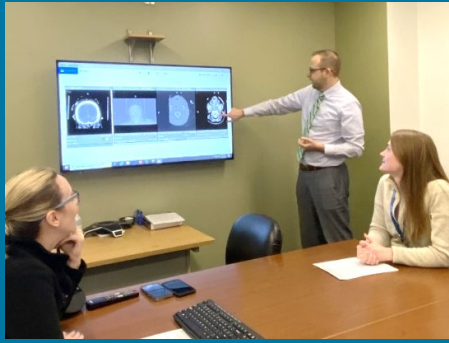
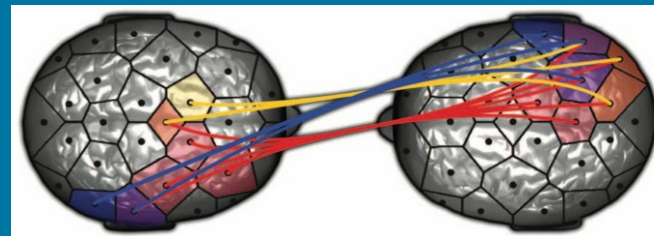




UMass Chan
MEDICAL SCHOOL

Lahey Clinic Psychiatry Residency Program

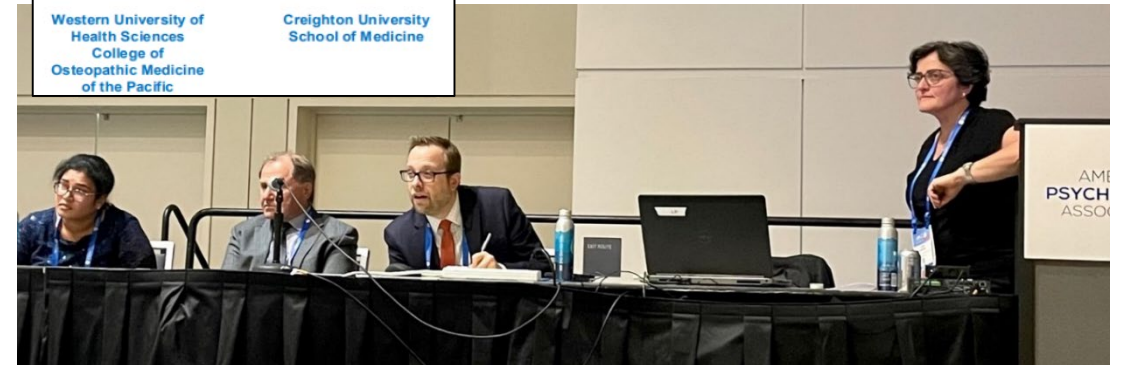
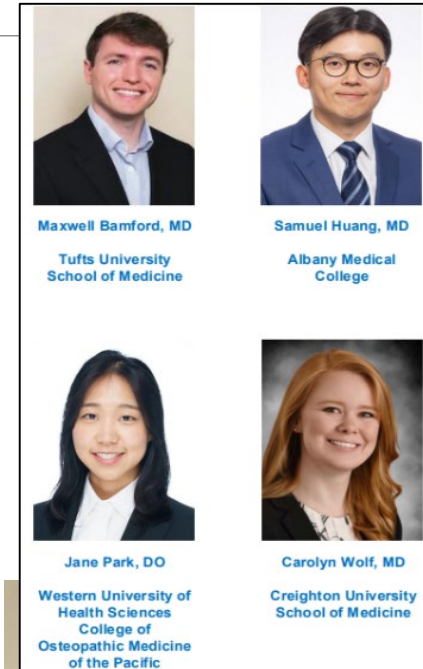


Our Program



- 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>



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



UMass Chan
MEDICAL SCHOOL

Level I trauma center - Burlington, MA.

Leader in Education - Multiple residency and fellowship programs. Strong GME & UME departments.

Regional Campus of UMass Chan Medical School.

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

Culture of collegiality, respect, safety, and collaboration. Learning organization.

Clinic 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.



