

# How To Apply For An Addiction Psychiatry Fellowship

June 12th, 7:00- 8:00 PM ET

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- **Addiction Psychiatry Fellowship Application Timeline, Process, And Tips**
- **Role of Psychotherapy In Addiction Psychiatry Training And Patient Treatment**
- **The Benefits Of A Lifelong Involvement In AAAP Throughout One's Career**
- **Psychiatric Addiction Psychiatry Article Series And The Highlights Of Addiction Psychiatry**
- **Benefits Of smaller Programs & Tips For International Medical Graduates**

# Alexis Ritvo, MD, MPH

## University of Colorado Addiction Psychiatry Fellowship Program



University of Colorado **Anschutz Medical Campus**

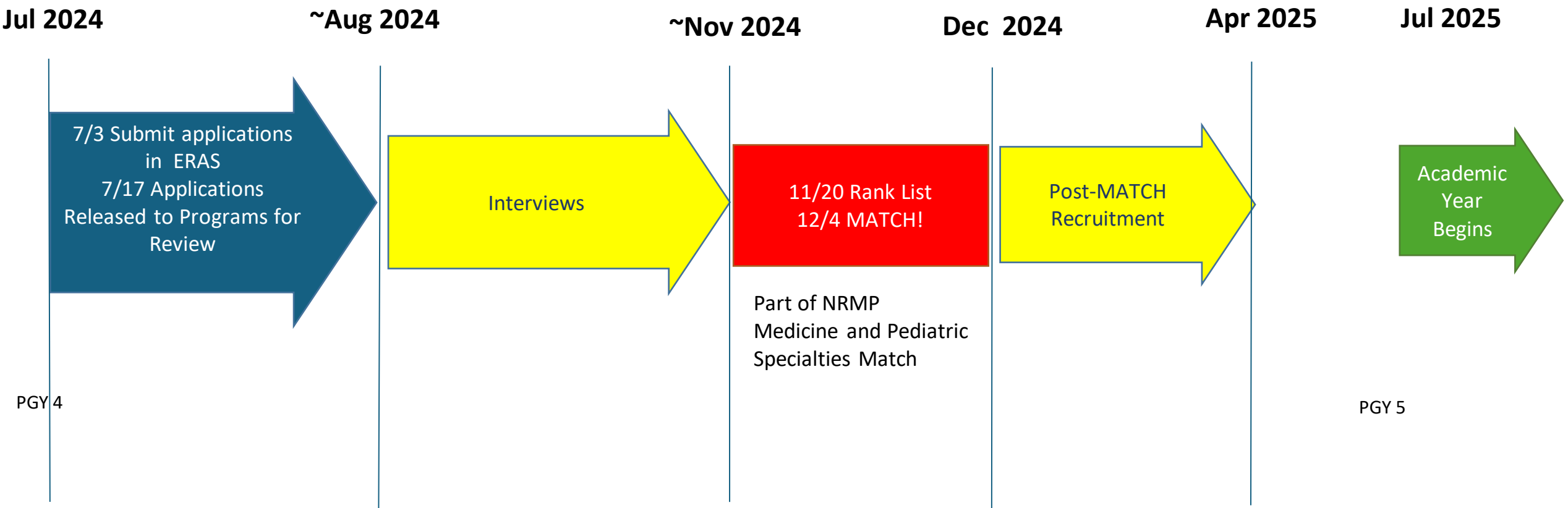


# University of Colorado

## Addiction Psychiatry Fellowship Program

- Up to 3 fellows per year; 1 year fellowship
- 4 clinical sites offering range of treatment settings and patient populations
  - **University of Colorado Hospital CeDAR** [4 months full time] - inpatient medically managed withdrawal and residential treatment
  - **Denver Health** [4 months full time] - outpatient substance use d/o (SUD) clinic, opioid treatment program (methadone), addiction consult service, involuntary commitment evaluations, and adolescent SUD clinic (STEP)
  - **ARTs (Addiction Research Treatment Services)** [4 months half-time]- Inspiration for men residential program, opioid treatment program (methadone), adolescent SUD clinic
  - **VA Medical Center and Clinics** [4 months half-time] – SUD clinic with outpatient withdrawal mgmt. & Community Resources and Referral Center clinic for the unhoused
- ½ day/wk didactics attended with addiction medicine fellows

