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

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.