

Psychiatry Residency



Fall 2023



From the Program Director

Dear Colleagues,

First, we so appreciate the work that you do in training our residents. It is a testimony to your work that the applicants consistently speak about the faculty involvement as a key reason for them choosing Phoenixville Psychiatry.

Remember, we ask that each faculty member review the goals and objectives for the rotation at the start of each new resident assignment. This practice orients both you and the resident to the task at hand. Everyone learns more and works better if they start with the endpoint in mind. The ACGME requires this because it improves learning.

Evaluations from you and from the residents on New Innovations continue to be a focus of our performance improvement. They must be provided in two weeks following the completion of the rotation or the block. Best practices would be to complete them with the resident and discuss your feedback. We ask that you schedule a private meeting with the resident mid-way and at the end of the rotation. Voila, you are done!

We are very interested in feedback as well. Are there ways we can be more helpful to you? Is there information we can provide that would be helpful? Please do not hesitate to let us know. We are most appreciative of your efforts to educate our trainees.

Please be on the lookout for announcements about holiday events and the chance to enjoy one another's company.

Thanks for everything you do.

Donna M. Sudak, MD

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Spotlight on Faculty Development

• Progress Monitoring and Supervision

• A variety of assessment methods exist to help us obtain data about patient progress in therapy. Many clinicians do a “scale of one to ten” approximation about patient symptoms in the past week. Others use specialized assessment tools to measure progress, such as validated rating scales like the PHQ-9. Data about progress monitoring underscore how important it is to use such scales, since multiple studies demonstrate that we are not capable of “just knowing” how a patient is progressing by either their self-report or our clinical acumen. Measurement based care truly improves outcomes. Progress monitoring, when coupled with feedback to the patient about progress, increases the effectiveness of therapy and decreases negative or adverse responses to therapy (1).

• Teaching residents to gather feedback in supervision is therefore an essential. First, assessment of patient progress must regularly occur with a validated rating instrument. Second, measuring the strength of the therapeutic alliance is quite important to therapeutic progress. An alliance measure is certainly important at minimum in those patients with whom the therapeutic alliance poses particular challenges. Measures that determine whether the therapy is being deployed as intended should be used in supervision when available. CBT, for example, has rating instruments that indicate if the therapist is performing CBT to a level of fidelity.

• What is even more critical is having a conversation with the supervisee regarding the indicators of patient progress, using targeted questions to help the supervisee generate hypotheses about them and teaching how to discuss them with the patient. Questions like “How do we account for the jump in progress or the lack of progress? What does this score mean about your relationship with the patient? What should you do next?” will further critical thinking and therapist growth. Such dialogue may lead to discussions of therapeutic impasses, alliance ruptures, incorrect case conceptualization or unrecognized comorbidities. The patient may develop a better relationship with the therapist and a renewed resolve regarding the work of therapy.

• The weekly use of symptom measures seamlessly integrated into clinical care and discussed with the patient improves outcomes. Countless patients receiving therapy in research trials employ such scales routinely (and generally get superior outcomes). Supervision should incorporate these principles.

Upcoming Program Events

Grand Rounds- Petros Levounis, MD,
MD- APA President: *The New
Neurobiology of Addiction*

12/13/23

Psychiatry Residency/CAP Holiday
Wellness Gathering/Potluck

12/20/23, 2-4pm

CAP Fellowship Match

1/10/24

Patient Safety/Professional
Development Day

2/14/24

Resident Retreat

2/28-29/24 (2 days)

Fellow Retreat

3/20/24

MATCH Results

3/17/24

Resident Retreat Feedback
Presentation

4/3/24



Psychiatry Residency Newsletter

Spotlight on PGY1 Class



Olivia Chough, MD

Medical School: Drexel University College of Medicine
Hometown: Monroeville, PA
Psychiatry Interests: Perinatal Psychiatry/
Women's Mental Health, CAP, Integrative Care



Maheen Mohammad, DO

Medical School: Rowan School of Osteopathic Medicine
Hometown: New York, NY
Psychiatry Interests: CAP, Consult-Liaison, Palliative Psychiatry



Jashelle Davis, DO

Medical School: Philadelphia College of Osteopathic Medicine
Hometown: Centreville, VA
Psychiatry Interests: CAP, Reproductive Psychiatry, Neuromodulation, LGBTQIA+



Kristin Spiegel, MD

Medical School: Drexel University College of Medicine
Hometown: Seattle, WA
Psychiatry Interests: CAP, Addiction, LGBTQIA+



Aubrey Jackson, DO

Medical School: Liberty University College of Osteopathic Medicine
Hometown: Lansdale, PA
Psychiatry Interests: Reproductive Psychiatry, Consult-Liaison, Academic Psychiatry



Matthew Young, MD

Medical School: Drexel University College of Medicine
Hometown: Fremont, CA
Psychiatry Interests: CAP, Inpatient Psychiatry



Daniel Minukhin, DO

Medical School: University of New England College of Osteopathic Medicine
Hometown: Gilford, NH
Psychiatry Interests: Addiction, Mood Disorders



Alice Zhu, MD

Medical School: Drexel University College of Medicine
Hometown: Queens, NY
Psychiatry Interests: CAP



Residency Recruitment Season 2023-2024

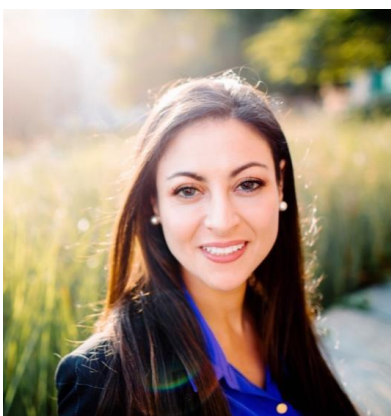
Check out our updated website at: <https://towerhealth.org/general-psychiatry-residency>

Along with Dr. Sudak's participation in several recruitment fairs, we have conducted 2 Virtual Open Houses and had excellent attendance with many interested candidates. Thank you to the Residents that participated in both events and assisted in highlighting all the benefits of our program.

