

UH Psychiatry Curriculum Summary

Month	July	August	September	October	November	December	January	February	March	April	May	June
Block	Start of the Year Transition Consult Liaison (PGY2)	Psychosis	Forensics PRITE Career Development	Mood Disorders	Substance Use Disorders		Anxiety and Obsessive Compulsive Disorders	Trauma-Related Disorders Eating Disorders	Geriatric Psychiatry Neuro-developmental Disorders	Neuropsychiatry Sleep Medicine	Identity and Sexuality Personality Disorders	End of the Year Transition
PGY 1	Basic Inpatient Skills						Psychiatric Emergencies					
PGY 2	Advanced Inpatient Skills						Diagnosis and Management					
PGY 3	Basic Outpatient Skills						Community Psychiatry					
PGY 4	Advanced Outpatient Skills						System-Level Practice; Leadership					
All	Threads: Career Development Child and Adolescent Psychiatry Humanities and Ethics						Psychotherapy Research Literacy Social Determinants of Health and Disparities Women's Mental Health					

Blocks

Month	Block
July	Start of the Year Transition: Psych Rocks (PGY1) / Consultation-Liaison (PGY2) / Outpatient Transition (PGY3/4)
August	Psychosis
September	Forensics / PRITE / Career Development (PGY4)
October	Mood Disorders
November/December	Substance Use Disorders
January	Anxiety / OCD-Related Disorders
February	Trauma-Related Disorders / Eating Disorders
March	Neurodevelopmental Disorders / Geriatric Psychiatry
April	Neuropsychiatry / Sleep Medicine
May	Personality Disorders / Identity and Sexuality
June	End of the Year Transition

Threads

Career Development
Child and Adolescent Psychiatry
Humanities and Ethics
Psychotherapy
Research Literacy
Social Determinants of Health and Disparities
Women's Mental Health

UH Psychiatry Psychotherapy Curriculum Summary

Month	July	August	September	October	November	December	January	February	March	April	May	June					
Monthly Topic Focus (PGY1-4)	Start of the Year Transition Consult Liaison (PGY2)	Psychosis	Forensics PRITE	Mood Disorders	Substance Use Disorders		Anxiety Disorders OCD-Related Disorders	Trauma-Related Disorders Eating Disorders	Geriatric Psychiatry Neurodevelopmental Disorders	Neuropsychiatry Sleep Medicine	Identity and Sexuality Personality Disorders	End of the Year Transition					
PGY1	Supportive Psychotherapy		Biopsychosocial Formulation				Introduction to Psychotherapy Curriculum; Psychodynamic Supportive Interventions										
PGY2	Introduction to Defense Mechanisms						Psychodynamic Formulation					Introduction to Psychotherapy Clinic					
PGY3 and PGY4	DBT	CBT						Group Psychotherapy		Group Psychotherapy			Psychodynamic Psychotherapy	Psychodynamic Psychotherapy	Trauma Psychodynamics	Psychodynamic Termination, Risk, Boundaries	Family, Couples, and Systems-Oriented Care
All	Block-Specific																
	Exposures																

Psychotherapy Series by Class Year

Series	Lectures
PGY1	Supportive Psychotherapy Biopsychosocial Formulation Introduction to the Psychotherapy Curriculum Introduction to Psychodynamic Supportive Interventions
PGY1/2	Introduction to Defense Mechanisms
PGY2	Psychodynamic Formulation Introduction to Psychotherapy Clinic
PGY3/4	DBT CBT Group Psychotherapy Psychodynamic Psychotherapy Trauma Psychodynamics Psychodynamic Termination, Boundaries, Risks Families, Couples, and Systems-Oriented Care

Block-Specific Psychotherapy Lectures

Block	Lecture
Psychosis	CBT for Psychosis (CBT-P)
Mood Disorders	Integrative Psychotherapy of Suicidality Psychotherapeutic Approaches to Depression Social Rhythms Therapy for Bipolar Disorder
Substance Use Disorders	Motivational Interviewing #1-4 SBIRT
Anxiety and OCD-Related Disorders	Evidence-Based Psychotherapy of OCD Evidence-Based Psychotherapy of Panic Disorder Evidence-Based Psychotherapy of Social Anxiety Disorder Integrating Therapy into a Medication Management Appointment
Trauma-Related Disorders	Evidence-Based Psychotherapy of PTSD Evidence-Based Psychotherapy of DID
Sleep Medicine	CBT-I for Pediatrics CBT-I
Personality Disorders	Psychodynamic Psychotherapy for Personality Disorders

Exposures

Lecture
Mindfulness
Gestalt Therapy #1-2
Internal Family Systems #1-2
Interpersonal Psychotherapy
Mentalization #1-2
Positive Psychology
Classical Theoretical Perspectives of Psychotherapy #1-2