



Walter Reed
National Military
Medical Center

National Capital Consortium Military Psychiatry Residency Program

Program Overview





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National Capital Consortium Military Psychiatry Residency Program

- Mission Statement
- History of the Program
- Program Structure
- Research Opportunities
- Additional Opportunities
- The DC-Baltimore Area
- Program Leadership/Contact Information



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Residency Mission Statement





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National Capital Consortium Military Psychiatry Residency Program

To develop and transform a diverse group of medical students into military officers and physician-scholars who are equipped with knowledge, skills and attitudes as experts in psychiatry, prepared to serve the military, veterans, and the community as healers, and to enable medical readiness of their commanders and military units.



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Residency Aims





Program Aims

- **Resident and Faculty Wellness**

- Promote diversity and create a professional, equitable, respectful, and civil environment that is free from discrimination
- Enable work climate informed by Job characteristics Model (JCM) that emphasizes autonomy and timely feedback

- **Leadership**

- Integrate mentorship, sponsorship and coaching starting in intern year
- Apply leadership and management skills via *Leading Change* curriculum
- Military Unique Curriculum including Combat and Operational Stress Course, Traumatic Event Management, and Supervisor Courses etc.

- **Clinical Care**

- Provide access to diverse patient population across the greater DC area
- Enable autonomy and provide choices in self-directed experiential learning

- **Scholarship**

- Create learning climate to encourage curiosity and critical thinking
- Advance knowledge in order to reduce military mental health burden and improve military readiness

- **Education**

- Organize and create curriculum based on Self-Directed Learning and Adult Learning Theories and Principles to improve knowledge and skill retention
- Develop faculty in order to support organizational and residency mission and aims



