Group therapy
  - Motivational interviewing
  - Mindfulness
  - Solution focused
  - Trigger identification
  - Distortion identification
  - Goal setting
  - Rapport building
  - Increasing expression
  - Breathing
  - Grounding
  - Progressive relaxation

## Methods:

Therapy structure:

- Q Monday morning
- Duration
- Frequency
- Intervention Triage
  
- Patient Selection / Assignment
  - Self-selecting patients
  - Supervisor recommendation
  - Consult request
  - Round with a team
  
- Epic consult order:
  - Improvement trends
  - Finances
  - Access, patient identification
  - Attending led CBT consult
  
- Communication with primary team
- Peer evaluation and feedback:
  - dual
  - observed
- Group and 1:1 Supervision