

Psychotherapy Training Requirements

The faculty, staff and students from the Department of Psychiatry and Behavioural Neurosciences at McMaster University welcome you to PTeR, an online resource in psychotherapy. The psychotherapies are evidence-based treatments for patients with psychiatric disorders and psychological problems. Students in psychiatry, psychology, social work, family medicine, nursing and other allied disciplines receive some form of training in the psychotherapies. Training students in the psychotherapies can be difficult due to inadequate resources, especially in smaller programs.

The Royal College of Physicians and Surgeons of Canada (RCPSC), the Accreditation Council of Graduate Medical Education (ACGME) in the U.S., and the American and Canadian Psychological Associations (APA, CPA) have clear guidelines for training psychiatry residents and psychology graduate students in psychotherapy.

PTeR can assist educators to develop comprehensive psychotherapy training programs in psychiatry, psychology, social work and other allied mental health disciplines. PTeR does not provide clinical supervision, and is therefore not a complete training program, but rather an e-resource, to be used in conjunction with existing programs for a well-rounded training experience.

Providing Accessible Continuing Education in Psychotherapy

PTeR provides easy and convenient access for busy physicians, psychologists, social workers and other allied mental health professionals to remain up to date with current developments in the psychotherapies.

Clinical vignettes illustrate a variety of therapy approaches, modeling specific therapeutic techniques and drawing special emphasis to the therapeutic alliance. PTeR offers PowerPoint seminars for all psychotherapy modules, as well as references, bibliographies, self-help for patients, MCQs to assess knowledge base and "virtual therapist" (VT) scenarios to assess clinical skills.

There are many benefits to working with PTeR, users can work individually at their own pace, PTeR can be integrated with existing curriculum or can be used as a resource in conjunction with supervision. The modules are setup in a way that learners are exposed to a variety of therapies, and different practice techniques are demonstrated in the clinical vignettes.

ACGME (US) psychiatry training requirements

Residents must develop competence in applying

- Supportive
- Psychodynamic
- Cognitive-behavioural, with exposure to
- Family
- Couple
- Group

RCPS (Canada) psychiatry training requirements

Proficiency (ongoing supervision)

- Emotion Focused (Supportive)
- Psychodynamic
- Cognitive-behavioural
- Family or Group

Working Knowledge (participant or observer)

- Interpersonal
- Dialectical Behavioural
- Family or Group
- Behavioural

Introductory knowledge

- Relaxation
- Mindfulness
- Motivational Interviewing
- Brief Dynamic