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Program History





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Program History





Program History

AMERICAN COUNCIL OF GRADUATE MEDICAL EDUCATION ACCREDITATION HISTORY OF US MILITARY PSYCHIATRY RESIDENCIES

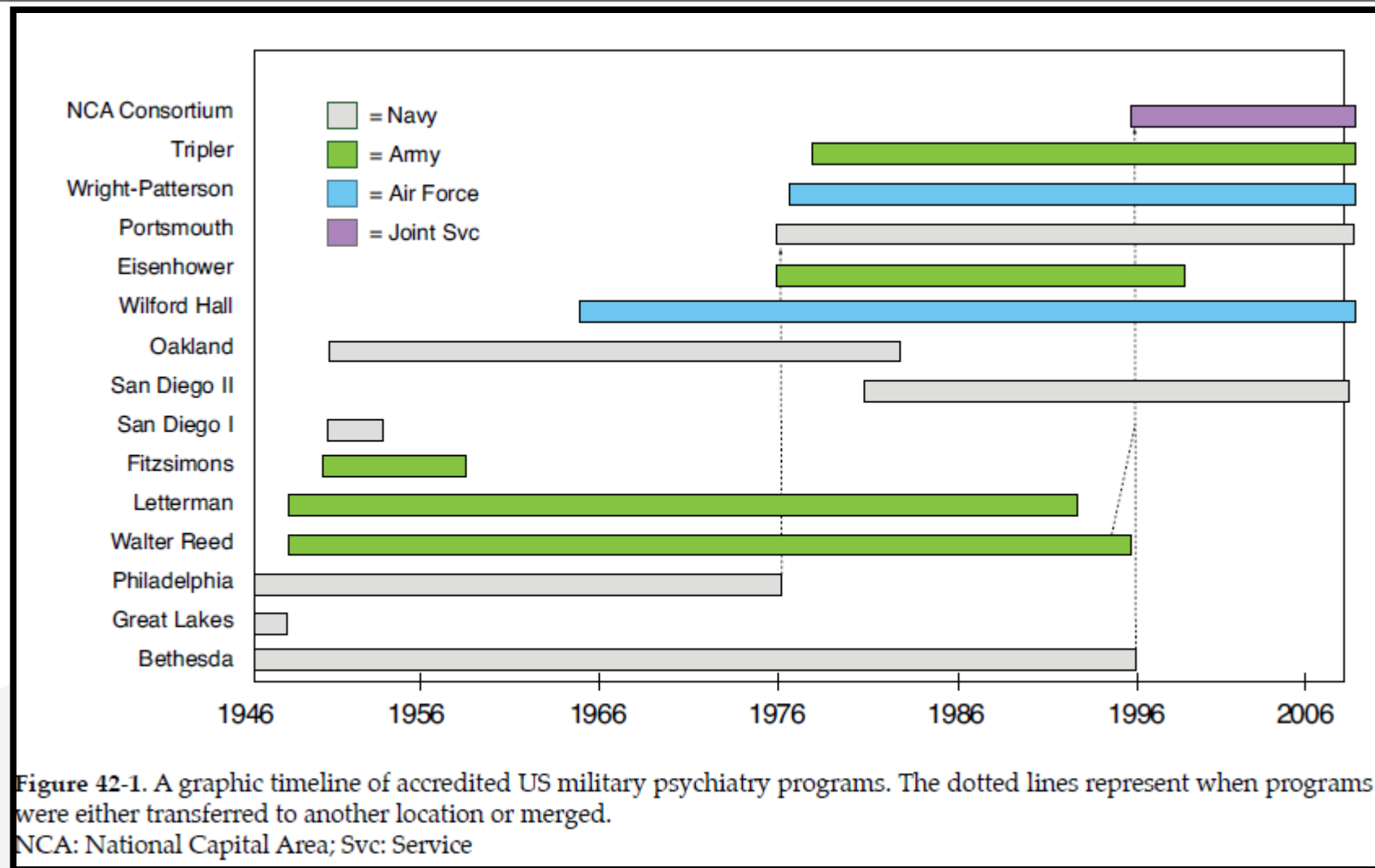


Year	Programs Accredited or Discontinued
1946	Bethesda (Md), Great Lakes (Ill), and Philadelphia (Penn) Navy programs accredited
1948	Walter Reed (Washington, DC) and Letterman (Calif) Army programs accredited; Great Lakes program discontinued
1950	Fitzsimons (Colo) Army program accredited
1951	San Diego (Calif) and Oakland (Calif) Navy programs accredited
1954	San Diego program discontinued
1958	Fitzsimons program discontinued
1965	Wilford Hall (Tex) Air Force program accredited
1976	Dwight D Eisenhower (Ga) Army program accredited; Philadelphia program moved to Portsmouth (Va) and accreditation continued
1977	Wright-Patterson (Ohio) Air Force program accredited
1978	Tripler (Hawaii) Army program accredited
1981	San Diego program reaccredited
1983	Oakland program discontinued
1993	Letterman program discontinued
1999	Dwight D Eisenhower program discontinued

Data source (through 1987): Wise MG. The past, present, and future of psychiatric training in the US armed services. *Mil Med*.1987;152:550-553.



Program History





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Program Structure





- 56 Residents (2019-2020)
 - 16 PGY-1s
 - 13 PGY-2s
 - 15 PGY-3s
 - 11 PGY-4s
 - 6-9 Medicine-Psychiatry Combined Residents | [Link for Combined Program](#)



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Patient Population





- Wounded Warriors
- Active Duty
- Retired service members
- Veterans (VA rotation)
- Community members (outside rotations)
- Family Members
- Foreign military and dignitaries
- Congress members and Supreme Court judges
- The President of United States



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Rotations and Affiliations





- **Walter Reed**

Inpatient Psychiatry; Internal Medicine; Intensive Care Unit; Outpatient Psychiatry (PGY-3 yr); Outpatient Child and Adolescent Psychiatry (PGY-3); Adult Partial Hospitalization; Outpatient Addiction; Pain Management; Sleep Disorders; Procedural Psychiatry (ECT, rTMS); Other electives

- **Fort Belvoir Community Hospital**

Residential Treatment Facility (addiction); Inpatient Psychiatry; Inpatient Child and Adolescent Psychiatry; Child/Adol Partial Hospitalization; Outpatient Psychiatry (PGY-3 yr); Other electives

- **INOVA Fairfax Hospital**

Consult-Liaison Psychiatry (PGY-2)

- **Northern Virginia Mental Health Institute (NVMHI)**

Inpatient Psychiatry (PGY-2; Selective)

- **Children's National Medical Center (Washington DC)**

Inpatient Child Psychiatry (PGY-2)

- **Washington DC VA Hospital**

Consult Neurology; Neurology Clinic; internal Medicine; Inpatient Psychiatry (Selective)

ACGME General Psychiatry Requirements

EXHIBIT 42-2

SUMMARY OF AMERICAN COUNCIL OF GRADUATE MEDICAL EDUCATION RESIDENCY REVIEW COMMITTEE REQUIREMENTS FOR PSYCHIATRY RESIDENTS, AS OF 2007

Timed Experiences

- Primary Care Medicine: 4 months in internship year
- Inpatient Psychiatry: minimum of 6 months
- Outpatient Psychiatry: 12 consecutive months
- Neurology: 2 months
- Consult-Liaison Psychiatry: 2 months
- Child and Adolescent Psychiatry: 2 months
- Addiction Psychiatry: 1 month
- Geriatric Psychiatry: 1 month

Untimed Experiences

- Forensic Psychiatry
- Community Psychiatry
- Family / Couples Therapy
- Group Therapy
- Electroconvulsive Treatment
- Psychological Testing



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Sample Resident Schedule





Sample Resident Schedule (PGY 1-2)

National Capital Consortium Psychiatry Residency

PGY-1 Schedule

	Block 1	Block 2	Block 3	Block 4	Block 5	Block 6	Block 7	Block 8	Block 9	Block 10	Block 11	Block 12	Block 13
Site Rotation	WR Medicine Wards	WR Medicine Wards	WR Medicine Wards	WR Medical Intensive Care Unit	WR Consult Liaison Psychiatry	WR Inpatient Psychiatry	WR Inpatient Psychiatry	FB Addiction Psychiatry	WR/Soldier's Home Geriatric Psychiatry	DC VAMC Neurology	DC VAMC Neurology	WR Selective	WR Selective
% Outpatient	0	0	0	0	0	0	0	20	20	100	0	Varies	Varies
% Research	0	0	0	0	0	0	0	0	0	0	0	0	0

Interns may take 14 days of leave per year. Block 7 is a five-week block to facilitate interns being able to take leave over the holiday period.

PGY-2 Schedule

	Block 1	Block 2	Block 3	Block 4	Block 5	Block 6	Block 7	Block 8	Block 9	Block 10	Block 11	Block 12	Block 13
Site Rotation	WR Partial Hospitalization Program	WR Partial Hospitalization Program	WR Inpatient Psychiatry	WR Inpatient Psychiatry	WR Inpatient Psychiatry	WR Night Float/ Emergency Psychiatry	INOVA Consult Liaison Psychiatry	INOVA Consult Liaison Psychiatry	CNMC Adolescent Inpatient Psychiatry	NVMHI Community Psychiatry	NVMHI Community Psychiatry	WR Elective	WR Selective
% Outpatient	100	100	0	0	0	0	50	50	0	0	0	Varies	Varies
% Research	0	0	0	0	0	0	0	0	0	0	0	0	0

WR = Walter Reed National Military Medical Center (Primary Teaching Site)

FB = Fort Belvoir Community Hospital

DC VAMC = District of Columbia Veterans Administration Hospital

INOVA = INOVA Fairfax Hospital

NVMHI = Northern Virginia Mental Health Institute

CNMC = Children's National Medical Center



Sample Resident Schedule (PGY 3-4)

