



McGill

School of Medicine | École de médecine

McGILL UNIVERSITY

Personality Disorders (PD) Fellowship

Name of Institution:

McGill University Health Centre (MUHC)
Department of Psychiatry

Locations:

Allan Memorial Institute (AMI)
Montreal General Hospital (MGH)
Optional: Jewish General Hospital (JGH)

Number of positions: 1/year

Type of Fellowship:

Clinical **or** Combined Clinical Research (50% research, 50% clinical) Fellowship in
Personality Disorders

Length: 1 year

PROGRAM INFORMATION

- Mission of Fellowship

The Clinical Fellowship year is intended to teach advanced skills in PD care. Its purpose is to train academic leaders in PD, stimulate interest in academic work in the field, and promote the expansion of evidence-based PD programs in psychiatric institutions.

The Combined Clinical Research Fellowship year has an additional mission, to conduct research and train leaders in the development of evidence-based care for PD.

- Fellowship Program Director

- Dr. Rosemarie C. Soucy - r.chenard-soucy@mcgill.ca

- Name of hospitals involved in training

- Allan Memorial Institute (AMI): 80% of the time
- Montreal General Hospital (MGH): 20% of the time
- *Optional: Jewish General Hospital (JGH): 0-25% of the time*

- Names of Teaching Faculty

- Dr. Tanya Bergevin, PhD - psychologist
- Dr. Robert Biskin, MD - psychiatrist
- Dr. Rosemarie C. Soucy, MD - psychiatrist
- Dr. Ronald Fraser, MD - psychiatrist
- Dr. Ilana Kronick, PhD - psychologist
- Dr. Joel Paris, MD – psychiatrist
- Dr. Poppy Wilkinson, PhD - psychologist

- Roles of Teaching Faculty

Supervising psychiatrists and psychologists will review clinical cases with the fellow and assess their diagnosis and therapeutic skills specific to working with PD, including using

instruments for diagnosis assessment, communicating effectively with other professionals and treating teams, building a therapeutic relationship with patients, learning evidence-based therapy techniques, and deepening clinical judgment. Direct and indirect supervision is provided.

Formal quarterly feedback, as expected from PGME, is provided.

- **Clinical Training Objectives**

Gain expertise in the diagnosis of Personality Disorders. Learn to use structured interview instruments. Learn to assess PD in the presence of concomitant psychiatric diagnosis. Gain expertise in the prescription of medication and psychotherapy for PD. Gain expertise in specialized individual and group psychotherapy for BPD and other PD, including DBT skills, MBT skills, TFT skills, CBT skills and psychodynamic skills.

- **Names of Research Project Supervisors**

- Dr. Robert Biskin, MD - psychiatrist
- Dr. Lise Laporte, PhD - psychologist
- Dr. Joel Paris, MD - psychiatrist (see attached CV for publications)
- Dr. Poppy Wilkinson, PhD - psychologist

- **Roles of Project Supervisors**

Supervisors will guide and oversee the fellow in the preparation and completion of a project to be submitted for publication.

- **Research Training Objectives**

Acquire skills to conduct clinical research in the area of Personality Disorders, including the critical evaluation of the literature, research design, data analysis, and preparation of presentations or manuscripts.

Personality Disorders Program at the MUHC

- Name of Program Director
 - o Dr. Ronald Fraser - ronald.fraser@mcgill.ca

The program has been in existence since 2001 and consists mainly of three different clinics:

- o Short-term Clinic (Dr. Biskin, Dr. Kronick, Dr. Paris): short-term treatment (10-12 weeks) for acutely ill patients with borderline personality disorder. Includes weekly individual and group therapy.
+/- 100 patients/year
- o Extended-care Clinic (Dr. Bergevin, Dr. C. Soucy, Dr. Fraser): a 6-months to 2 years treatment for chronic personality disordered patients. Includes weekly individual therapy and two weekly group therapy (Life-skills and Process).
+/- 30 patients at a time (+/- 60 patients/year)
Life-Skills groups (DBT interventions): 4 different groups each week
Process groups (eclectic interventions, TFT, MBT and psychodynamic): 3 different groups each week
- o Continuing Care Clinic (Dr. C. Soucy): outpatient clinic for patients suffering from other PDs (narcissistic, paranoid, etc) or multi-diagnosis involving a severe level of complexity. Includes medical follow-ups, as well as individual psychotherapy when indicated.
+/- 50 patients

The program has taught junior and senior psychiatry residents as well as psychology residents for several years. It has also been the basis for research and publications.

Over the last 20 years, the program team has changed and evolved, but the importance of cohesion amongst its members, collegiality, openness of mind, and finding pleasure in the work we do have remained key components. Peer supervising is part of the program's culture and weekly team meetings are meant to meet this deeper objective, along with other administrative and clinical discussions.

We collaborate with similar clinics at the JGH and the Douglas Hospital, and we provide consultation service for the community. We receive consultation requests and referrals from family doctors, psychiatrists, psychologists, and nurse practitioners.

