

Eating Disorders Fellowship

Name of the fellowship program:

Eating Disorders Fellowship: Douglas Mental Health University Institute

Type of Fellowship:

Research and/or Clinical Fellowship in Eating Disorders

Name of the Fellowship Program Director: Mimi Israel M.D.

Status: Available.

Supervisory, clinical and physical resources in place to support fellowship as described.

Program Information (see APPENDIX):

- Number of fellowship positions: One
- Academic affiliation: McGill Department of Psychiatry
- Name of hospitals involved in training: Douglas Mental Health University Institute
 - 100% of the time spent at the Douglas
- The Eating Disorders Program (EDP) is a tertiary-care program for the assessment and treatment of adults suffering from eating disorders. The program is dedicated to a tripartite clinical/research/teaching mission. The fellowship will be aimed at developing expertise in the evaluation and treatment of the full spectrum of eating disorders (Anorexia Nervosa, Bulimia Nervosa, Otherwise Specified Feeding or Eating Disorders, Avoidant/Restrictive Food Intake Disorder, and Unspecified Feeding or Eating Disorders), and comorbid conditions (Depressive, Anxiety, Obsessive-Compulsive, Personality and Substance Use Disorders). The fellow will be fully integrated into EDP clinical services including outpatient (200 new cases per year), day hospital (15 places) and inpatient treatment (6 bed unit; average stay 2 months).

Name of the Fellowship Program Director: Mimi Israel M.D.

Names of the Teaching Faculty:

- Roles: Dr. Israel, a psychiatrist whose main clinical practice is in the field of eating disorders, will be the primary clinical and academic supervisor. She will ensure adequate exposure to all aspects of the treatment program, guide reading and assist in the conceptualization and implementation of research or academic projects. Dr. Steiger, a psychologist and director of the EDP, will offer clinical supervision and assistance with the development and implementation of research. Dr. Julia Dornik, a psychiatrist working in the outpatient program, and also part of the clinical research team will also act as a supervisor. The fellow will also benefit from working in close collaboration with a highly specialized team consisting of psychiatrists, psychologists, social workers, nurses, nutritionist and occupational therapists.

- Major Strengths: Working in a highly specialized interdisciplinary program with an excellent clinical, teaching, research and outreach record.

Academic Facilities:

- The EDP is situated at the Douglas Mental Health University Institute a large facility dedicated to treating the full gamut of mental health problems across the life span. Researchers at the EDP are affiliated with the institute's well-known and highly-regarded research centre. The EDP research lab is well-equipped with dedicated space, administrative and secretarial support, and onsite computing and technological services.
- The Douglas Mental Health University Institute has an extensive library with dedicated and qualified library staff onsite. The Douglas is connected to the McGill Life Sciences Library and access to all McGill databases and electronic journals and references, is available through the intranet. Library staff also provides training in the use of databases and search engines. In addition, the EDP has its own library of specialized books, journals and workbooks on eating disorders that are made available to all trainees.
- The Douglas Mental Health University Institute is equipped with teleconferencing equipment and has an audiovisual department that provides assistance in the production and utilization of teaching tools (videos, smart boards, power points, photographs...). The program also uses offers clinical consultations and teaching via teleconferencing and has equipment on-site.

Fellow Duties and Responsibilities:

- The fellow will have no call responsibilities and will not be expected to provide clinical supervision for residents.
- The fellow will have access to secretarial, nursing and program coordinator assistance. Research assistants will also be available to assist the fellow in the execution of research projects (data collection, scheduling of participants, database management and data analysis)
- The fellow will attend weekly interdisciplinary team rounds on inpatient and outpatient unit and weekly research lab meeting.
- The fellow will be expected to present at least twice during the academic year (once at the EDP in-service and once at grand rounds).
- The fellow will be expected to complete an academic project such as a review paper or a small-scale research project that can generate results to be presented at a national or international conference. The fellow will also be supported in carrying out larger projects or will be offered the opportunity to collaborate in ongoing EDP research projects.

Curriculum

- Outpatient clinic responsibilities will include performing 3-4 evaluations per week, following a caseload of approximately 10 patients at one time and co-leading an outpatient group. Clinical work in inpatient and day hospital will be done alongside the clinical supervisors. The fellow will participate in most assessments (approximately 200 per year) and therefore have the opportunity to

encounter a heterogeneous group of patients with differing patterns of ED and comorbid symptoms. In addition, the fellow will participate in the assessment of atypical cases for diagnostic clarification.