National Capital Consortium Psychiatry Residency (page 2)

PGY-3 Schedule

	Block 1	Block 2	Block 3	Block 4	Block 5	Block 6	Block 7	Block 8	Block 9	Block 10	Block 11	Block 12	Block 13
Site Rotation	WR/FB Outpatient Psychiatry	WR/FB Outpatient Psychiatry	WR/FB Outpatient Psychiatry	WR/FB Outpatient Psychiatry	WR/FB Outpatient Psychiatry	WR/FB Outpatient Psychiatry	WR/FB Outpatient Psychiatry	WR/FB Outpatient Psychiatry	WR/FB Outpatient Psychiatry	WR/FB Outpatient Psychiatry	WR/FB Outpatient Psychiatry	WR/FB Outpatient Psychiatry	WR/FB Outpatient Child Psychiatry
% Outpatient	100	100	100	100	100	100	100	100	100	100	100	100	100
% Research	0	0	0	0	0	0	0	0	0	0	0	0	0

PGY-3's spend 4 days per week in the adult outpatient psychiatry clinic and a half-day per week in the child and adolescent outpatient psychiatry clinic (52 half-days = 26 full days = 1 block FTE)

PGY-4 Schedule

	Block 1	Block 2	Block 3	Block 4	Block 5	Block 6	Block 7	Block 8	Block 9	Block 10	Block 11	Block 12	Block 13
Site Rotation	WR Inpatient Psychiatry	WR Forensic Psychiatry	WR Inpatient Neuro-psychiatry	WR Consult Liaison Psychiatry	FB Inpatient Psychiatry	DC DMH Emergency Psychiatry	WR Elective	WR Elective	WR Elective	WR Elective	STR	WR Selective	WR Selective
% Outpatient	10	50	10	10	10	100	Varies/ At least 10%	Varies/ At least 10%	Varies/ At least 10%	Varies/ At least 10%	Varies/ At least 10%	Varies/ At least 10%	Varies/ At least 10%
% Research	0	0	0	0	0	0	0	0	0	0	0	0	0

WR = Walter Reed National Military Medical Center (Primary Teaching Site)

FB = Fort Belvoir Community Hospital

DC DMH = District of Columbia Department of Mental Health (Comprehensive Psychiatric Emergency Program)

STR = Senior Teaching Resident

PGY-4's have a half day of outpatient clinic throughout the year.

PGY-2 and higher may take 20 working days of leave per year.



