



Psychiatry – Day Hospital

Contact Information

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Site

Allan Memorial Hospital

Elective Description

The Day Hospital offers an intensive day program with a 12-16 week length of stay, where the focus typically is on treatment-resistant illness, comprehensive evaluation, and community reintegration. Students coming to this elective will receive supervision from Dr. Fielding, the Director of the Day Hospital and potentially work with a psychiatry resident or other medical students.

It is a full-time experience with gradually increasing responsibility based on the student's skills and knowledge. In addition to exposure to individual and group psychotherapy, Occupational Therapy, Psychoeducator courses, family interventions and pharmacotherapy, the student will get to work with a full multi-disciplinary team. If desired, the student may also attend resident teaching sessions offered as core training and teaching interviews for Short-Term Dynamic Therapy with Dr. Said. For those considering a career in Psychiatry, this provides good first-hand exposure to the training program at McGill, a good feel for working as a case manager, and a chance to have more in-depth interactions with residents already in our program.



Psychiatry – Day Hospital

Contact Information

Supervisor	Dr. Zoë Thomas	Telephone	514 340 8222, x 27280
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Site(s)

Jewish General Hospital

Elective Description

The Day Treatment Program is an intensive multimodal psychotherapy program for patients struggling with severe mental health concerns impacting their functioning. Our program is patient-centered and recovery-oriented and the multidisciplinary team operates from a relational model. Medical students rotating in program would get exposure to group therapy offered in different modalities (DBT, CBT, Mindfulness, Life Skills, process groups, creative therapy). They would also have the opportunity to participate in intake evaluations to assess patient suitability for the program. Additionally, they would participate in our multidisciplinary team meetings.

Elective Duration

3 to 4 weeks

Educational Objectives

- Gain exposure to group therapy and some familiarity with different modalities
- Develop skills in intake psychiatric intake assessments, particularly eliciting client goals, client strengths, functional assessment and readiness for therapy
- Gain familiarity working on a multidisciplinary team

Prerequisites

Successful completion of pre-clerkship requirements. Interest in psychiatry and psychotherapy.



Scope of Work

Observation and participation in group therapy sessions, intake assessments, involvement in medication check-ins, participation in weekly team meeting.

Recommended Reading/Preparation

Yalom – The Theory and Practice of Group Therapy



McGill

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Medicine

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médecine