# ADDICTION PSYCHIATRY APPLICATION TIMELINE







## U.S. Addiction Psychiatry Fellowship Programs



<https://www.aaap.org/fellowship/>

# Addiction Psychiatry Resources

## **Fellowship:**

[AADPRT Addiction Psychiatry Fellowship How to and Why to apply ?](#)

[ACGME Program Search](#)

[ERAS Tools and Worksheets for Fellowship Applications](#)

[NRMP Medicine and Pediatric Specialties Match Calendar](#)

## **Online Resources:**

The American Journal on Addictions (journal)

<https://onlinelibrary.wiley.com/journal/15210391>

Providers Clinical Support System (PCSS; online resource)

<https://pcssnow.org/>

## **Textbooks:**

The American Psychiatric Publishing Textbook of Substance Use Disorder Treatment, Sixth Edition

ASAM Principles of Addiction Medicine, Seventh Edition



# Christopher Blazes, MD

## OHSU— Addiction Psychiatry Fellowship Program



# OHSU –Addiction Psychiatry Fellowship



- Your Bespoke experience at OHSU involves emphasis on:
  - **Longitudinal experiences**
    - Most rotations are 6-12 months long (it's best to follow Pt's over time to learn about phases and vicissitudes of recovery)
  - **Psychotherapy**
    - Weekly classical psychodynamic supervision
    - Advanced addiction psychotherapy curriculum
  - **Medically managed detox**
    - In modern era of super drugs and polypharmacy—need extensive experience in acute stabilization/management
  - **Metalearning**
    - 4 hours of structured didactics/ week
    - Collaboration/Co-location with Addiction Medicine/Primary care/Toxicology
    - Work with Dr Stauffer (PI at SNAP Lab-psychedelics research)



**Plus...Portland is cool**



# Advanced Addiction Psychotherapy Curriculum

- How much things have changed
  - Psychoanalytic psychiatry was more influential in Psychiatry up until 80s or so
    - Medications were part of psychiatric care but less of an emphasis.
  - Then Entered Biological Psychiatry
    - Many great advancements
    - Pendulum has swung big time
    - Now—unless in private practice
      - Just do med checks
      - Individual/group therapy now mostly done by SW/Psychologists



**Are we missing out?**

**Are our patients missing out?**

**Is this sufficient for a fulfilling practice long term???**

**Is this divided care optimal care?**

# Reimbursement

- The medical Machine seems to be directing Psychiatrists to do mostly medication management
- But perhaps there's hope.....
  - Medicare recently started to reimburse for psychotherapy by a psychiatrist
  - Other insurances will likely follow

# Residency Training

- Psychotherapy seems to have been de-emphasized in psychiatric residency training
- Might get some Psychodynamic and CBT training and very basic exposure to things like DBT, MI



# Importance of a deeper understanding of psychotherapies

- Even if we don't do them ourselves
  - Knowing more about them and who they might help
  - Allows us to accurately refer
- Can sprinkle some of the underlying principles into our med management sessions
  - One of my wisest mentors said “some psychotherapy sessions are complete in 10 minutes—the rest is just filler”

# Advanced Addiction Psychotherapy Curriculum

- <https://www.aaap.org/fellowship/addiction-psychiatry-advanced-psychotherapy-curriculum/>



# Advanced Addiction Psychotherapy Curriculum

- OHSU/NYU partnered with AAAP to create this monthly live psychotherapy lecture
  - The live training sessions are hosted virtually on the second Wednesday of each month from 5:30 PM to 7:00 PM ET.
  - Recorded and archived
- The course directors
  - **Christopher Blazes, MD**, Associate Professor of Psychiatry at OHSU
  - **David Stiffler, MD**, Clinical Assoc Professor of Psychiatry at NYU.





- Participants will be introduced to advanced techniques from clinical experts that can be readily applied to real-world clinical situations in the absence of formal, intensive psychotherapy training.