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Resident Didactics Schedule





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PGY1 Didactics

PGY-1	1:00 PM - 1:50 PM	2:00 PM - 2:50 PM	3:00 PM - 3:50 PM
7/3/2019		Regular Work Day	
7/10/2019		Regular Work Day	
7/17/2019		Regular Work Day	
7/24/2019	Program Director Day	Program Director Day	Program Director Day
7/31/2019	Mental Status Exam (Amin)	The Psychiatric Formulation (Amin)	Inpatient Psychiatry (Hornbakerpark)
8/7/2019	Emergency Psychiatry (Bunin)	The Neuro Exam (Swanberg)	Inpatient Psychiatry (Mutalik)
8/14/2019	Emergency Psychiatry (Bunin)	Addiction Psychiatry (Bahroo)	Inpatient Psychiatry (Mutalik)
8/21/2019	Emergency Psychiatry (Bunin)	Addiction Psychiatry (Bahroo)	Basic Psychopathology (Nam)
8/28/2019	Emergency Psychiatry (Bunin)	Addiction Psychiatry (Bahroo)	Basic Psychopathology (Nam)
9/4/2019	Emergency Psychiatry (Bunin)	Addiction Psychiatry (Bahroo)	Basic Psychopathology (Nam)
9/11/2019	SUD Symposium at NIH	SUD Symposium at NIH	SUD Symposium at NIH
9/18/2019	Residents as Teachers I (Hamaoka)	Psychiatric Interviewing (Capaldi)	Basic Psychopathology (Nam)
9/25/2019	Residents as Teachers I (Hamaoka)	Psychiatric Interviewing (Capaldi)	Basic Psychopathology (Nam)
10/2/2019		PRITE	
10/9/2019	Geriatric Psychiatry (Ford)	Psychiatric Interviewing (Capaldi)	Basic Psychopathology (Nam)
10/16/2019	Geriatric Psychiatry (Ford)	Psychiatric Interviewing (Capaldi)	Basic Psychopathology (Nam)
10/23/2019	Geriatric Psychiatry (Ford)	Psychiatric Interviewing (Capaldi)	Basic Psychopathology (Nam)
10/30/2019	Fifth Wednesday	Team Building	(Optional: Regular Work Day)
11/6/2019	Geriatric Psychiatry (Ford)	Psychiatric Interviewing (Capaldi)	Basic Psychopathology (Nam)
11/13/2019	Geriatric Psychiatry (Ford)	Psychological Assessment (Dao)	Basic Psychopathology (Nam)
11/20/2019		Regular Work Day	
11/27/2019		Half Year Huddle	
12/4/2019	Consult Liason Psychiatry (Ford)	Psychological Assessment (Dao)	Basic Psychopharmacology (Hornbakerpark)
12/11/2019	Consult Liason Psychiatry (Ford)	Psychological Assessment (Dao)	Basic Psychopharmacology (Hornbakerpark)
12/18/2019	Consult Liason Psychiatry (Ford)	Psychological Assessment (Dao)	Basic Psychopharmacology (Hornbakerpark)
12/25/2019		Regular Work Day	
1/1/2020		Regular Work Day	
1/8/2020	Intro Psychotx - Inpatient Group (Snow)	Suicidology (Vance)	Basic Psychopharmacology (Hornbakerpark)
1/15/2020	Intro Psychotx - Inpatient Group (Snow)	Suicidology (Vance)	Basic Psychopharmacology (Hornbakerpark)
1/22/2020	Intro Psychotx - Inpatient Group (Snow)	Suicidology (Vance)	Basic Psychopharmacology (Hornbakerpark)
1/29/2020	Fifth Wednesday	Team Building	(Optional: Regular Work Day)
2/5/2020	Intro Psychotx - Inpatient Group (Snow)	Suicidology (Vance)	Basic Psychopharmacology (Hornbakerpark)
2/12/2020	Intro Psychotx - Inpatient Group (Snow)	Suicidology (Vance)	Basic Psychopharmacology (Hornbakerpark)
2/19/2020	Intro Psychotx - Inpatient Group (Snow)	Suicidology (Vance)	Basic Psychopharmacology (Hornbakerpark)
2/26/2020	Residents as Teachers I (Hamaoka)	Evaluation & Management of Personality DO (Capaldi)	Basic Psychopharmacology (Hornbakerpark)
3/4/2020	Residents as Teachers I (Hamaoka)	Evaluation & Management of Personality DO (Capaldi)	Basic Psychopharmacology (Hornbakerpark)
3/11/2020	Residents as Teachers I (Hamaoka)	Evaluation & Management of Personality DO (Capaldi)	Basic Psychopharmacology (Hornbakerpark)
3/18/2020	Intro to Psychotx - Supportive (Habben)	Evaluation & Management of Personality DO (Capaldi)	Basic Psychopharmacology (Hornbakerpark)
3/25/2020	Intro to Psychotx - Supportive (Habben)	Learning Psychotherapy (Capaldi)	Basic Psychopharmacology (Hornbakerpark)
4/1/2020		APA Practice Presentations	
4/8/2020	Intro to Psychotx - Supportive (Habben)	Learning Psychotherapy (Capaldi)	Intro Psychotx-Motivational Interviewing (Sorrentino)
4/15/2020	Intro to Psychotx - CBT (Habben)	Learning Psychotherapy (Capaldi)	Intro Psychotx-Motivational Interviewing (Sorrentino)
4/22/2020	Intro to Psychotx - CBT (Habben)	Learning Psychotherapy (Capaldi)	Intro Psychotx-Motivational Interviewing (Sorrentino)
4/29/2020	Fifth Wednesday	Team Building	(Optional: Regular Work Day)
5/6/2020	Intro to Psychotx - CBT (Habben)	Learning Psychotherapy (Capaldi)	CBT-Insomnia (Friedlander)
5/13/2020	Intro Psychotx - Psychodynamic (Ursano/Cassimatis/Vance)	Addiction Psychiatry (Bahroo)	CBT-Insomnia (Friedlander)
5/20/2020	Intro Psychotx - Psychodynamic (Ursano/Cassimatis/Vance)	Addiction Psychiatry (Bahroo)	CBT-Insomnia (Friedlander)
5/27/2020	Intro Psychotx - Psychodynamic (Ursano/Cassimatis/Vance)	Addiction Psychiatry (Bahroo)	CBT-Insomnia (Friedlander)
6/3/2020		Artiss Symposium	
6/10/2020	Intro Psychotx - Psychodynamic (Ursano/Cassimatis/Vance)	Academic Psychiatry (Wynn)	Intro to Scholarly Activity (Azad)
6/17/2020	Intro Psychotx - Psychodynamic (Ursano/Cassimatis/Vance)	Academic Psychiatry (Wynn)	Intro to Scholarly Activity (Azad)
6/24/2020	ED Assessment of Suicidal Patient (Ford)	On Call Psychiatry (Ford)	On Call Psychiatry (Ford)



