Philosophy

The Residency Training Program at the University of Oklahoma Health Sciences seeks to cultivate future leaders in Psychiatry. Our goals are to share and create knowledge, gain broad and diverse clinical experience, and progress individually and as a group. We desire to be the premier provider of psychiatric services, education, and research in the region. Our residency program promotes a balanced foundation of modern diagnostic formulation, rationale psychopharmacology, and effective psychotherapy, integrated within the real-world diversity of spiritual, cultural, and social contexts. Our progressive faculty are committed to leading this effort with active mentoring, research, supervisory, and educational pursuits.

Curriculum

The curriculum includes formal didactics; journal clubs; monthly mock orals; psychotherapy case conference; CBT Supervised peer review; grand rounds; a weekly support group; and a residency business meeting. The Pumpian-Mindlin Visiting Professor is an annual event whereby a leading therapist-educator spends two days with the resident in an intensive interactive seminar. Dr. Pasqual Pantone was our visiting professor for 2009. Dr. Eric Kulick was our visiting professor for 2010.

PGY-I seminars include those on the medicine and neurology rotations, as well as DSM-4TR; case conference; intro to psychotherapy; emergency psychiatry; intro to psychopharmacology; substance abuse; and inpatient psychiatry. We have added an Intern School and Resident Supervision didactics for the 2008-2009 academic year.

PGY-II didactics include development theory; psychosomatics; ECT/VNS/TMS; brief psychotherapy; basic psychodynamic theory; intro to CBT; advanced psychopharm; psychological testing; group therapy; family therapy; sexuality; geriatrics; spirituality; child psychiatry, and intro to law and psychiatry.

PGY-III didactics include psychodynamic psychotherapy; psychoanalytic theory; career planning; psychopharmacology update; board prep; research fundamentals; PTSD; gender and ethnic issues; ethics; clinical CBT; diagnostic interviewing; and child psychiatry.

PGY-IV seminars include psychodynamic psychotherapy; psychoanalytic theory; psychopharmacology update; ethics; advanced forensic psychiatry; Neurology refresher; neuropsychology; and career / business practice.

Other Events

Grand Rounds: Held twice a month during the academic year, Grand Rounds feature nationally recognized speakers as well as the department's own residents and faculty.
Journal Club (#1): Monthly conference moderated by faculty and led by a rotating resident. Emphasizes skills for critically assessing and reviewing the medical literature, and maintaining currency.

White Paper Residency Retreat: In the spring, residents meet to prepare a "white paper" which compiles their assessment of rotations, didactics, individual faculty performances, and their entire educational experience. This process is followed by a department-wide retreat based on the white-paper. We facilitate transparency; accountability; sustainable and realistic growth; expectations of quality; and diplomacy.

Department Graduation: A special ceremony held exclusively for departmental trainees, this graduation is a time for family and friends to gather for the conclusion of the resident's formal training.

Clinical Sites

Our residency program is offered through the Department of Psychiatry and Behavioral Sciences of the University of Oklahoma College of Medicine. Our program has a rich history with over 50 years of existence. Residents in psychiatry receive their educational experiences at these sites:

Inpatient Unit at Presbyterian Tower of University Hospital
This general medical-surgical hospital and level-1 trauma center is one of the affiliated teaching hospitals of the OU Health Sciences Center. Its Adult Inpatient Psychiatric Unit is a 12-bed acute-care facility, whose patients present with a wide variety of psychopathology. While here, residents gain experience in assessment, treatment planning, pharmacotherapy, electroconvulsive therapy, individual psychotherapy, group therapy, milieu therapy, couples therapy, family assessment and therapy, and clinical teaching. Residents serve as key members of a multidisciplinary team while assigned to this service.

Consultation/Liaison Service at OU Medical Center
The Psychosomatic medicine service or “C/L” team provides consultation to all adult inpatient services at Presbyterian Tower, the Women’s and Children’s tower, the Emergency Room of OU Medical Center, and inpatient services at the Veterans Administration Medical Center (VAMC). Resident activities include; performing expert psychiatric consultation for a diverse patient population; working with other physicians and nursing staff regarding shared patients; daily rounds with one of three attendings; follow up visits on active patients; utilizing readily accessible medical databases for complex consultation issues; daytime emergency room coverage for the university side; and opportunities for research. The workload is very manageable, as several medical students, a PA student, and an advanced neurology resident or visiting psychiatry resident are also on the service year-round. The service director is Dr. Smith.

