







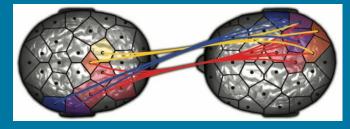
Lahey Clinic Psychiatry Residency Program













Our Program

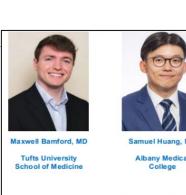


- ➤ Designed for your professional growth.
- ➤ Robust training sites; expert faculty.
- ➤ Supportive and stimulating learning environment.
- Four residents/PG year; 1st class joined July 2025.
- ➤ PD: Laura T. Safar, MD
- >APDs: Hannah Hollander, MD; Hema Venigalla, MD.
- ➤ PA: Kari DeLorenzo

https://www.lahey.org/research-education/education/residencies/psychiatry















Creighton University School of Medicine



Mission Statement

To mentor and educate future leaders of psychiatry who are expert and compassionate academic clinicians, equipped with the competencies, skills, and intent to provide superb psychiatric care and advance a more effective healthcare system.



AIMS

- 1. To educate psychiatrists with solid knowledge of the biological and psychosocial aspects of psychiatry, and who are curious life-long learners who will continue to analyze and create evidence-based knowledge.
- 2. To promote the development of psychiatrists with the competencies and skills to effectively practice different aspects of the profession including clinical, academic, and administrative roles.
- 3. To lean on Lahey Hospital's strengths as a physician-led, high-complexity medical center at the forefront of the clinic model, to train psychiatrists who are experts in the collaborative, inter-professional care of patients with psychiatric and concurrent medical illnesses.

AIMS

- 4. To leverage the strengths of UMass Chan-Lahey's LEAD@Lahey medical leadership curriculum, to prepare psychiatrists who will be leaders of our field.
- 5. To mentor psychiatrists who are compassionate, ethical, just, emotionally intelligent, and who bring together the humanistic artistry and science of psychiatry to the care of all patients.
- 6. To promote and sustain a safe and respectful learning and working environment for all.





Lahey Hospital & Medical Center

Level I trauma center - Burlington, MA.

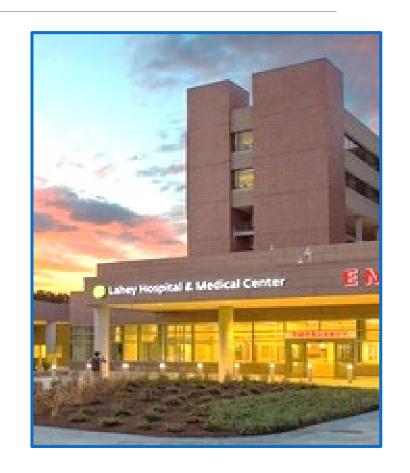
<u>Leader in Education</u> - Multiple residency and fellowship programs. Strong GME & UME departments.

Regional Campus of <u>UMass Chan Medical School</u>.

Psychiatry Department learners: residents, medical students, psychology fellows, APRN fellows, SW interns.

<u>Culture</u> of collegiality, respect, safety, and collaboration. Learning organization.

<u>Clinic</u> Model. Interdisciplinary group practice founded in 1923, to take care of all patients' needs under one roof.