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PGY2 Didactics

PGY-2	1:00 PM - 1:50 PM	2:00 PM - 2:50 PM	3:00 PM - 3:50 PM
7/3/2019		Regular Work Day	
7/10/2019		Regular Work Day	
7/17/2019		Regular Work Day	
7/24/2019	Program Director Day	Program Director Day	Program Director Day
7/31/2019	Cognitive Behavioral Therapy (Habben)-with PGY3s	Evidence-Based Psychotherapy for PTSD (Friendlander) with PGY3s	Advanced Inpatient Psychiatry (Lam)
8/7/2019	Cognitive Behavioral Therapy (Habben)	Evidence-Based Psychotherapy for PTSD (Friendlander)	Advanced Inpatient Psychiatry (Lam)
8/14/2019	Cognitive Behavioral Therapy (Habben)	Evidence-Based Psychotherapy for PTSD (Friendlander)	Advanced Inpatient Psychiatry (Lam)
8/21/2019	Cognitive Behavioral Therapy (Habben)	Evidence-Based Psychotherapy for PTSD (Friendlander)	Advanced Inpatient Psychiatry (Lam)
8/28/2019	Cognitive Behavioral Therapy (Habben)	Evidence-Based Psychotherapy for PTSD (Friendlander)	Advanced Inpatient Psychiatry (Lam)
9/4/2019	Cognitive Behavioral Therapy (Habben)	Evidence-Based Psychotherapy for PTSD (Friendlander)	Advanced Inpatient Psychiatry (Lam)
9/11/2019	SUD Symposium at NIH	SUD Symposium at NIH	SUD Symposium at NIH
9/18/2019	Cognitive Behavioral Therapy (Habben)	Evidence-Based Psychotherapy for PTSD (Friendlander)	Advanced Inpatient Psychiatry (Lam)
9/25/2019	Cognitive Behavioral Therapy (Habben)	Evidence-Based Psychotherapy for PTSD (Friendlander)	Advanced Inpatient Psychiatry (Lam)
10/2/2019		PRITE	
10/9/2019	Inpatient Suicide Assessment & Prevention (Vythilingam)	Evidence-Based Psychotherapy for PTSD (Friendlander)	Advanced Inpatient Psychiatry (Lam)
10/16/2019	Inpatient Suicide Assessment & Prevention (Vythilingam)	Evidence-Based Psychotherapy for PTSD (Friendlander)	Advanced Inpatient Psychiatry (Lam)
10/23/2019	Inpatient Suicide Assessment & Prevention (Vythilingam)	Attending Cold Case Challenge: Case Synthesis (Guest)	Advanced Inpatient Psychiatry (Lam)
10/30/2019	Fifth Wednesday	Team Building	(Optional: Regular Work Day)
11/6/2019	Critical Appraisals of RCTs (Hoge)	Attending Cold Case Challenge: Case Synthesis (Guest)	Growth & Development (Dougherty)
11/13/2019	Critical Appraisals of RCTs (Hoge)	Attending Cold Case Challenge: Case Synthesis (Guest)	Growth & Development (Dougherty)
11/20/2019		Regular Work Day	
11/27/2019		Half Year Huddle	
12/4/2019	Critical Appraisals of RCTs (Hoge)	Neuropsychology (Newman/Fellow)	Growth & Development (Dougherty)
12/11/2019	Post War Health (Hoge)	Neuropsychology (Newman/Fellow)	Growth & Development (Dougherty)
12/18/2019	Post War Health (Hoge)	Neuropsychology (Newman/Fellow)	Growth & Development (Dougherty)
12/25/2019		Regular Work Day	
1/1/2020		Regular Work Day	
1/8/2020	Post War Health (Hoge)	Attending Cold Case Challenge: Case Synthesis (Guest)	Growth & Development (Dougherty)
1/15/2020	Post War Health (Hoge)	Attending Cold Case Challenge: Case Synthesis (Guest)	Growth & Development (Dougherty)
1/22/2020	Post War Health (Hoge)	Attending Cold Case Challenge: Case Synthesis (Guest)	Growth & Development (Dougherty)
1/29/2020	Fifth Wednesday	Team Building	(Optional: Regular Work Day)
2/5/2020	Sleep Medicine (Collen) w/ 4th year class	Residents as Teachers II (Hamaoka)	Growth & Development (Dougherty)
2/12/2020	Sleep Medicine (Collen)	Residents as Teachers II (Hamaoka)	Growth & Development (Dougherty)
2/19/2020	Sleep Medicine (Collen)	Residents as Teachers II (Hamaoka)	Growth & Development (Dougherty)
2/26/2020	Sleep Medicine (Collen)	Intro to Psychodynamic Tx (Smith)	Child & Adolescent Psychopathology (McKeathern)
3/4/2020	Sleep Medicine (Collen)	Intro to Psychodynamic Tx (Smith)	Child & Adolescent Psychopathology (McKeathern)
3/11/2020	Sleep Medicine (Collen)	Intro to Psychodynamic Tx (Smith)	Child & Adolescent Psychopathology (McKeathern)
3/18/2020	Sleep Medicine (Collen)	Intro to Psychodynamic Tx (Smith)	Child & Adolescent Psychopathology (McKeathern)
3/25/2020	Sleep Medicine (Collen)	Intro to Psychodynamic Tx (Smith)	Child & Adolescent Psychopathology (McKeathern)
4/1/2020		APA Practice Presentations	
4/8/2020	Attending Cold Case Challenge: Case Synthesis (Guest)	Intro to Psychodynamic Tx (Smith)	Child & Adolescent Psychopathology (McKeathern)
4/15/2020	Attending Cold Case Challenge: Case Synthesis (Guest)	Intro to Psychodynamic Tx (Smith)	Child & Adolescent Psychopathology (McKeathern)
4/22/2020	Attending Cold Case Challenge: Case Synthesis (Guest)	Intro to Psychodynamic Tx (Smith)	Child & Adolescent Psychopathology (McKeathern)
4/29/2020	Fifth Wednesday	Team Building	(Optional: Regular Work Day)
5/6/2020	Medicine for Psychiatrists (Amin)	Intro to Psychodynamic Tx (Smith)	Child & Adolescent Psychopathology (McKeathern)
5/13/2020	Medicine for Psychiatrists (Amin)	Intro to Psychodynamic Tx (Smith)	Child & Adolescent Psychopathology (McKeathern)
5/20/2020	Medicine for Psychiatrists (Amin)	Intro to Psychodynamic Tx (Smith)	Child & Adolescent Psychopathology (McKeathern)
5/27/2020	Medicine for Psychiatrists (Amin)	Intro to Psychodynamic Tx (Smith)	Child & Adolescent Psychopathology (McKeathern)
6/3/2020		Artiss Symposium	
6/10/2020	Intro to Outpatient Group (Bernier)	Intro to Psychodynamic Tx (Smith)	Child & Adolescent Psychopathology (McKeathern)
6/17/2020	Transition to PGY-3 (Including FBCH Orientation)	Transition to PGY-3 (Including FBCH Orientation)	Transition to PGY-3 (Including FBCH Orientation)
6/24/2020	Intro to Outpatient Group (Bernier)	Intro to Outpatient Group (Bernier)	Intro to Outpatient Group (Bernier)