This recruitment season consists of the following 18 dates:

Wednesdays	Fridays
	10/13/2023
10/18/2023	10/20/2023
10/25/2023	10/27/2023
11/01/2023	11/03/2023
11/08/2023	
11/15/2023	
Monday 11/20/2023	
11/29/2023	12/01/2023
12/06/2023	12/08/2023
12/13/2025	12/15/2023
12/20/2023	12/22/2023

Spotlight on CAP Fellow



Christine Farag, MD, FEL1 completed 3 years of adult psychiatry at Carle Foundation Hospital. She earned her BS in Neuroscience from the University of Pennsylvania and MD from the University of Connecticut School of Medicine. After graduating from medical school, she worked for 1 ½ years in the Tibetan Autonomous Region of China where she trained in meditation practices while serving as the physician for a Tibetan Monastery.



Spotlight on Resident Scholarly Activity



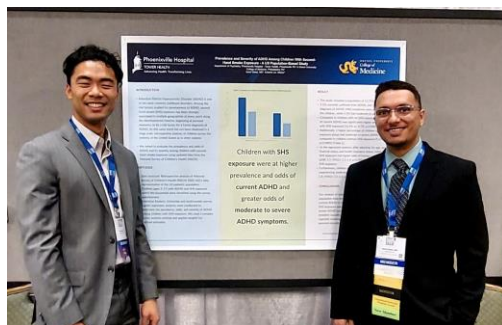
Abhishek Allam, MD-PGY2
Saral Desai, MD- PGY2,
attended and monitored
sessions at the AACAP 2023
Conference in New York.

Saral Desai, MD- PGY2 was selected by the APA to complete a Child and Adolescent Psychiatry Fellowship from July 1, 2023-June 31,2025.

Dr. Desai also received the **AACAP Educational Outreach Program for General Psychiatry Residents award** at the AACAP 2023 Conference.



Saral Desai, MD-PGY2 and **Edward Lin, BS-MS4 DUCOM** presented their poster; *Higher ADHD Prevalence, Worse Symptoms in Children Exposed to Second-Hand Smoke* at the AACAP Conference. The abstract was also published in the **Journal of the American Academy of Child & Adolescent Psychiatry** and featured on **Psychiatry Advisor**.



Abhishek Allam, MD- PGY2 presented a poster at the **NRMP Conference in Boston, MA** in October, co-authors: **Chandra Rai, MD-PGY2** and **Valeria Diaz Fragachan, MD- Pediatric Emergency Fellow, St. Chris,** with the assistance of **Donna Sudak, MD: IMG Residency Transition Guide.**



Kristin Spiegel, MD-PGY1 article: *Mental Health Impacts of Anti-Trans Legislation* was published in the Drexel University Women's Health Education Program Blog-College of Medicine, October 5, 2023

Aubrey Jackson, DO-PGY1 published an article: *Matching Into Psychiatry When Expecting in Academic Psychiatry* June 27, 2023.



Graduation 2023



Our first Graduation Ceremony was held on Wed., June 21, 2023. PGY3 Residents: **Timothy DeRosa, MD** and **Navneet Khroud, MD** will complete CAP Fellowships with Thomas Jefferson University Hospital, Philadelphia, PA and Kaweah Health Medical Center, Visalia, CA. Congratulations!!



Resident Awardees for 2021-2022:
Daniel Buhalo, MD, PGY2: Gary Kirshbaum Award for Excellence in CL Psychiatry
Katherine Hubert, DO, PGY2: Journal Club Excellence Award

Resident Awardees for 2022-2023:
Christine Emmanuel, DO, PGY2 and Amanda Shapiro, MD, PGY2: Gary Kirshbaum Award for Excellence in CL Psychiatry
Samantha Murad, DO, PGY2: Journal Club Excellence Award
Katherine Hubert, DO, PGY3: Outstanding Achievement in Cognitive Behavioral Therapy
Amanda Shapiro, MD, PGY2: Excellence in Medical Student Education



Faculty Awardees 2021-2022:
Donna Sudak, MD: Excellence in Didactic Teaching
Sunil Verma, MD: Excellence in Clinical Teaching
Faculty Awardees 2022-2023:
Zhabiz Kazeminezhad, MD: Excellence in Didactic Teaching
Lawrence Han, MD; Salman Salaria, MD; Jeffrey Bedrick, MD: Excellence in Clinical Teaching



Staff of the Year 2021-2022: Steele Stevens, UR Coordinator, Friends Hospital
Staff of the Year 2022-2023: Joanne Cook, Cafeteria, Phoenixville Hospital
Annet Nanetza, RN, Friends Hospital
Lisa Alsop, TH-1427 Vine St. Clinic



Congratulations to all and best wishes to our Graduates!

Welcome Wellness Luau 2023