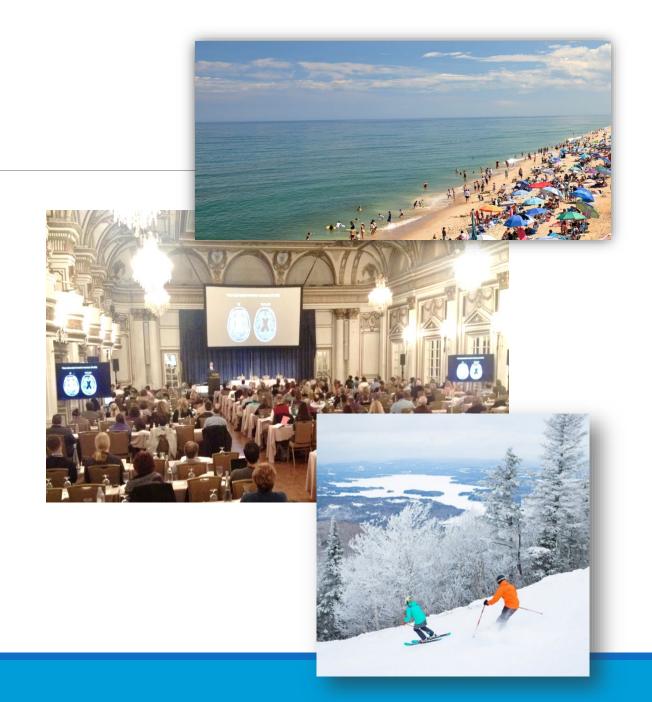
Our Location

Burlington, Massachusetts - 17 miles from Boston.

Easy access to cultural, innovation, and academic opportunities in the Boston area.

Ocean, lakes, hiking, and skiing.

Excellent schools, healthcare. Great place to raise a family. Cultural diversity.



Our Faculty

Academic physicians - extensive experience as medical educators. Academic appointments at UMass Chan Medical School, Tufts, Harvard Med School. Excellence in Teaching awards.

Expertise: general psychiatry; CL psychiatry; collaborative care psychiatry; neuropsychiatry; integrated psychotherapy & psychopharm treatment; addiction psychiatry; child & adolescent psychiatry; neuromodulation; and other.

Psychologists & SW: expertise in CBT, trauma- informed care, Health Psychology (psycho-oncology, bariatrics, sleep medicine, transgender health, transplant, and other), DBT, Psychodynamic Psychotherapy, Solution-Focused Therapy, and other.

Extensive **Group Psychotherapy** portfolio.

PERC (Psychiatry Emergency Resource Clinicians): Expertise in emergency psychiatry.





GROU	P PSYC	нотн	CRAPY
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Women's Life Transition Group

Anger Management

Cognitive Behavioral Therapy for Insomnia (CBTI)*

Cognitive Behavioral Therapy (CBT) for Mood Management

CBT Health Anxiety

Intro to Mindfulness

Adult ADHD Group

DBT Skills

Dialectical Behavioral Therapy to cope with mood dysregulation

Positive Psychology

Coping with Grief and Loss

Coping Skills for Caregivers

Coping with Chronic Illness

Trauma Recovery

Doubts and Anxiety: How to Boost Self-Esteem

Mental Training (Sharp Mind)

CBT for Anxiety/ Management

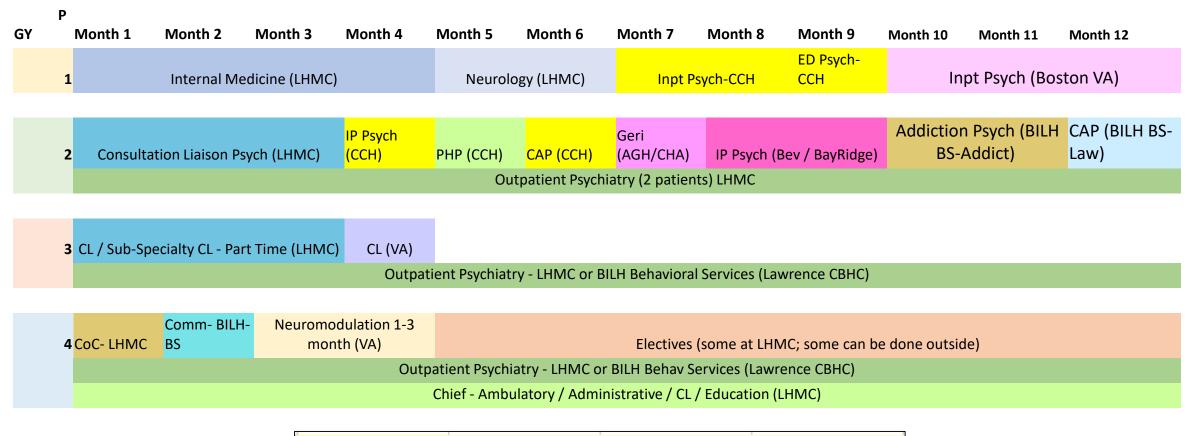
Cognitive Behavioral Therapy (CBT) for Depression