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PGY3 Didactics

PGY-3	1:00 PM - 1:50 PM	2:00 PM - 2:50 PM	3:00 PM - 3:50 PM
7/3/2019		Regular Work Day	
7/10/2019		Regular Work Day	
7/17/2019		Regular Work Day	
7/24/2019	Program Director Day	Program Director Day	Program Director Day
7/31/2019	Cognitive Behavioral Therapy (Habben)	Evidence-Based Psychotherapy for PTSD (Friedlander)	Managing Your Practice (Burger)
8/7/2019	Cognitive Behavioral Therapy (Habben)	Evidence-Based Psychotherapy for PTSD (Friedlander)	OP Group Seminar (Bernier)
8/14/2019	Cognitive Behavioral Therapy (Habben)	Evidence-Based Psychotherapy for PTSD (Friedlander)	OP Group Seminar (Bernier)
8/21/2019	Cognitive Behavioral Therapy (Habben)	Evidence-Based Psychotherapy for PTSD (Friedlander)	OP Group Seminar (Bernier)
8/28/2019	Cognitive Behavioral Therapy (Habben)	Evidence-Based Psychotherapy for PTSD (Friedlander)	OP Group Seminar (Bernier)
9/4/2019	Cognitive Behavioral Therapy (Habben)	Evidence-Based Psychotherapy for PTSD (Friedlander)	Managing Your Practice (Toukelehto)
9/11/2019	SUD Symposium at NIH	SUD Symposium at NIH	SUD Symposium at NIH
9/18/2019	Cognitive Behavioral Therapy (Habben)	Evidence-Based Psychotherapy for PTSD (Friedlander)	Residents as Teachers III (Hamaoka)
9/25/2019	Cognitive Behavioral Therapy (Habben)	Evidence-Based Psychotherapy for PTSD (Friedlander)	Residents as Teachers III (Hamaoka)
10/2/2019		PRITE	
10/9/2019	FTX Bushmaster	FTX Bushmaster	FTX Bushmaster
10/16/2019	FTX Bushmaster	FTX Bushmaster	FTX Bushmaster
10/23/2019	Readiness Competencies (Toukolehto/Burger)	Readiness Competencies (Toukolehto/Burger)	Dialectical Behavioral Therapy (A. Williams)
10/30/2019	Fifth Wednesday	Team Building	(Optional: Regular Work Day)
11/6/2019	Readiness Competencies (Toukolehto/Burger)	Consolidated Trauma-Focused Therapy (Hoge)	Dialectical Behavioral Therapy (A. Williams)
11/13/2019	Readiness Competencies (Toukolehto/Burger)	Consolidated Trauma-Focused Therapy (Hoge)	Dialectical Behavioral Therapy (A. Williams)
11/20/2019		Regular Work Day	
11/27/2019		Half Year Huddle	
12/4/2019	Evidence Based Psychiatry (Capaldi)	Consolidated Trauma-Focused Therapy (Hoge)	Dialectical Behavioral Therapy (A. Williams)
12/11/2019	Evidence Based Psychiatry (Capaldi)	Consolidated Trauma-Focused Therapy (Hoge)	Dialectical Behavioral Therapy (A. Williams)
12/18/2019	Evidence Based Psychiatry (Capaldi)	Consolidated Trauma-Focused Therapy (Hoge)	Dialectical Behavioral Therapy (A. Williams)
12/25/2019		Regular Work Day	
1/1/2020		Regular Work Day	
1/8/2020	Residents as Teachers III (Hamaoka)	Consolidated Trauma-Focused Therapy (Hoge)	Dialectical Behavioral Therapy (A. Williams)
1/15/2020	Residents as Teachers III (Hamaoka)	Consolidated Trauma-Focused Therapy (Hoge)	OP Group Seminar (Bernier)
1/22/2020	Residents as Teachers III (Hamaoka)	Consolidated Trauma-Focused Therapy (Hoge)	OP Group Seminar (Bernier)
1/29/2020	Fifth Wednesday	Team Building	(Optional: Regular Work Day)
2/5/2020	Forensics (Chiarella)	Operational Medicine (Burger)	OP Group Seminar (Bernier)
2/12/2020	Forensics (Chiarella)	Operational Medicine (Burger)	OP Group Seminar (Bernier)
2/19/2020	Forensics (Chiarella)	Operational Medicine (Burger)	OP Group Seminar (Bernier)
2/26/2020	Forensics (Chiarella)	Operational Medicine (Burger)	OP Group Seminar (Bernier)
3/4/2020	Forensics (Chiarella)	Couples Therapy (Snow)	OP Group Seminar (Bernier)
3/11/2020	Forensics (Chiarella)	Couples Therapy (Snow)	OP Group Seminar (Bernier)
3/18/2020	Residents as Teachers III (Hamaoka)	Couples Therapy (Snow)	Couples Therapy (Snow)
3/25/2020	Residents as Teachers III (Hamaoka)	Couples Therapy (Snow)	Couples Therapy (Snow)
4/1/2020		APA Practice Presentations	
4/8/2020	Residents as Teachers III (Hamaoka)	Brief Dynamic Psychotherapy (Ursano/Cassimatis/Vance)	Advanced Psychopharmacology (Cozza)
4/15/2020	Family Therapy (Snow)	Brief Dynamic Psychotherapy (Ursano/Cassimatis/Vance)	Advanced Psychopharmacology (Cozza)
4/22/2020	Family Therapy (Snow)	Brief Dynamic Psychotherapy (Ursano/Cassimatis/Vance)	Advanced Psychopharmacology (Cozza)
4/29/2020	Fifth Wednesday	Team Building	(Optional: Regular Work Day)
5/6/2020	Family Therapy (Snow)	Brief Dynamic Psychotherapy (Ursano/Cassimatis/Vance)	Advanced Psychopharmacology (Cozza)
5/13/2020	Family Therapy (Snow)	Brief Dynamic Psychotherapy (Ursano/Cassimatis/Vance)	Advanced Psychopharmacology (Cozza)
5/20/2020	Family Therapy (Snow)	Brief Dynamic Psychotherapy (Ursano/Cassimatis/Vance)	Advanced Psychopharmacology (Cozza)
5/27/2020	Family Therapy (Snow)	Brief Dynamic Psychotherapy (Ursano/Cassimatis/Vance)	Advanced Psychopharmacology (Cozza)
6/3/2020		Artiss Symposium	
6/10/2020	Academic Psychiatry (Wynn)	Brief Dynamic Psychotherapy (Ursano/Cassimatis/Vance)	Advanced Psychopharmacology (Cozza)
6/17/2020	Academic Psychiatry (Wynn)	Brief Dynamic Psychotherapy (Ursano/Cassimatis/Vance)	Advanced Psychopharmacology (Cozza)
6/24/2020	Transition to PGY-4 (Amin)	Brief Dynamic Psychotherapy (Ursano/Cassimatis/Vance)	Advanced Psychopharmacology (Cozza)