GROUP PSYCHOTHERAPY
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 <i>Dialectical Behavioral Therapy to cope with mood dysregulation</i>
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

GY	P	Month 1	Month 2	Month 3	Month 4	Month 5	Month 6	Month 7	Month 8	Month 9	Month 10	Month 11	Month 12
	1	Internal Medicine (LHMC)				Neurology (LHMC)		Inpt Psych-CCH		ED Psych-CCH	Inpt Psych (Boston VA)		
	2	Consultation Liaison Psych (LHMC)			IP Psych (CCH)	PHP (CCH)	CAP (CCH)	Geri (AGH/CHA)	IP Psych (Bev / BayRidge)		Addiction Psych (BILH BS-Addict)		CAP (BILH BS-Law)
		Outpatient Psychiatry (2 patients) LHMC											
	3	CL / Sub-Specialty CL - Part Time (LHMC)			CL (VA)								
		Outpatient Psychiatry - LHMC or BILH Behavioral Services (Lawrence CBHC)											
	4	CoC- LHMC	Comm- BILH-BS	Neuromodulation 1-3 month (VA)		Electives (some at LHMC; some can be done outside)							
		Outpatient Psychiatry - LHMC or BILH Behav Services (Lawrence CBHC)											
		Chief - Ambulatory / Administrative / CL / Education (LHMC)											

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

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-Liaison Psychiatry
Geriatric Psychiatry
Neuromodulation
Psychopharmacology
Psychotherapy

PGY3

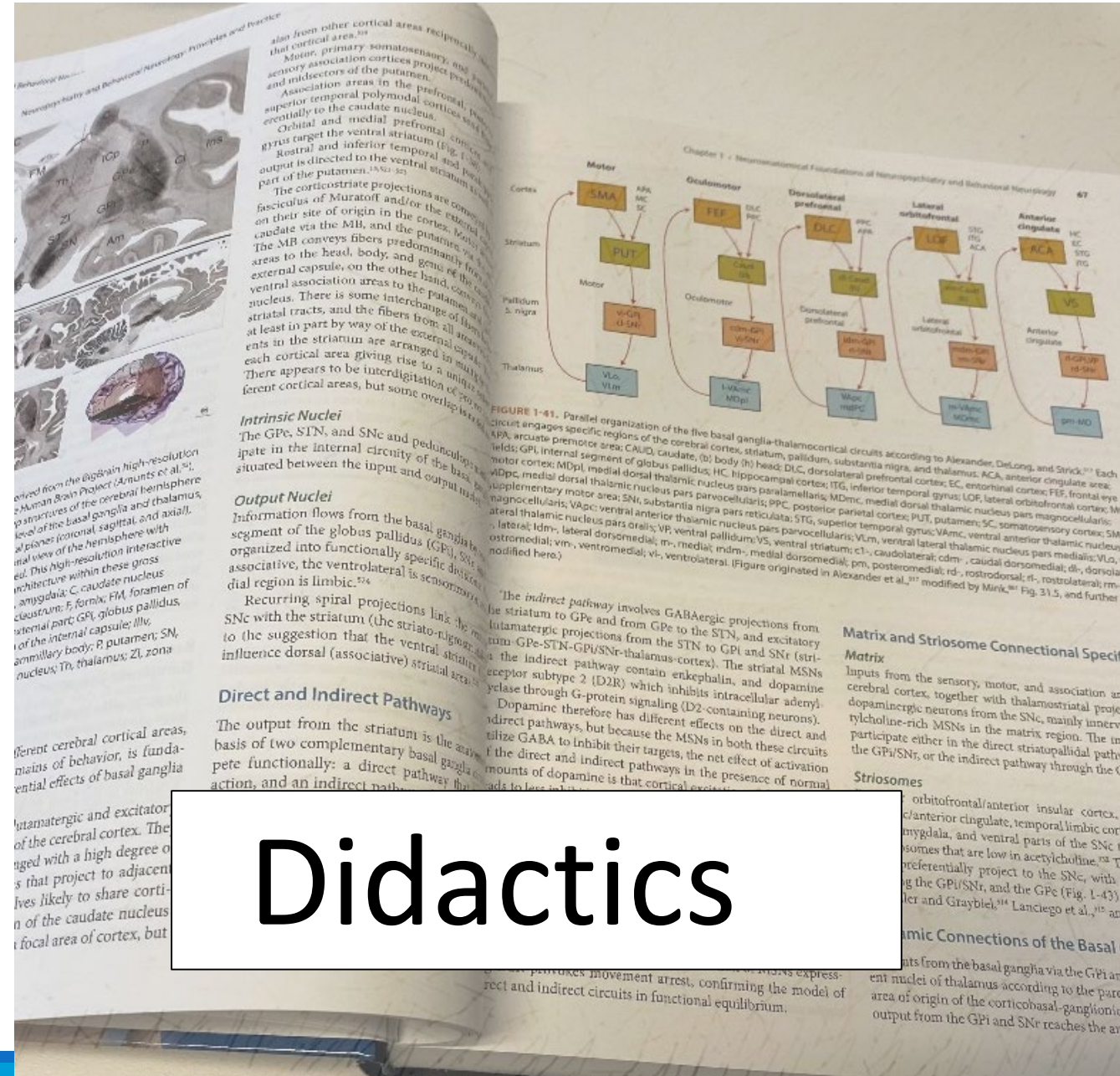
Addiction Psychiatry
Careers in Psychiatry
Clinical Psychiatry
Community Psychiatry
Forensic Psychiatry
Psychopharmacology
Psychotherapy
Women's Psychiatry