# Free CME



# Not just for Addiction Psychiatrists

- Most are very relevant for General Psychiatry



# We Like Original Sources

Like St John's College in Annapolis

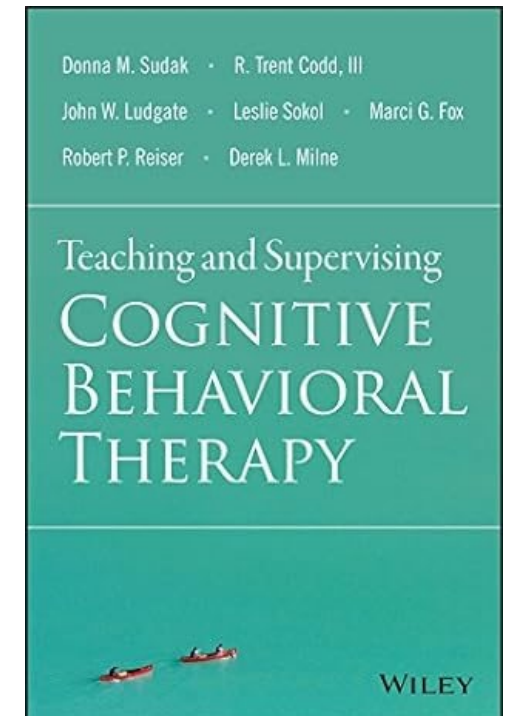
Lectures By People who created

- ACT
- Seeking Safety
- IFS
- MATRIX model
- SMART recovery
- Integrated Group Therapy
- GPM for BPD



# CBT

- <https://www.aaap.org/event/cognitive-behavior-therapy-cbt/>
- Cognitive Behavior Therapy (CBT)
- September 24, 2022
- Presenter(s): Donna Sudak, MD
  - professor and vice chair for education
  - Department of Psychiatry Drexel



# MI

- <https://www.aaap.org/event/motivational-interviewing-mi/>
- Motivational Interviewing (MI)
- August 10, 2022
- Presenter(s): Brian Bosari, PhD
  - Professor, Psychiatry
  - UCSF Weill Institute for Neurosciences

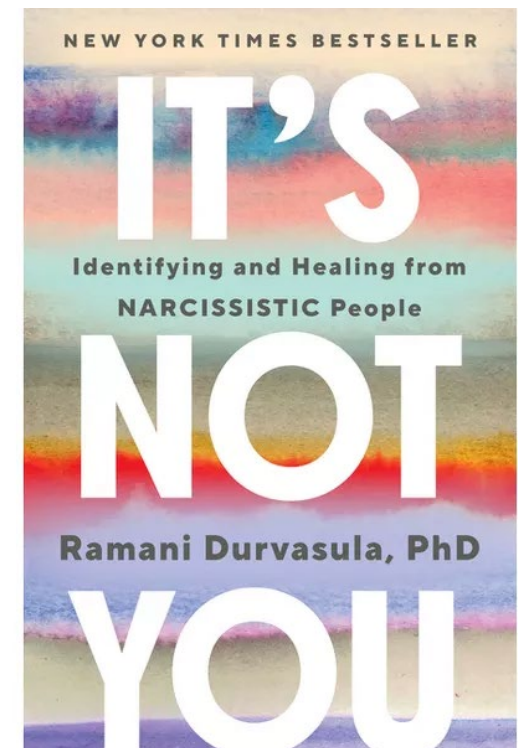


UCSF



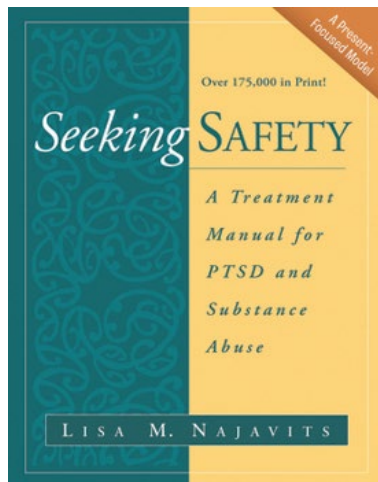
# Narcissism

- Narcissism
- October 12, 2022
- Presenter(s): Ramani Durvasula, PhD
- View Enduring Material
- <https://www.aaap.org/event/narcissism/>



