



## Psychiatry – Community Psychiatry – Libera Clinic

### Contact Information

<b>Supervisor</b>	Alexandre Allard Julian (Zhunping) Xue	<b>Telephone</b>	514-222-4245 514-731-4665
		<b>E-mail</b>	<a href="mailto:alexandre.allard.aa@gmail.com">alexandre.allard.aa@gmail.com</a> <a href="mailto:julianzxue@gmail.com">julianzxue@gmail.com</a>
<b>Coordinator</b>	Vanessa Liberatore	<b>Telephone</b>	514-731-4665
		<b>E-mail</b>	liberaclinic@protonmail.com

### Site(s)

Libera Clinic, 1635 Sherbrooke St. O., Suite 210, H3H1E2

### Elective Description

This elective is open to one medical student at any time. Students will participate and conduct first consultations in psychiatry, follow ups, as well as psychotherapy teaching (by video and by didactic teaching). The student will see a wide range of patients; they will range from ages 14 and up, and diagnoses will routinely include schizophrenia, bipolar, depression and anxiety, eating disorders, personality disorders and neurodevelopmental disorders, especially ADHD. The student will also have an opportunity to learn about the business side of running a community clinic, if s/he so wishes.

### Elective Duration

4 weeks

### Educational Objectives

The student will gain practical and theoretical knowledge of the broad classes of psychiatric diagnoses (psychotic disorders, mood and anxiety disorders, neurodevelopmental disorders, eating disorders, and personality disorders). They will gain skill in taking a careful psychiatric history with patients, and how to write efficient and useful reports. They will also gain exposure to psychotherapy as well as



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common psychotropics. Finally, they will work in a multidisciplinary team and will gain important insight to the roles of various allied health professionals (social work, occupational therapy, nursing).

### **Prerequisites**

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

### **Scope of Work**

Observation of therapy sessions, observation and participation in first consultations, involvement in psychiatric follow ups, participation in weekly team meeting.

### **Recommended Reading/Preparation**

Carlat, Daniel J. *The psychiatric interview: A practical guide*. Lippincott Williams & Wilkins, 2005.  
McWilliams, Nancy. *Psychoanalytic diagnosis: Understanding personality structure in the clinical process*. Guilford Press, 2011.