Coping with Multiple Sclerosis

Men's Mental Health Group: Navigating Life's Challenges



Lahey Clinic Psychiatry Residency Program Block Diagram



4 IM; 2 Neuro; 5 IP Psych; 1 ED Psych
3 CL; 3 IP Psych; 2 CAP; 2 Addiction; 1 PHP; 1 Geri
3 CL Parttime; 12 OP Psych; poss electives
Electives; OP; Collab Psy; Comm Psych; Chiefships



anarawas or and the lames of a fine basal ganglia and the lames several me case year gara an arranged axiall. ral view of the hemisphere with y. This high-resolution interactive whitecture within these grass amygdala: C, caudate nucleus Gustrum, F, formly, FM, foramen of viernal part; GEL globus pallidus, of the internal capsule; illy, ammillary body; P. putamen; SN, nucleus; Th, thalamus; Zl, zona

Gerent cerebral cortical areas, mains of behavior, is fundaential effects of basal ganglia

utamatergic and excitator of the cerebral cortex. The aged with a high degree o s that project to adjacem lves likely to share cortin of the caudate nucleus focal area of cortex, but

The GPe, STN, and SNc and peduncula. The Office in the Internal circuity of the barreen the input and

Output Nuclei Information flows from the basal ganglia outcomediat: who obtained the globus pallidus (GPL) output output little in the basal ganglia base output output little in the basal ganglia base output little in the ba organized into functionally specific day organized most associative, the ventrolateral is senson associative, the ventrolateral is senson as

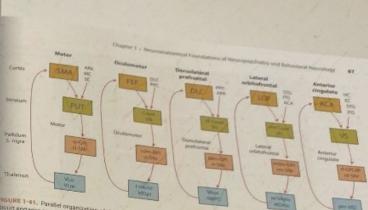


FIGURE 1-41. Parallel organization of the five basal ganglia-thalamocordical circuits according to Alexander, DeLong, and Strick. ** Each signal and appears according to Alexander, DeLong, and Strick. ** Each signal and strick. ** Each s incute pages specific regions of the live basal ganglia-thalamocertical circuits according to Alexander DeLong, and stroct tach against preparate Stead angages specific regions of the coreleast cortex, striatum, pallidum, substantia nigra, and thalannas KCA, ancetor congulare areas specific specific properties of the core of the cortex and thalannas KCA, ancetor congulare areas includes GPL internal segment of globus pallidus. HC hippure angular cortex, EC, enterminal cortex, EC, enterminal cortex, EF, frontal ey to the cortex and the cortex of the cort APA, arcuste premotor area; CALID, Gudate, (b): body (h): head: DLC, dorsolateral prefrontal cortex; EC, emprimal cortex; ES, indicate yea, sields; GPL, internal segment of globus pallidus; HC hippocampal cortex; HG, inferior temporal gyrus; LOE, lateral orbitofrontal cortex; HB, wontax eye. helds GPU internal segment of globus pallidus, HC, hippocampai cortex; HG, inferior temporal gyrus, LOP, tateral organizoras tortes motor cortex; MDpL madial dorsal thalamic nucleus pars paralamellaris; MDmc, medial dorsal thalamic nucleus pars magnocelus, and paralaments of the notal cortex mupt, muoral goesal tratamic nucleus trats paratamettang, Mbmic, mediar dotal stratamic subject subject dorsal shallomic mucleus pars parvacellutaris; ppc, posterior parvatal cortex put, putament, SC, somator supplementary motor area; SNI, substantia nigra para reticulata; ppc_ posterior parietal cortex, PU1, putament y_ somatownsory corosis and supplementary motor area; SNI, substantia nigra para reticulata; STG, superior temporal gyrus; VAmc, ventral anterior thatarac mudeus according to the corosis of the c au pitementary motor area; svi, substantia nigra pars reticulata; 5TG, superior temporal gyrus; VAmc, ventral amenor tratamor, rusosonadas discharges; VA.D.; ventral lateral thalamic nucleus pars parvocellularis; VLm, ventral lateral thalamic nucleus pars medialis; VLm, ventral lateral thalamic nucleus pars partocellularis; VLm, ventral lateral thalamic nucleus hagnocetivans; vape; ventral anterior thosmic nucleus paes parvocetitairis; vLm, ventral lateral thatanic nucleus pars memans; vLm, ateral lateral , lateret folin-, seeral dorschiedar, m., mediar, indm., medial dorschiedar, pm., posteromediar, rd., rostrodorsar, n., rostrodorsar, n.,