# Seeking Safety

- Overview of Seeking Safety and Finding Your Best Self: Two Models for Trauma and/or Addiction
- November 19, 2022
- Presenter(s): Lisa Najavits, PhD
- <https://www.aaap.org/event/overview-of-seeking-safety-and-finding-your-best-self-two-models-for-trauma-and-or-addiction/>



# 12 Step Facilitation

- <https://www.aaap.org/event/12-step-facilitation-and-self-help-groups-for-addiction/>
- [12-Step Facilitation and Self-Help Groups for Addiction](#)
- January 11, 2023
- **Presenter(s):** Keith Humphreys, PhD
  - Prof of Psychiatry Stanford



# Smart Recovery

- <https://www.aaap.org/event/smart-recovery/>
- SMART Recovery
- February 8, 2023
- Presenter(s): Tom Horvath, PhD, ABPP



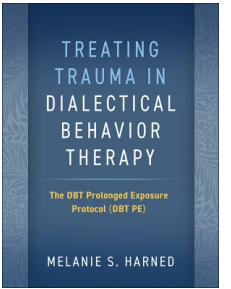
# Matrix model - CM

- <https://www.aaap.org/event/contingency-management/>
- Contingency Management/Matrix Model
- May 10, 2023
- Presenter(s): Richard Rawson, PhD





# DBT



- <https://www.aaap.org/event/an-introduction-to-dialectical-behavior-therapy/>
- An Introduction to Dialectical Behavior Therapy
- June 14, 2023
- Presenter(s): Melanie Harned, PhD, ABPP
  - Coordinator of the DBT Program at the VA Puget Sound Health Care System, Seattle Division
  - Associate Professor in the Department of Psychiatry and Behavioral Sciences at the University of Washington



Direct lineage from Marsha Linehan



# Psychedelic Assisted therapy

- <https://www.aaap.org/event/psychedelic-facilitated-psychotherapy-for-addiction/>
- Psychedelic Facilitated Psychotherapy for Addiction
- August 9, 2023
- Presenter(s): Chris Stauffer, MD
  - Assoc Prof Psychiatry OHSU



# Psychotherapy in Men

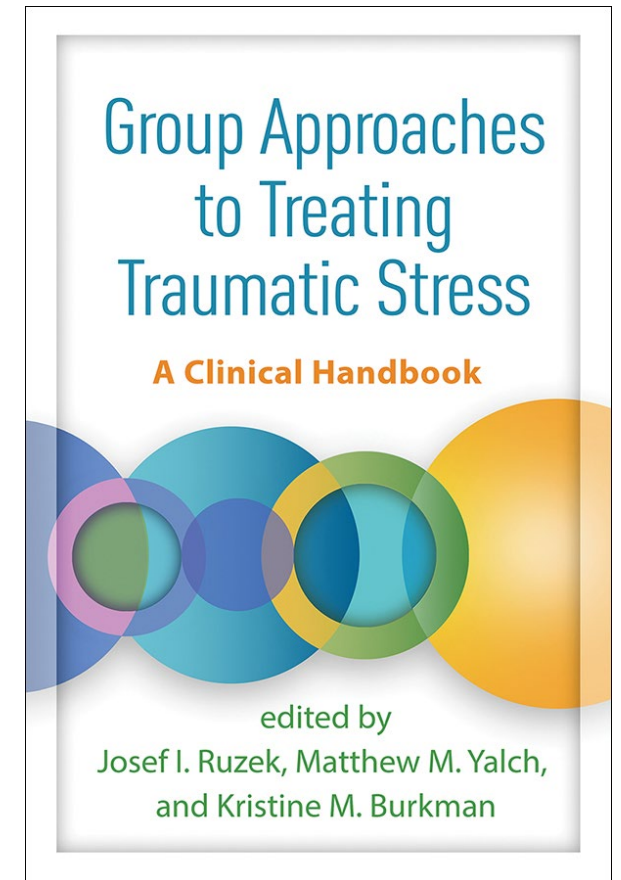
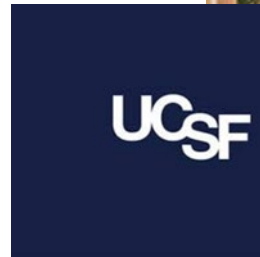
- <https://www.aaap.org/event/psychotherapy-with-men/>
- Psychotherapy with Men
- September 13, 2023
- Presenter(s): Samuel Wan, PhD
  - Assoc Prof Psychiatry UCSF