Research Activity

- Treatment outcomes of patients with borderline personality disorder
 - Evaluation of specialized psychotherapy programs for BPD
- Phenomenology of BPD
 - Description and longitudinal course of various symptoms, such as the experience of emptiness, in patients with BPD
- Etiology and developmental risk factors for BPD
 - Predictors of development of BPD
 - Childhood experiences
 - Interventions for mothers to help prevent development of BPD

Recent Publications:

1. **Biskin RS, Paris J, Zelkowitz P, Mills D, Laporte L, Heath N.** Nonsuicidal Self-Injury in Early Adolescence as a Predictor of Borderline Personality Disorder in Early Adulthood [published online ahead of print, 2020 Dec 14]. *J Pers Disord.* 2020;1-12.
doi:10.1521/pedi_2020_34_500
2. **Biskin RS, Paris J** (2019) Advances in Treatment for Personality Disorders. In *Advances in Psychiatry* ed. Fountoulakis KN & Javed A. Springer International Publishing, Cham Switzerland.
3. **Jesper Nørgaard Kjær, Robert Biskin, Claus Vestergaard, and Povl Munk-Jørgensen** (2018). All-Cause Mortality of Hospital-Treated Borderline Personality Disorder: A Nationwide Cohort Study. *Journal of Personality Disorders.* e-View Ahead of Print. https://doi.org/10.1521/pedi_2018_32_403

**Ronald Fraser, M.D., CSPQ,
FRCPC**

Director, Personality Disorders
Program

Head, Inpatient Detoxification
Services, Addiction Psychiatry
Unit

Director, Extended Care BPD
Clinic

McGill University Health Centre
Associate Professor, Department
of Psychiatry, McGill University,
Dalhousie University



Biography

Ronald Fraser completed his residency in psychiatry at McGill and pursued a fellowship in Addiction Psychiatry at the MUHC. During this time studying heroin dependence, he became interested in severe characterological disorders. In 2003, he became head of the inpatient detoxification service at the MUHC and began working in the Personality Disorder Program. In 2004, he developed the long-term treatment program for severe and persistent BPD. He has won multiple teaching awards at both the postgraduate & undergraduate level and was named to the McGill Faculty of Medicine Honour List for Educational Excellence. Presently, he is an associate professor at McGill with an adjunct appointment at Dalhousie University.

Tanya Bergevin, Ph.D.

Psychologist

PD Program, MUHC



Biography

Tanya Bergevin obtained her Ph.D. in Psychology from Concordia University in 2003 where she studied the associations between personality structure, peer relations, and psychosocial adjustment in adolescence. From 2003 to 2005 she conducted research with vulnerable youth at McGill University's International Centre for Youth Gambling Problems and High-Risk Behaviors. Interested in aspects of developmental psychopathology across the lifespan, Dr. Bergevin has been the recipient of various academic awards, has authored book chapters and articles associated with developmental psychopathology, and has presented her work at numerous national and international conferences. Since 2005, Dr. Bergevin specializes in the assessment and treatment of patients with Borderline Personality Disorder.

Robert Biskin, M.D.

PD Program
Jewish General Hospital

Associate Professor,
Department of Psychiatry,
McGill University



Biography

Robert Biskin graduated from McGill medical school in 2006 and completed his residency in psychiatry at McGill University in 2011. He then went on to complete a fellowship in personality disorders at McGill University and Harvard University. On his return, he completed a Master's of Science in Psychiatry. His research interests focus on the longitudinal course of patients with borderline personality disorder, including predictors of the development of the illness and of long-term outcome. Dr. Biskin works in specialized treatment programs focusing on psychotherapy for patients with personality disorders through the Jewish General Hospital and the McGill University Health Center, as well as working as a general inpatient psychiatrist at the Jewish General Hospital. Dr. Biskin is also highly involved in both undergraduate and postgraduate training.

Rosemarie C. Soucy, M.D.

PD Program
Head, Continuing Care Clinic
Psychiatry Emergency
Training Director
McGill University Health Center
Assistant Professor, Department
of Psychiatry, McGill University



Biography

Rosemarie C. Soucy completed her psychiatry residency at Université de Montréal and pursued a Fellowship in PD at MUHC. Since then, she has been working as staff in the PD Program. She is a group therapist in the extended-care clinic and the head of the continuing care clinic, where she follows complex cases and practices psychodynamic psychotherapy. The rest of the time, she works at the MUHC Emergency Psychiatry, is Training director for junior residents at MUHC, and provides psychotherapy supervision and rotation supervision for many psychiatry residents.

Ilana Kronick, Ph.D.

Psychologist, PD Program, MUHC



Biography

Ilana Kronick is a clinical psychologist with the Personality Disorders Program at the MUHC and is an associate teaching professor at the MUHC, for the training of Ph.D. interns and psychiatric residents. She earned her Ph.D. at McGill University in Clinical Psychology in 2010 and has two undergraduate degrees from McGill, in Psychology and in Philosophy. She has been conducting group therapy for emotional regulation since 2011.