Recurring spiral projections ling the striatum to GPe and from GPe to the SIN, and excitatory to the striatum (the striatory to the striatum (the striatory to the striatum (the striatory) to the striatory to th Recurring appears the striatum (the striato-tilgrog to the striato the ventral as the indirect pathway contain enkephalin, and dopamine SNC with the ventral strain or of the suggestion that the ventral strain of the suggestion that the ventral strain of the indirect pathway contain enkephalia, and dopamine the indirect pathway contain enkephalia, and dopamine to the suggestion that the ventral skilling is the indirect painway contain encephalin, and dopamine influence dorsal (associative) striatal acts scales through G-protein signaling (D2 containing neurons).

Dopamine therefore has different effects on the direct and The output from the striatum is the tilize GABA to inhibit their targets, the net effect of activation of two complementary basal many the direct and indirect pathways in the presence of normal countries of donamine is that cortical excitor. idirect pathways, but because the MSNs in both these circuits

Matrix and Striosome Connectional Specific

luputs from the sensory, motor, and association are cerebral cortex, together with thalamostriatal project dopaminergic neurons from the SNc, mainly innervatylcholine-rich MSNs in the matrix region. The ma participate either in the direct striatopallidal pathw the GPi/SNr, or the indirect pathway through the G

Striosomes

orbitofrontal/anterior insular cortex, l'anterior cingulate, temporal limbic corti nygdala, and ventral parts of the SNc tr somes that are low in acetylcholine, 12 Th referentially project to the SNc, with ig the GPi/SNr, and the GPe (Fig. 1-43) / ler and Graybiel,314 Lanciego et al.,315 and

mic Connections of the Basal G

Journal Club

Quality and Safety Reflection Group

Leadership in Medicine and Psychiatry

ats from the basal ganglia via the Gift and ent nuclei of thalamus according to the parer area of origin of the corticobasal-gangitonic output from the GPi and SNr reaches the and

DIDACTICS - LAHEY CLINIC PSYCHIATRY RESIDENCY PROGRAM

PGY1 Addiction Psychiatry Cultural Psychiatry Emergency Psychiatry Introduction to Clinical Psychiatry Introduction to Consultation-Liaison Psychiatry Introduction to Neuromodulation Introduction to Psychotherapy Psychiatric Interviewing Psychopharmacology PGY2 Addiction Psychiatry Child and Adolescent Psychiatry Clinical Neurosciences Clinical Psychiatry Consultation-Liasion Psychiatry Geriatric Psychiatry Neuromodulation Psychopharmacology Psychotherapy PGY3 Addiction Psychiatry Careers in Psychiatry Clinical Psychiatry Community Psychiatry Forensic Psychiatry Psychopharmacology Psychotherapy Women's Psychiatry PGY4 Clinical Psychiatry Healthcare Systems and Advocacy Psychopharmacology Psychotherapy Transition to Practice LONGITUDNAL DIDACTICS Academic Project Case Conference

Psychiatry Grand Rounds, Ethics Rounds, Neuropsychiatry Conference, OPPs & Peer Learning Rounds

Didactics

movement arrest, confirming the model of sect and indirect circuits in functional equilibrium.