UCSF

# Trauma Psychotherapy

- <https://www.aaap.org/event/trauma-psychotherapy-2023/>
- Trauma Psychotherapy 2023
- October 11, 2023
- Presenter(s): Kristine Burkman, PhD
  - Assoc Prof of Psychiatry



# Integrated Group Therapy

- <https://www.aaap.org/event/integrated-group-therapy/>
- Integrated Group Therapy
- November 8, 2023
- Presenter(s): Roger D. Weiss, M.D.
  - Professor of Psychiatry Harvard

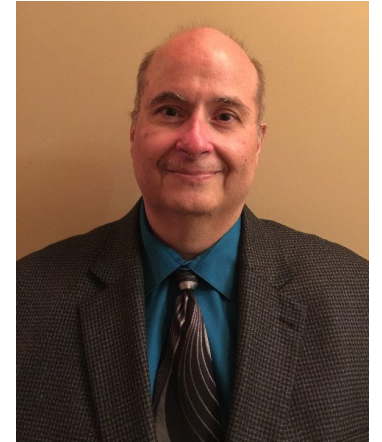
When pts have SUD and Bi-polar disorder  
What do you treat first???





# CM

- <https://www.aaap.org/event/contingency-management-2/>
- Contingency Management
- January 10, 2024
- Presenter(s):
  - **Dominick DePhilippis PHD**
    - VA Deputy National Mental Health Director for Substance Use Disorders



# Gender Differences in Psychotherapy (Women)

- <https://www.aaap.org/event/women-and-substance-use/>
- Gender Differences in Substance Use Disorders: From Science to Practice
- February 14, 2024
- Presenter(s): Shelly Greenfield, MD
  - Professor of Psychiatry Harvard



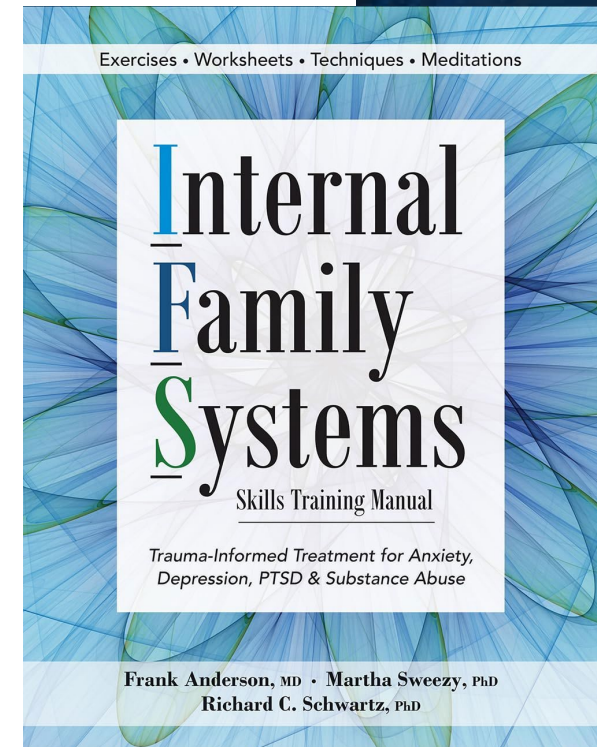
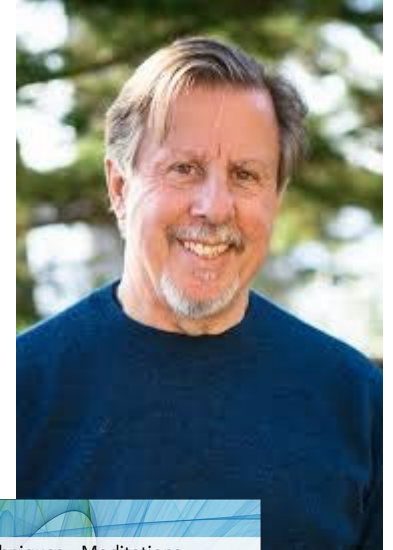
# ACT

