

**PSYCHOSOMATIC MEDICINE
FELLOWSHIP PROGRAM
BOSTON UNIVERSITY SCHOOL OF
MEDICINE
DIVISION OF PSYCHIATRY**

The Psychosomatic Medicine Fellowship is a one year fully accredited program designed to train academic psychosomatic psychiatrists to be leaders in the field and to provide knowledge and skills in the field of psychosomatic medicine. A unique quality of the program is its ability to provide the fellow with a variety of educational and training venues that include an ethnically, culturally and economically diverse group of patients.

Over the course of the year, it is hoped that the fellow will develop clinical knowledge and expertise in the psychiatric care of the medically ill or physically disabled patient. This will include consultation and evaluation, crisis intervention and various forms of psychotherapy. The fellow will be exposed to the care and management of patients in a variety of settings including intensive care units, outpatient clinics, dialysis units and cancer care centers. Clinical work is supplemented by a variety of didactic seminars and participation in multidisciplinary educational experiences that include clinical rounds, conferences, supervision and research activities. An important aspect of the program will be the development of teaching, leadership, and administrative skills as the fellow works with other health care providers in both inpatient and outpatient settings.

II. Training Sites

The Psychosomatic fellow will spend a total of six consecutive months full time at the Boston Medical Center and six

consecutive months full time at the VA Boston Healthcare System.

The Boston Medical Center is a private, non-profit 547 bed academic medical center that provides both primary and tertiary care to an ethnically diverse patient population (40% White, 39% African American, 12% Hispanic, and 2% Asian) The psychiatric consultation service responded to 1500 new consultation requests in the last year, which came from all medical and surgical specialties including the intensive care units, oncology, OB-GYN, dialysis center and spinal cord unit. The consultation service has acting liaison relationships with the intensive care units, oncology, the amyloid program, dialysis, geriatric, cardiac rehabilitation and neurology. In addition to the inpatient services, the Boston Medical Center has a large Primary Care Clinic (67,000 visits/year) and active Family Medicine Service (50,000 outpatient visits/year).

The VA Boston Healthcare System serves as the major tertiary and surgical referral center for all other VA facilities in New England and offers comprehensive specters of clinical services to the veterans of Eastern and Central Massachusetts. The fellow will spend time at both the West Roxbury and Jamaica Plain campuses during their six-month rotation. The West Roxbury Campus is the primary medical center for veterans of Massachusetts and its consultation-liaison service is an integral part of the healthcare services provided there. It serves as a training site for both the Boston University School of Medicine and the Harvard Medical School. The Jamaica Plain Campus houses many of the VA Boston Healthcare outpatient primary care and mental health clinics. This site also include a

women's center and Behavioral Medicine clinic that provides special and cognitive-behavioral treatment for a number of medical problems including obesity, smoking cessation, cardiac rehabilitation and pain management.

III. Boston Medical Center Rotation

During the six-month rotation at Boston Medical Center, the fellow will spend approximately 60% of their time in Consultation to the acute medical and surgical services. The fellow will see 10-12 new patients a week on the consultation service and will be responsible for evaluation and follow-ups with the patient, family and referring physician. As a part of their clinical responsibilities the fellow will lead a team of PGY-2 resident and two medical students and will provide teaching and supervision. The faculty consists of five full-time psychiatrists who provide daily supervision. The fellow will have one hour of individual supervision weekly and one hour of daily group rounds supervision. In addition to the provision of clinical services, the fellow will participate in weekly case conferences, weekly didactic seminars that cover a variety of topics that are essential to the psychiatric care of the medically ill and will include mental health laws and ethics, research in psychosomatic medicine, historical perspectives and administrative aspects of Psychosomatic medicine. When possible and appropriate, there will be an attempt to have some seminars that include faculty and trainees in other medical and surgical specialties. The fellow will have the opportunity to attend Psychiatry Grand Rounds and a Psychosomatic Journal Club.

The fellow will spend 10% of their time in development of clinical liaison with

one medical or surgical unit and as such become an active member of the treatment team by joining work rounds, providing consultation, leading psychosocial conferences for health care providers and offering education and support to the treatment team. The fellow will have one hour of individual supervision, which includes direct observation.

The Psychosomatic fellow will spend 4 hours a week as a preceptor at the Primary Care Clinic and 4 hours as a preceptor in the Family Medicine Clinic. As a preceptor in these clinics, the fellow will join the medical faculty in helping medical and family practice residents recognize and manage common psychiatric disorders. The fellow will provide didactic seminars, consultation, therapeutic interventions, and teach interview techniques. The fellow will have individual supervision on a case-by-case basis as needed during the clinic.

In addition to the above activities, the fellow will provide 4 hours a week of outpatient continuity of care for patients with psychosomatic issues. It was hoped that the fellow will see in evaluation or follow-up 4-5 patients per week that are either referred by the primary care or medical/surgical specialty clinics or follow-ups from the inpatient service. The fellow will have one hour of supervision weekly by a member of the faculty with case specific supervision as needed.

IV. The VA Boston Health Care System Rotation

Sixty percent of the time spent on the VA Boston Health Care System rotation will be spent on the Medical Psychiatry Consultation Service at the West Roxbury Campus. While there, the fellow will evaluate

and follow approximately 15 patients a week and will be responsible for evaluation, follow-up and liaison with referring physicians. In addition, the fellow will supervise medical students and PGY 2 and PGY 3 residents. The Faculty at the West Roxbury Campus consists of one full time psychiatrist and two part-time psychiatrists who provide one hour of individual supervision weekly and group supervision on rounds three times a week. There is frequent case-by-case supervision as needed. In addition to clinical work, the fellow will spend 6 hours a week in educational activities that include teaching rounds, in-service didactics, conferences with the medical staff on topics pertinent to Psychosomatic Medicine and ongoing seminars. Seminars include Advanced Psychopathology and Psychotherapy, Behavioral Neurology, Forensic Issues, and an Integrated Senior Seminar (addresses advanced issues, psychosomatic medicine; system theory, and career issues with guest faculty).

The VA Boston Healthcare System rotation will include 4 hours a week spent as a team member of Primary Care Medical Clinic at either the West Roxbury Campus or Jamaica Plain Campus. During this time, the fellow will serve as a consultant/preceptor to the primary care staff and will help to diagnose and manage common psychiatric disorders, evaluate liver transplant patients, and lead didactics. Faculty will provide individual supervision on a case-by-case basis as needed.

The Psychosomatic Medicine Fellow will spend an additional 4 hours in the Behavioral Medicine Clinic at the Jamaica Plain Campus. The fellow will co-lead short term focused cognitive-behavioral groups

addressing issues of behavioral medicine, conduct evaluations and provide consultation to the medical and psychology staff. Supervision will be provided by an experienced CBT therapist. The fellow will also lead didactic in-service topics for the staff.

The VA Boston Healthcare System rotation will include approximately 8 hours in continuity of care in the Outpatient Clinics at both the West Roxbury and Jamaica Plain campuses. The fellow will use this time to evaluate patients who may be referred from medical or surgical clinics or for follow-ups of patients seen on the medical inpatient service. Faculty will provide at least one hour of supervision weekly.

Interested fellows may also choose to participate in an Elective in Research, Clinical Care or Liaison. This will allow the fellow to spend time either on additional research activities, the development of a clinical liaison or to work in an additional clinical care setting such as the Women's Health Center. One hour a week of supervision will be provided which will focus on their elective activity.

There is no required night call duty during the fellowship, however, there is the opportunity to do "moonlighting" at Boston Medical Center affiliated institutions as long as this doesn't interfere with the fellow's training and education.