About PTeR

Development of PTeR

PTeR, or Psychotherapy Training e-Resources is a comprehensive psychotherapy training website, originally developed in 2005 by Dr. Priyanthy Weerasekera, currently Professor Emeritus in the Department of Psychiatry & Behavioural Neurosciences, McMaster University, Canada. PTeR was initially created on a WebCT platform to supplement the McMaster Postgraduate Psychotherapy Program, an evidence-based, competency focused psychotherapy program (Weerasekera, 1997). PTeR was redesigned in 2010 on a Moodle Learning Management System, beta-tested at the University of Southern California and State University of New York, Buffalo, and then licensed for widespread distribution to academic and healthcare institutions, and individual users for continuing education in psychotherapy (Weerasekera, 2013). Many individuals have contributed to the creative content of PTeR. Faculty, learners and staff from McMaster University, York University and University of Toronto have all contributed important content to PTeR. PTeR is currently used around the world by academic institutions, healthcare organizations and by professionals from a variety of health care disciplines. PTeR is also provided free of charge to developing countries in need of such resources.

Evidence-based teaching methods to enhance learning

PTeR incorporates teaching methods demonstrated in the cognitive science literature to enhance learning. The modeling of psychotherapy techniques in videos enables learners to “see” the active ingredients in specific psychotherapies that lead to change. The virtual therapist provides an interactive method of assessment and learning. Self-assessment questions provide an opportunity to assess competence. Power point seminars provide a review of both the theory and research relevant to each evidence-based psychotherapy. The key feature of PTeR is that the learner has continuous access to the site which permits on-site learning, case-based learning, continuous and repeated access to the content (which improves information processing and memory recall), and multiple formats of presentation of content from videos to power point seminars to self-assessments and the virtual therapist. These multiple methods of presentation with continuous access as needed enhances learning.

Who is PTeR for?

1. Students
   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.

2. Educators
   PTeR can assist educators in psychiatry, psychology, social work, and other mental health disciplines to develop comprehensive psychotherapy training programs. 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.

3. Mental Health Professionals
   PTeR provides easy and convenient access for busy psychiatrists, family physicians, psychologists, social workers, and other allied mental health professionals to remain up to date with current developments in the psychotherapies. Therapy videos illustrate a variety of therapy approaches, modeling specific therapeutic techniques and drawing special emphasis
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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. PTeR has been accredited with a variety of professional organizations for CME and CE credits.

PTeR Recognition and Awards
1. American College of Psychiatrists’ Award for Creativity in Education, for Psychotherapy Training e-Resources (PTeR), 2013
2. Canadian Psychiatric Association’s Paul Patterson Award for Leadership in Creativity and Innovation in Education, 2013 (Awarded to Dr P Weerasekera).

PTeR has travelled around the world

PTeR has travelled all over the globe:
- Within Canada
- Throughout the United States
- South America
- The UK
- Europe
- United Arab Emirates
- New Zealand
- Australia
- South East Asia
- Africa
- Eastern Europe
- Turkey

Some institutions who have purchased a license for PTeR (since 2010)
College of Psychiatrists of Ireland, Ireland
New South Wales Medical School, Institute of Psychiatry, NSW
Stanford University, Stanford, CA, US
Johns Hopkins University, Baltimore, MD, USA
Brown University, Providence, RI, USA
University of Southern California, Los Angeles, CA, USA
University of Massachusetts, Berkshire, MA, USA
University of Colorado, Denver, CO, USA
State University of New York (SUNY), Buffalo, NY, USA
Upstate Medical University, Syracuse, NY, USA
Case Western Medical Center, Cleveland, OH, USA
New York Medical College, Westchester, NY, USA
Southern Illinois University, Springfield, IL, USA
University of California, Riverside, Riverside, CA, USA
University of California, San Diego, San Diego, CA, USA
University of California, San Francisco, San Francisco, CA, USA
Medical College of Wisconsin, Madison, WI, USA
Maimonides Medical Center, Brooklyn, NY, USA
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Nassau University, Long Island, NY, USA
Central Michigan University College of Medicine, Saginaw, MI, USA
Henry Ford Health System, Detroit, MI, USA
Samaritan Mental Health, Corvallis, OR, USA
Brookdale Hospital, Department of Psychiatry, NY, USA
Oklahoma University, Tulsa, OK, USA
University of Connecticut, Farmington, CT, USA
University of Kansas, Kansas City, KS, USA
Penn State University, Hershey, PA, USA
Einstein Health Care Network, Department of Psychiatry, Philadelphia, PA, USA
East Tennessee State University, Johnson City, TN, US
University of Texas Dell Medical, Austin TX, USA
Zucker-Hillside, Hofstra North Shore Medical School, Glen Oaks, NY, USA
Dartmouth-Hitchcock Medical College, ME, USA
Medical College of Wisconsin, Milwaukee, WI, USA
Louisiana State University School of Medicine, New Orleans, LA, USA
Community Health Network Residency Program, Indianapolis, IN, USA
Geisinger Medical Centre, Danville, PA, USA
Northern Ontario School of Medicine, Sudbury, ON, USA
University of Ottawa, Ottawa, ON, USA
University of Saskatchewan, Saskatoon, SK, Canada
University of Alberta, Edmonton, AB, Canada
University of British Columbia, Vancouver, BC, Canada
University of Western Ontario, Psychiatry, London, ON, Canada
University of Western Ontario, Family Medicine, London, ON, Canada
Queens University, Kingston, ON, Canada
University of Calgary, Calgary, AB, Canada
Dalhousie University, St. John, NB, Canada
University of Toronto, Toronto, ON, Canada
Scarborough Hospital, Scarborough, ON, Canada
Memorial University, St. John’s NFLD, Canada
McGill University, Montreal, QC, Canada
Saskatchewan Health Authority, Saskatchewan Canada
Northern Health Authority, Prince George, British Columbia, Canada
Toronto Public Health, Toronto, ON, Canada
Homewood Health, Guelph, ON, Canada
McMaster University, Psychiatry & Behavioural Neurosciences, Hamilton, ON, Canada
McMaster University Family Practice Residency Program
McMaster University, Psychology Undergraduate Program
McMaster University, Occupational Therapy Program
Department of Psychiatry, University of Colombo Sri Lanka (complimentary)
United Arabs University, Zayed, UAE
Universidad Catolica, Santiago, Chile (complimentary)
University of Puerto Vallarta, Puerto Vallarta, Mexico (complimentary)
Horizon Health Network, St. John, NB, Canada
University of Tanzania, Tanzania (complimentary)
University of Cape Town, South Africa (complimentary)
Kasturba Medical College Manipal, India (complimentary)
Wake Forest Baptist Health, Psychiatry & Behavioural Medicine Winston-Salem NC, USA
References