Joel Paris, M.D.

Director, Short-Term Clinic, MUHC

Director, PD Program, Jewish General Hospital

Full Professor, Department of Psychiatry, McGill University



Biography

Joel Paris obtained an MD from McGill in 1964. He has been a member of the McGill psychiatry department since 1972. Since 1994, he has been a full Professor and served as Department Chair (1997-2007). He is currently a Research Associate at the SMBD-JGH, and heads personality clinic at the JGH. He was Editor-in-Chief of the Canadian Journal of Psychiatry from 2004-2014. Dr. Paris' research interest is in borderline personality disorder. He has been researching the biological and psychosocial causes and long-term outcome. Dr. Paris has 200 peer-reviewed articles and is the author of 20 books and 40 book chapters. He is an educator who has supervised residents for 40 years and has won awards for his teaching.

Description of the Fellowship

Qualifications required to be accepted into Fellowship:

- The fellow must have successfully completed a residency in Psychiatry in a recognized institution. Quebec residents as well as visa trainees are welcome.
- The fellow needs to have excellent relational aptitudes, a strong will to work with challenging patients, a serious interest in human psychology and a will to train as a specialized psychotherapist in the field of Psychiatry.
- Self-reflection, openness to feedback and to peer supervision, and aptitudes to work in a team are essential.
- Language: given the psychotherapeutic nature of the clinical work, fluency in English is required. Most patients are anglophones, but we also treat francophone patients, therefore a functional level in French is recommended.

At the end of the Fellowship the trainee is expected to:

- Have expertise in the diagnosis of Personality Disorders.
- Be able to use structured interview instruments.
- Be able to assess PD in the presence of concomitant psychiatric diagnosis.
- Be an expert in the prescription of medication and psychotherapy for PD.
- Be able to provide specialized individual and group psychotherapy for BPD and other PD, including DBT, MBT, TFT, CBT and psychodynamic techniques.

Fellow duties, responsibilities, participation in Academic Activities and Curriculum:

- The fellow will not be on day or evening call to cover general psychiatric emergencies.
- The fellow will do clinical and academic work with the Teaching Faculty, including new assessments (2-3 per week), consultations (1-2 per week), follow-ups (5-10 per week), individual therapy (6-8 per week), and group therapy (2-3 groups per week).
- The fellow will mostly follow cases with BPD (80%), but also mixed personality disorders with features of BPD (10%), other personality disorders (10%), or patients with recovered BPD.
 - The fellow will have weekly supervision (1-2 hours per week) with at least one dedicated supervisor for psychotherapy
 - The fellow will be provided with reading material regularly
 - The fellow will attend two weekly team meetings
 - The fellow will have the assistance of a service secretary
 - The fellow will collaborate with psychiatry and psychology residents
 - The fellow can be involved in teaching of psychiatry residents depending on his/her level of competency and interest (optional)

- The fellow will participate in teaching seminars and will give at least one grand rounds to the department
- The fellow will be given opportunity to present in Personality Disorders Conferences.
- The fellow can take up to 25% of working days off every 3 months period.

Academic Facilities

- The fellow will be provided with an office and a computer
- The fellow will have access to McGill Libraries and services of a McGill Librarian
- The interdisciplinary PD teams include competent occupational therapists (2), psychologists (6), psychology residents, and psychiatry residents (junior and senior)

Weekly schedule (Clinical Fellowship)

There are many schedules possible, depending on which groups the fellow attends and the choices regarding clinical implication in each clinic.

Legend of colours and fonts:

Short-term (ST) clinical activities

Long-term (LT) clinical activities

Continuing care clinic (CCC) clinical activities

Mandatory participation

Optional participation

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	<p><u>Individual therapy sessions (LT)</u></p> <p><i>11am: LT Process group</i></p>	<p><i>ST new assessments (Dr. Paris)</i></p> <p><u>Individual therapy sessions (ST)</u></p>	<p><i>ST new assessments (Dr. Paris)</i></p> <p><i>CCC follow-ups</i></p>	<p><i>ST new assessments (Dr. Paris)</i></p> <p><u>10am: Short-term (ST) Rounds</u></p> <p><u>11am: Long-term (LT) Rounds</u></p>	<p><u>Individual supervision</u></p> <p><u>Group supervision</u></p> <p><u>11am: Grand Rounds</u></p>
PM	<p><i>CCC new assessments (Dr. Soucy)</i></p>	<p><u>1pm: LT New assessments (Dr. Fraser)</u></p>	<p><u>1pm: Life-Skills group</u></p> <p><i>CCC Consults (Dr. Soucy)</i></p>	<p><u>1pm: ST group1</u></p> <p><i>Individual therapy session (CCC)</i></p>	<p><u>1pm: LT Process group</u></p> <p><i>Individual therapy session (CCC)</i></p>