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PGY4 Didactics

PGY-4	1:00 PM - 1:50 PM	2:00 PM - 2:50 PM	3:00 PM - 3:50 PM
7/3/2019		Regular Work Day	
7/10/2019		Regular Work Day	
7/17/2019		Regular Work Day	
7/24/2019	Program Director Day	Program Director Day	Program Director Day
7/31/2019	Admin Psych - Being a Service Chief (Blair)	Adv. Psychodynamic Concepts (Meerbaum)	Leading Organizational Change & Leaving a Mark (Amin)
8/7/2019	Admin Psych - Being a Service Chief (Blair)	Neuropsychiatry (Lowell)	Leading Organizational Change & Leaving a Mark (Amin)
8/14/2019	Admin Psych - Being a Service Chief (Blair)	Neuropsychiatry (Lowell)	Leading Organizational Change & Leaving a Mark (Amin)
8/21/2019	Admin Psych - Being a Service Chief (Blair)	Adv. Psychodynamic Concepts (Meerbaum)	Leading Organizational Change & Leaving a Mark (Amin)
8/28/2019	Admin Psych - Being a Service Chief (Blair)	Adv. Psychodynamic Concepts (Meerbaum)	Leading Organizational Change & Leaving a Mark (Amin)
9/4/2019	Admin Psych - Being a Service Chief (Blair)	Adv. Psychodynamic Concepts (Meerbaum)	Health Psychology (Jarrett)
9/11/2019	SUD Symposium at NIH	SUD Symposium at NIH	SUD Symposium at NIH
9/18/2019	Neuropsychiatry (Lowell)	Adv. Psychodynamic Concepts (Meerbaum)	Health Psychology (Jarrett)
9/25/2019	Adv. Psychodynamic Concepts (Meerbaum)	Adv. Psychodynamic Concepts (Meerbaum)	Health Psychology (Jarrett)
10/2/2019		PRITE	
10/9/2019	Neuropsychiatry (Lowell)	Adv. Psychodynamic Concepts (Meerbaum)	Health Psychology (Jarrett)
10/16/2019	Neuropsychiatry (Lowell)	Adv. Psychodynamic Concepts (Meerbaum)	Health Psychology (Jarrett)
10/23/2019	Neuropsychiatry (Lowell)	Adv. Psychodynamic Concepts (Meerbaum)	Health Psychology (Jarrett)
10/30/2019	Fifth Wednesday	Team Building	(Optional: Regular Work Day)
11/6/2019	Interventional Psychiatry (Atwal/Bahroo/Barrios)	Adv. Psychodynamic Concepts (Meerbaum)	Clinical Applications Psych Epi (Hoge)
11/13/2019	Interventional Psychiatry (Atwal/Bahroo/Barrios)	Adv. Psychodynamic Concepts (Meerbaum)	Clinical Applications Psych Epi (Hoge)
11/20/2019		Regular Work Day	
11/27/2019		Half Year Huddle	
12/4/2019	Interventional Psychiatry (Atwal/Bahroo/Barrios)	Adv. Psychodynamic Concepts (Meerbaum)	Clinical Applications Psych Epi (Hoge)
12/11/2019	Interventional Psychiatry (Atwal/Bahroo/Barrios)	Adv. Psychodynamic Concepts (Meerbaum)	Clinical Applications Psych Epi (Hoge)
12/18/2019	Interventional Psychiatry (Atwal/Bahroo/Barrios)	Adv. Psychodynamic Concepts (Meerbaum)	Clinical Applications Psych Epi (Hoge)
12/25/2019		Regular Work Day	
1/1/2020		Regular Work Day	
1/8/2020	Pain Management (Spevak)	Pain Management (Spevak)	Clinical Applications Psych Epi (Hoge)
1/15/2020	Pain Management (Spevak)	Pain Management (Spevak)	Clinical Applications Psych Epi (Hoge)
1/22/2020	Pain Management (Spevak)	Pain Management (Spevak)	Clinical Applications Psych Epi (Hoge)
1/29/2020	Fifth Wednesday	Team Building	(Optional: Regular Work Day)
2/5/2020	Advance Sleep Medicine (Collen)	Neurology Review (Swanberg)	Clinical Applications Psych Epi (Hoge)
2/12/2020	Advance Sleep Medicine (Collen)	Neurology Review (Swanberg)	Clinical Applications Psych Epi (Hoge)
2/19/2020	Advance Sleep Medicine (Collen)	Neurology Review (Swanberg)	Population Behavioral Health Needs Assessment (Donoho)
2/26/2020	Advance Sleep Medicine (Collen)	Neurology Review (Swanberg)	Population Behavioral Health Needs Assessment (Donoho)
3/4/2020	Advance Sleep Medicine (Collen)	Neurology Review (Swanberg)	Population Behavioral Health Needs Assessment (Donoho)
3/11/2020	Advance Sleep Medicine (Collen)	Neurology Review (Swanberg)	Military Officer Competencies (Ford/Burger)
3/18/2020	Advance Sleep Medicine (Collen)	Neurology Review (Swanberg)	Military Officer Competencies (Ford/Burger)
3/25/2020	Advance Sleep Medicine (Collen)	Neurology Review (Swanberg)	Military Officer Competencies (Ford/Burger)
4/1/2020		APA Practice Presentations	
4/8/2020	Ethics (Howe/Benedek)	Neurology Review (Swanberg)	Military Officer Competencies (Ford/Burger)
4/15/2020	Ethics (Howe/Benedek)	Neurology Review (Swanberg)	Military Officer Competencies (Ford/Burger)
4/22/2020	Ethics (Howe/Benedek)	Neurology Review (Swanberg)	Military Officer Competencies (Ford/Burger)
4/29/2020	Fifth Wednesday	Team Building	(Optional: Regular Work Day)
5/6/2020	Ethics (Howe/Benedek)	Neurology Review (Swanberg)	Transition to Practice (Amin)
5/13/2020	Ethics (Howe/Benedek)	Neurology Review (Swanberg)	Transition to Practice (Amin)
5/20/2020	Ethics (Howe/Benedek)	Neurology Review (Swanberg)	Transition to Practice (Amin)
5/27/2020	Ethics (Howe/Benedek)	Neurology Review (Swanberg)	Transition to Practice (Amin)
6/3/2020		Artiss Symposium	
6/10/2020	Oscar Mike: Becoming the Behavioral Health SME (Toukolehto)		
6/17/2020	Graduation Rehearsal		
6/24/2020	No Didactics		