PGY-1 DIDACTICS	Faculty
Psychiatric Interviewing	Hannah Hollander, MD; Laura Safar, MD; other faculty.
Clinical Psychiatry	Michael Soule, MD; Fe Estin, MD; other faculty.
Emergency & CL Psychiatry	David Van Norstrand, MD; Brianna Gutowsky, DO; Larkin Kao, MD; other faculty.
Psychopharmacology I	Benita Handa, MD; Laura Safar, MD
Psychotherapy I	Einat Grunfeld, PhD; Kendea Oliver, PhD; Angela Landerholm, MD; other faculty.
Addiction Psychiatry	Smita Patel, MD; Hannah Hollander, MD; other faculty
Journal Club	Rotating Faculty
Case Conference	Rotating Faculty
Reflection & Wellness	Alyce Getler, PhD; Erica Savino Moffatt, APRN, LHMC
Intro to Clinical Neurosciences	Dede O'Shea, PhD; Laura Safar, MD
Cultural Psychiatry	Brian Quigley, LICSW; Martin Levenson, LICSW
Leadership Training & Capstone Project	Patrick Aquino, MD; Boris Lorberg, MD; Michael Bowman, MD; Laura Safar, MD
Quality and Safety	Jacob Venter, MD; Laura Safar, MD; OPPR Committee members

Clinical Rotations & Sites

Site	Rotations
Lahey Hospital & Medical Center	Medicine, Neurology. Psychiatry: CL, OP, ED, Collab, subspecialty psych, electives. Site for Didactics, Grand Rounds, Program Administration, etc.
BILH * Behavioral Services	Addiction Psych, Child & Adolescent Psych, Community Psychiatry. Alternative outpatient psychiatry site.
BILH- Beverly & BayRidge Hospitals	Inpatient Psych. ECT elective at Beverly Hospital.
BILH- Addison Gilbert Hospital & Center for Healthy Aging	Geriatric Psychiatry (AGH inpatient; CHA outpatient).
Cape Cod Hospital	Inpatient, Partial Hosp. Program, Child & Adolescent Psych, Emergency Psych.
Boston VA	Inpatient psych; neuromodulation (rTMS, ECT, ketamine); additional CL Psychiatry site.

^{*}BILH: Beth Israel Lahey Health



Lahey Hospital & Medical Center



The main site for the Program.

Didactics, rotations, and other educational experiences (supervision; grand rounds; etc.) take place here.

Required rotations: Medicine; neurology; consultation-liaison (CL) psychiatry (medical floors and emergency department); outpatient psychiatry; collaborative care psychiatry; PGY4 Chiefships (administrative; outpatient; CL; educational).

Elective rotations: Sub-specialty CL and OP psychiatry. Examples: Neuropsychiatry; psycho-oncology; transplant psychiatry; bariatrics; transgender health; ICU CL psychiatry; neurocritical care CL psychiatry; Addiction CL/OP psychiatry; psychotherapy; and others.



Addiction Psychiatry Rotation



Site Director: Nalan Ward, MD

BILH-BS Addiction Services: Wide range of community based outpatient and "bedded" programs.

<u>Danvers</u>: Detox Unit; Community Stabilization Service; Methadone & Suboxone Clinics; Group Therapy; outpatient addiction services.

<u>Hart House</u>: Residential/ therapeutic setting for mothers/ pregnant women w addiction & their children.

<u>Strengths</u>: Residents will actively participate from providing a wide range of addiction services and continuity of care to individuals with addiction disorders.

A teaching site of UMass Chan Medical School, and BIDMC HMS residents.





Outpatient, Community, & Child and Adolescent Psychiatry Rotations



Site Director: Boris Lorberg, MD. Faculty includes Dr. Jacob Venter, MD – both board certified in CAP.

<u>BILH-Behavioral Services</u>: Large network; mental health services for adults, children, and adolescents in a <u>community setting</u>.

<u>Lawrence Community Behavioral Health Center</u> (CBHC): Treatment for children, adolescents, adults, families. Interprofessional team.

Services include: Urgent mental health and substance use services (Walk-in clinics); Individual, group and family psychotherapy; Psychiatric medication management; Community crisis stabilization unit (CCS); Mobile Crisis Intervention (MCI); Care coordination; Screening and access to MAT for SUD.

<u>Strengths</u>: Solid community psych experience w many services (OP, CCS, MCI, etc.); diverse population, high Latino percentage- interpreters on-site; excellent child and adolescent psychiatry opportunity.



Beth Israel Lahey Health BayRidge Hospital

Site Director: David Bowman, MD

Community psychiatric hospital; provides high quality psychiatric and substance use treatment.

Residents may rotate in two <u>inpatient psychiatric units</u>: BayRidge 1 (24 beds) and BayRidge 2 (30 beds).