PGY4

Clinical Psychiatry
Healthcare Systems and Advocacy
Psychopharmacology
Psychotherapy
Transition to Practice

LONGITUDINAL DIDACTICS

Academic Project
Case Conference
Journal Club
Leadership in Medicine and Psychiatry
Psychiatry Grand Rounds, Ethics Rounds, Neuropsychiatry Conference, OPPs & Peer Learning Rounds
Quality and Safety
Reflection Group



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.
<u>BILH</u>* Behavioral Services	Addiction Psych, Child & Adolescent Psych, Community Psychiatry. Alternative outpatient psychiatry site.
<u>BILH</u>- Beverly & BayRidge Hospitals	Inpatient Psych. ECT elective at Beverly Hospital.
<u>BILH</u>- 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

Beth Israel Lahey Health
Behavioral Services



Site Director: Nalan Ward, MD

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

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

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

Strengths: 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.



UMass Chan
MEDICAL SCHOOL



Outpatient, Community, & Child and Adolescent Psychiatry Rotations



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

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

Lawrence Community Behavioral Health Center (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.

Strengths: 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 inpatient psychiatric units: BayRidge 1 (24 beds) and BayRidge 2 (30 beds).

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

Strengths: 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 inpatient psychiatric unit for patients with psychiatric and other concurrent medical disorders.
- Inpatient and outpatient ECT service (elective rotation).

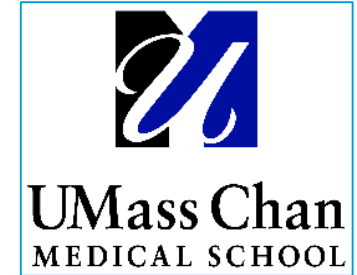
Strengths: Supportive environment to learn inpatient psychiatry care for medically-ill individuals; high quality, team-based, patient-centered care.

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

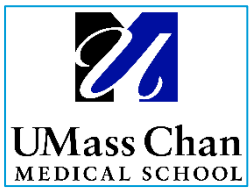
Site Director: Maura Copeland, MD

Multi-disciplinary ambulatory center.

Geriatric psychiatric and geriatric medicine care.

Geriatric Psychiatry rotation (outpatient).

Teaching sites of UMass Chan Medical School



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

Community general hospital. Psychiatric services:

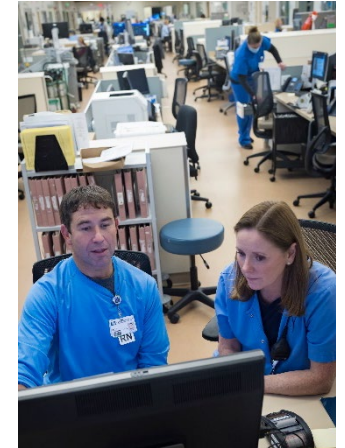
- Psychiatry Emergency Service: Proactive treatment. Lead by Dr. Cathy Perkins
- Cape Psychiatric Center: Inpatient unit
- Partial Hospital Program
- Center for Behavioral Health: OP, from children to the elderly.
- CL service.

Strengths: 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.

Inpatient psychiatry: 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.

Neuromodulation: ECT, TMS, ketamine (IV and intranasal). Optional Mini-fellowship in Neuromodulation, for higher level of expertise.

CL psychiatry: 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.

- **LHMC:** The hub, with higher medical complexity.
- **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.

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

Medical psychiatry- OP and CL; **CL subspecialties.**

Neuromodulation, mini-fellowship.

Leadership training.

Location: Boston area – educational, research, cultural opportunities

Young Program: Residents have the opportunity to help create/ lead this experience for themselves, and the upcoming classes. Open door policy.



Thank you!