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Research Opportunities





- National Intrepid Center of Excellence
- USUHS
 - Robust faculty led research projects
 - Home of Army STAARS
- NIH collaboration
- Walter Reed and Fort Belvoir
- Many others...



Academic Year 2018-2019:

- 50 National or International Conference Presentations
- 5 book chapters
- 5 Peer-reviewed articles
- 19 residents participated in a research/scholarly project

Paediatr, 2019 Sep;108(9):1597-1602. doi: 10.1111/apa.14743. Epub 2019 Mar 5.

Internal holding during therapeutic hypothermia for infants with neonatal encephalopathy is feasible.

Wang A¹, Deenester K², Fox L¹, Jacobs J³, Evans S¹.

Author information

¹Maine Medical Center, Portland, ME, USA

²Tufts University School of Medicine, Boston, MA, USA

Effects of subanesthetic intravenous ketamine infusion on neuroplasticity in the prefrontal cortex, amygdala, and hippocampus of Sprague-Dawley rats.

Chang M^{1,2}, Radford KD³, Driscoll M⁴, Purnomo S¹, Kim J¹, Choi KH^{1,2,3}.

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⁴National Capital Consortium Psychiatry Residency Program, Walter Reed National Military Medical Center, Bethesda, MD 20814, United States.

Psychiatr, 2019 Jul-Dec;12(10):90-93.

Motivational Guest Speaker Presentation as an Anti-Stigma Intervention for US Army Soldiers.

Chen R¹, McLeroy SC, Johnson VM.

Author information

¹Residential Treatment Facility, Fort Belvoir Community Hospital.

Long-term memories and brain glucose metabolism (¹⁸F-FDG-PET) following sub-anesthetic ketamine infusion in Sprague-Dawley rats.

Ant-Resistant Depression.

is a Resident in the Dual Internal Medicine-Psychiatry Residency Program, and is the Service Chief, Inpatient Psychiatry, both at Walter Reed National Military Medical Center in Bethesda, Maryland. Sherrell Lam also is an Assistant Professor, Psychiatry and Internal Medicine at the Uniformed Services University of Health Sciences in Bethesda.



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Other Opportunities





Other Opportunities

- Organize own electives across the region
- Rotation at the Pentagon clinic
- Operational rotations (*under development*)
- Navy ship hospital rotation
- Landstuhl rotation (*under development*)
- Many others...



Sample Elective/Selective Rotations

- Forensic Psychiatry
- Interventional Psychiatry (ECT)
- Inpatient Neuropsychiatry (7E)
- Addiction Psychiatry (FBCH 7S)
- Inpatient Community Psychiatry (NVMHI)
- Inpatient Psychiatry (7W)
- Emergency Psychiatry (CPEP)
- Consult-Liaison Psychiatry (7C WRNMMC)
- Civilian CL Psychiatry (INOVA)
- Psychiatry Continuity Service – IOP (WRNMMC)
- Child and Adolescent Psychiatry – CAPS (WRNMMC)
- Inpatient CAP (FBCH)
- Sleep Medicine
- Pain Medicine
- Emergency Medicine
- Neurology (Inpatient/Outpatient)
- Advanced Psychopharmacology
- Scholarly Activity/Research

...and many more!



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The DC/Northern VA, MD Area





- Museums
- Nightlife
- Diverse cuisines
- Active lifestyle options
 - Lots of trails, short-drive camping, outdoors opportunities
- Beaches and mountains just a short drive away
- Low unemployment and economically robust area (important for military spouses and significant others)
- Short train hops or drive to New York City, Philadelphia, and Baltimore (all within 250 mile radius for Passes)
- Links: **<https://washington.org/find-dc-listings/dc-events>**



DC Area Officer (O-3) Allowances

Grade	O-3
Years of Service	<2
Tax Filing Status	Single
Living OCONUS or Not Receiving BAH?	false
Living OCONUS?	N/A
ZIP Code of your Permanent Duty Station	20889
Annual Basic Pay	\$51,019.20
Annual Basic Allowance for Housing	\$30,852.00
Annual Basic Allowance for Subsistence	\$3,052.68
Non-Taxable Allowances (BAH + BAS)	\$33,904.68
Number of Exemptions for Previous Calendar Year	1
Personal Exemption Amount	\$0.00
Standard Deduction	\$12,200.00
Total Deductions	\$12,200.00
Taxable Income (Annual Basic Pay - Total Deductions)	\$38,819.20
Tax Rate	12%
Gross Up	\$38,528.05
Tax Advantage	\$4,623.37

Total Regular Military Compensation (RMC): \$89,547.25

- Housing: [Search homes at www.walterreedhousing.com/off-base](http://www.walterreedhousing.com/off-base)
- [Search homes at homes.mil](http://homes.mil)



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Residency Leadership & POCs



Residency Leadership

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