The hospital counts with a Partial Hospital Program (PHP) and step-down OP services.

<u>Strengths</u>: Wide range of psychiatric diagnoses; excellent site to gain experience with acute presentations in inpatient psychiatry. Diverse population.

Site for inpatient psychiatry rotations. Possible PHP rotation.

Teaching site of UMass Chan Medical School.





Beth Israel Lahey Health Beverly Hospital

Site Director: Irina Guryanova, MD

Acute care hospital and Level III Trauma Center. Comprehensive services, primary care and specialties.

- Leland Psychiatric Unit: 18-bed adult <u>inpatient psychiatric unit</u> for patients with <u>psychiatric and other concurrent medical</u> disorders.
- > Inpatient and outpatient ECT service (elective rotation).

<u>Strengths</u>: Supportive environment to learn inpatient psychiatry care for medically-ill individuals; high quality, team-based, patient-centered care.

A teaching site of UMass Chan Medical School.







Geriatric Psychiatry Rotation



Addison Gilbert Hospital

Site Director: Steve Gillespie, MD.

Acute care facility, several medical specialties.



Senior Adult Unit: inpatient geriatric psychiatry unit.

Psychiatric disorders, often w concurrent medical disorders; neurocognitive disorders w behavioral disturbances.

Non-DMH unit- provides experience in a different setting.

Geriatric Psychiatry rotation (inpatient).

Center for Healthy Aging

Site Director: Maura Copeland, MD

Multi-disciplinary ambulatory center.

Geriatric psychiatric and geriatric medicine care.

<u>Geriatric Psychiatry rotation</u> (outpatient).

Teaching sites of UMass Chan Medical School



Cape Cod Hospital - Site Director: Paula Kirby-Long, MD

Community general hospital. Psychiatric services:

- Psychiatry Emergency Service: Proactive treatment. Lead by Dr. Cathy Perkins
- Cape Psychiatric Center: Inpatient unit
- Partial Hospital Program
- •Center for Behavioral Health: OP, from children to the elderly.
- CL service.

<u>Strenghts</u>: Wrap-around psych services; busy ED; wide range of clinical presentations; diversity- Haitian, Jamaican, Brazilian, other. Summer: People from around the world. Immersive experience.

Rotations:

- PGY-1: Inpatient and Emergency Psychiatry.
- ■PGY-2: Child & Adolescent Psych, PHP, part-time Inpatient Psych.

Teaching site of UMass Chan Medical School.







Boston VA Hospital



U.S. Department of Veterans Affairs

Veterans Health Administration Boston Healthcare System

Training site for psychiatry residencies and fellowships in the Boston area.

<u>Inpatient psychiatry</u>: A robust teaching team of 11 inpatient psychiatrists. Four units:

A- Trauma-related disorders and addiction.

B- Severe mental illness (SMI); sub-unit for female patients.

C,D: Subacute (longer stays; trauma disorders & other SMI). Longer therapeutic relationship with patients.

<u>Neuromodulation</u>: ECT, TMS, ketamine (IV and intranasal). Optional <u>Minifellowship in Neuromodulation</u>, for higher level of expertise.

<u>CL psychiatry</u>: Busy teaching service with fellows, residents, and medical students- excellent evaluations from learners.



Our Program's strengths and highlights

Exposure to different sites: high complexity hospital, community hospitals, community behavioral centers, VA hospital, etc.: Graduates will feel confident and ready to practice in different settings.

Medical psychiatry- OP and CL; CL subspecialties.

Neuromodulation, mini-fellowship.

LHMC: The hub, with higher medical complexity. Leadership training.

•Sites: Larger community embedment; different areas of sub-expertise.

Clinical and cultural diversity.

Culture of Collaboration, Respect, & Safety.

Bio-psycho-social model. Training in several psychotherapy modalities.

Location: Boston area – educational, research, cultural opportunities

Young Program: Residents have the opportunity to help create/lead this experience for themselves,

Multidisciplinary (MD, PhD, LICSW, APRN, other) and the upcoming classes. Open door policy.





Thank you!





Beth Israel Lahey Health Lahey Hospital & Medical Center