Outpatient Clinics in Williams Pavilion
The Outpatient Mental Health Service treats adults presenting with a broad range of behavioral and emotional problems. While assigned to this service, residents learn and apply all core-competency based psychotherapeutic and psychopharmacological modalities. There is always
a psychiatry attending in the clinic, and multiple one-on-one supervisory sessions occur weekly with both psychiatrists and psychologists. Additional highlights include easily accessible opportunities for supervised marital and family therapy; specialty outpatient group therapy; extensive cognitive-behavioral therapies; psychological and neuropsychological testing; and attendance at off-site specialty clinics.

**University of Central Oklahoma**
One half day per week, a 3rd year resident also attends the student counseling center at this large local university under the supervision of a volunteer faculty psychiatrist. This is innovative and new relationship within a traditional counseling-based college-student mental health clinic has proved to be an excellent fit, and affords access to a uniquely high-functioning patient population for the residents.

**Child/Adolescent Psychiatry Services**
This integral part of the Department of Psychiatry and Behavioral Sciences incorporates training in Child/Adolescent Psychiatry, Pediatric Psychology, and Prevention Psychology. Our multi-disciplinary child Psychiatry clinic is the largest in the state. This 4th year rotation revolves primarily on outpatient services. Additional coverage includes the occasional inpatient consultation, as well as liaison work with other pediatric specialties, schools and community organizations. For residents considering a child psychiatry fellowship, there is elective time in the PGY2 year to rotate on this service. This service is highly acclaimed by the residents for the quality of the teaching and supervision.

**Veterans Administration Medical Center (VAMC)**
One of the primary affiliated teaching hospitals of the Oklahoma Medical Center is the VAMC with 400+ beds and over 160,000 outpatient visits per year. Residents rotate here for 6 non-continuous months across the PGY1 and PGY2 year on inpatient; on the psychosomatic medicine service for 6 weeks in their 2nd year; and 2 days per week during their 3rd year in the outpatient clinic. The VAMC mental health group has tremendous assets such as large numbers of psychologists integral to our teaching program, a neuropsych-trained PharmD, a substance – abuse unit, and a newly built geriatric psychiatry inpatient ward. The VAMC group is fully committed and integrated with our department, with all supervisory faculty holding academic appointments.
Salaries and Benefits

Salary Schedule (2008 - 2009)

<table>
<thead>
<tr>
<th>PGY I</th>
<th>$46,238</th>
</tr>
</thead>
<tbody>
<tr>
<td>PGY II</td>
<td>$47,924</td>
</tr>
<tr>
<td>PGY III</td>
<td>$49,580</td>
</tr>
<tr>
<td>PGY IV</td>
<td>$51,340</td>
</tr>
</tbody>
</table>

Insurance Benefits
A flexible benefits plan offers residents benefit “credits” that can be spent for medical, life, accidental death and dismemberment, vision, and dental insurance. Residents also have the option of “opting out” of one or more plans and using the extra credits to purchase other insurance or receive them as taxable take-home pay.

Residents may purchase (by payroll deduction or with extra benefit credits) group medical and dental insurance for dependents. Additional life and accidental death and dismemberment insurance for residents and their dependents are also available.

Long Term Disability Insurance – The University provides long term disability insurance for the residents. The monthly benefits are PGY1- PGY2 $1,700 and PGY3 and above $2,000. Benefits start after you have been totally or partially disabled for 180 consecutive days.

Professional Liability Insurance – The University provides professional liability insurance for residents applicable only to duties and assignments within residency program.

Vacation Leave
Each resident earns 15 days (M-F) of vacation per year. Earned but unused vacation time will not be carried over from one academic year to another.

Sick Leave
Sick leave accrues at the rate of 1.25 days per month for a maximum of 15 work (week days). Unused sick leave will not be carried forward to the next year.

Educational Leave
Residents may request up to five days of educational leave per year. Approval is granted solely at the discretion of the Program Director.

Family Leave - Federal Guidelines
Federal law mandates that after one year of employment by the University, employees may take up to 12 weeks (combined paid and unpaid leave) during a 12-month period for the birth or adoption of a child, or placement of a foster child in order to care for the child. This time must end no later than 12 months after the day of birth or placement of the child. Similarly such leave can be used for medical reasons or to care for a seriously ill spouse, child, or parent consecutively or on an intermittent or reduced time basis with acceptable documentation from a physician.

Maternity Leave
Available sick leave, vacation time, or leave without pay, may be used in accordance with the Family Leave Act guidelines as described above.
Paternity Leave
Available vacation time, or leave without pay, may be used in accordance with the Family Leave Act guidelines as described above.

Library Privileges
Each resident is entitled to use the Robert M. Bird Library of the Health Sciences Center. The library has an extensive periodical subscription and complete information retrieval and audiovisual services in addition to its large book collection online.