- An introductory reading package given to all trainees will be made available to the fellow. Additional reading materials will be assigned on an as-needed basis.
- The fellow will attend in-service teaching rounds held once a month at the EDP. The fellow will also have the opportunity to attend rounds organized by different research axes of the Douglas Research Center, Grand Rounds, case-conferences and journal clubs.
- The fellow will also receive training and mentoring in teaching. The objective being to prepare the fellow to teach the basics of eating disorders evaluation, treatment and management to medical students, residents, and clinicians in the community.

Specific Learning objectives:

- 1) The fellow will develop the ability to carry out detailed biopsychosocial assessments of the full range of eating disorders and comorbid disorders.
- 2) The fellow will learn to assess the medical complications associated with eating disorders and their management.
- 3) The fellow will acquire the capacity to determine the optimum treatment setting (inpatient, outpatient, day program, or day hospital) for individual patients.
- 4) The fellow will learn to develop and implement detailed treatment plans for individual patients (including individual therapy, group therapy, nutritional counselling and pharmacotherapy.)
- 5) The fellow will have the opportunity to develop skills in various psychotherapeutic modalities with particular emphasis on their application to eating disorders (including psychoeducation, motivational, cognitive-behavioural, behavioural, couple, family therapy and group psychotherapy.)
- 6) The fellow will learn the role of pharmacotherapy in the treatment of eating disorders and related conditions.
- 7) The fellow will be exposed to the ethical issues specific to the treatment of eating disorders and will face the challenge of developing a therapeutic alliance with difficult patients.
- 8) The fellow will be exposed to ongoing clinical research being carried out at the EDP

Learning modalities:

- 1) Carrying out initial assessments under direct observation and participation in assessment with other team members.
- 2) Participation in outpatient and inpatient multidisciplinary clinical rounds.
- 3) Follow-up of individual patients with clinical supervision by different supervisors.
- 4) Participation in Day Hospital and In-Patient contracting sessions.
- 5) Participation in group psychotherapy as a co-therapist.
- 6) Participation in monthly in-service teaching rounds.
- 7) Participation in weekly research meetings.

**EATING DISORDERS FELLOWSHIP
DOUGLAS MENTAL HEALTH UNIVERSITY INSTITUTE**

The Eating Disorders Program (EDP) is the only large-scale Ultraspecialized (tertiary-care) program for the assessment and treatment of adults suffering Eating Disorders (EDs) in the Province of Quebec. Services are offered supraregionally, in French or in English, to individuals residing anywhere in the Province (and exceptionally, to those from other geographical areas). The EDP is also the main base of research and academic work on EDs in the McGill University system. The EDP is dedicated to a tripartite clinical/research/teaching mission, and aims for the fullest possible integration of activities within these 3 spheres. More recently the EDP has assumed leadership of the RUIS-McGill ED program. The EDP has also spearheaded the development of a RUIS-centred organization involving regional child, adolescent and adult ED treatment centres and specialists. Several RUIS-related projects (including teaching to community clinicians and tele-health) have taken place.

The EDP offers “state-of-the-art”, multimodal services for individuals with EDs inspired by a multidimensional (Biopsychosocial) concept, and offered by a multidisciplinary team of specialists. The EDP also maintains an active program of clinical research into causes, comorbidity, treatment outcome, and prognostic indices, and tapping biological, psychological and social aspects of the EDs. Research at the Eating Disorders Program aims to understand the ways in which social pressures (to diet and to perform), psychological traits (like perfectionism or impulsivity), and genetic factors (influencing various brain systems) add up to create risk of developing the eating disorders Anorexia and Bulimia Nervosa. The research also aims to guide the development of more-effective, more-individualized, and more-specialized treatments for people suffering eating disorders. Some studies examine risk for eating disorders out in the community, and some address patient characteristics that influence response—including genetic variations, motivation for change, personality traits, and other factors.

In addition, clinical/ research training is offered to trainees from various disciplines. EDP staff also consults to professional and non-professional groups in the community, providing clinical consultations and teaching to clinicians in first- and second-line settings and promotes self-help, public education, and other activities in support of ED sufferers and their relatives in the community.

The fellowship will take place at the EDP, and will be aimed at developing expertise in the evaluation and treatment of the full spectrum of eating disorders (Anorexia Nervosa, Bulimia Nervosa, Otherwise Specified Feeding or Eating Disorders, Avoidant/Restrictive Food Intake Disorder, and Unspecified Feeding or Eating Disorders), and comorbid conditions (Depressive, Anxiety, Obsessive-Compulsive, Personality and Substance Use Disorders). The fellow will be fully integrated into EDP clinical services including outpatient, day hospital and inpatient treatment in a 6 bed unit. The fellow will also participate in teaching, research and outreach activities.