Moonlighting
Opportunities are available for those eligible so inclined. Permission must be granted in writing from the RTD, and is actively monitored to not interfere in any way with clinical or educational responsibilities. The state requires those who "moonlight" to hold an Oklahoma State Medical License. There is no professional liability insurance provided by the department for this purpose.

Other Benefits
- Discounted OU athletic tickets
- Convenient parking is provided free of charge
- Meals are provided for on-call residents

Application and Admission
Our program participates in the Electronic Residency Application System (ERAS) at www.aamc.org/eras and the National Resident Matching Program (NRMP) at www.nrmp.org/. Applicant participation in these two programs is required. Only completed applications submitted through ERAS will be reviewed, and because there are a limited number of interview days, please submit your application by November 1st. No paper applications will be accepted.

If you wish to apply to our program at the PGY-1 level, a completed ERAS application consists of the following:

- Common Application Form
- Photograph
- Curriculum Vitae
- Personal Statement
- Official Medical School Transcripts
- Medical Student Performance Evaluation (Dean’s Letter)
- Three Letters of Recommendation
- USMLE Transcript

Prior to beginning residency on July 1, all incoming interns must have successfully passed USMLE Step1, Step 2 CK and Step 2 CS.

Note: Applicants must have passed USMLE Step 1, Step 2 CK and CS within two attempts for each step within seven years to be eligible for licensure in the state of Oklahoma.

In addition to the above items, International Medical Graduates are required to:
• Hold a J-1 Visa or be eligible for J-1 Visa
• Provide proof of verbal proficiency in the English language
• Hold a currently valid ECFMG Certificate

There is no minimum score requirement.
There is no medical school graduation date requirement.
No clinical experience is necessary, but is helpful.

The ERAS post office opens for applications on September 1st. We will begin reviewing applications as they are received. Only applications that are complete will be considered. Interviews will begin in November. If you are selected for an interview, an invitation will be extended via email.

We appreciate your interest in our psychiatry residency training program and we welcome your application.

**Oklahoma City**

From the Old West to the Contemporary West...from first class ballet to world class horse racing...from special events to sports events...Oklahoma City is the secret of the Midwest! The capital of the state, Oklahoma City is a Sunbelt city with one million people living in the metropolitan area. Oklahoma City boasts a pleasant climate with four distinct seasons, a low cost of living, and an abundance of entertainment opportunities.

Visitors to our Art museum always leave stunned at the quality and range of the collections. The thoughtfully-designed OKC Bombing Memorial and museum are a must see and emotionally powerful. The Philharmonic Orchestra presents both classical and pop series. Ballet Oklahoma and local repertory companies offer a variety of stage presentations. Current Broadway shows occur throughout the year at our Lyric Theatre, while several smaller theatrical companies perform in other more intimate venues. The Bricktown area just minutes from the Health Sciences campus offers everything from NBA and baseball games to upscale nightclubs, theaters, shopping and a wide-range of restaurants.

For the sports enthusiasts, there is exciting professional hockey and semi-professional baseball. We will soon add the Seattle Sonics NBA team to our list of sports activities. Within a short drive, the University of Oklahoma and Oklahoma State University provide Big 12 football and other sports thrills. Family theme park excitement is available at Frontier City (6-Flags) and White Water Bay. The Oklahoma City Zoo is rated one of the top 10 zoos in the country. There are numerous parks, tennis courts, and golf courses, including Oak Tree Golf and Country Club, home of the 1988 PGA Championship, and 2005 Senior PGA. Sparkling area lakes afford varied water sports and miles of hiking.

Known as the "Horse Capital of the World", Oklahoma City hosts the World Championship Quarter Horse Show and the Grand National Morgan Horse Show. The Remington Park Race Track thrills fans with competitive thoroughbred and quarterhorse racing. Many top rodeo events and western concerts can be found at the Lazy E Arena.

The National Western Heritage and Cowboy Museum is a popular western art and memorabilia museum which preserves the rugged and romantic spirit of the Old West. Other year round attractions include the Myriad Garden's Crystal Bridge, a 7-story botanical garden; and the
Kirkpatrick Center which houses 9 science and art museums, a planetarium, and a hands-on science center for children and adults.

Throughout the year there are many colorful festivals and fairs. Two nationally known are the "Red Earth", which features the largest and one of the finest displays of Native American dancers and artists from the U.S. and Canada. For an exceptional exhibit of fine art and performing art, there is the "Festival of the Arts" each spring.

You will find OKC is a surprisingly sophisticated city, a comfortable and affordable place to live, a healthy community, and a positive work environment. Educational, recreational, and cultural opportunities are bountiful. You will also discover the kind-hearted and industrious people of Oklahoma make wonderful neighbors and colleagues!