- <https://www.aaap.org/event/act/>
- Acceptance and Commitment Therapy (ACT)
- March 13, 2024
- Presenter(s): Stephen C. Hayes, PhD



# IFS

- <https://www.aaap.org/event/internal-family-systems-ifs/>
- Internal Family Systems (IFS)
- April 10, 2024
- Presenter(s): Richard C. Schwartz, PhD



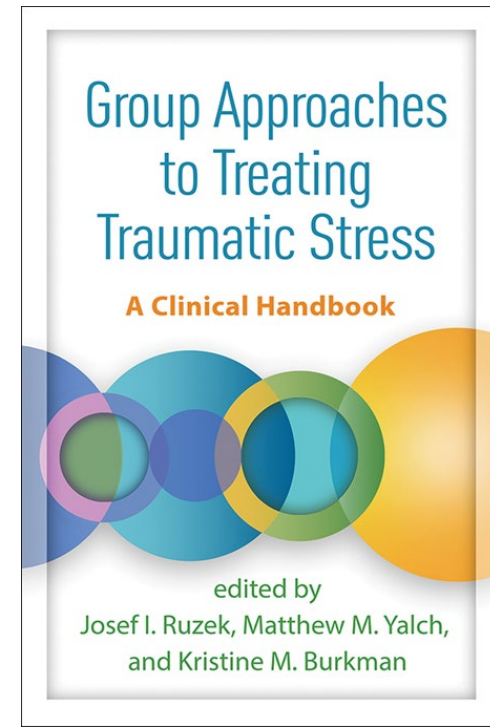
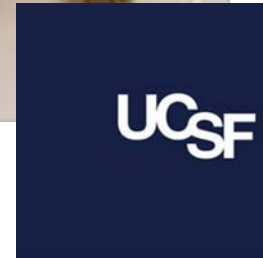
# M.O.R.E.

- <https://www.aaap.org/event/mindfulness-oriented-recovery-enhancement-more/>
- Mindfulness-Oriented Recovery Enhancement: An Evidence-Based, Neuroscience-Informed Psychotherapeutic Approach for Addiction and Chronic Pain
- September 11, 2024
- 5:30 pm
- ET
- Presenter(s): Eric Garland, PhD, LCSW



# Basics of Group Psychotherapy

- <https://www.aaap.org/event/trauma-psychotherapy-2024/>
- Group Psychotherapy for Trauma Survivors
- August 14, 2024
- 5:30 pm
- ET
- Presenter(s): Kristine Burkman, PhD
  - Assoc Prof of Psychiatry UCSF





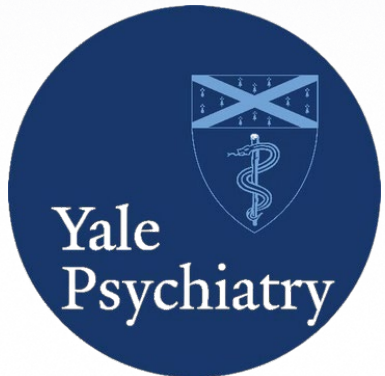
# GPM – General Psychiatric Management for BPD and AUD

- <https://www.aaap.org/event/gpd-in-addictions/>
- Good Psychiatric Management for Borderline Personality Disorder and Alcohol Use Disorder (GPM-AUD)
- June 12, 2024
- Presenter(s): Lois W. Choi-Kain, M.D. M.Ed.
  - director of the Gunderson Personality Disorders Institute
  - Assoc Prof of Psychiatry Harvard



# Ismene Petrakis, MD

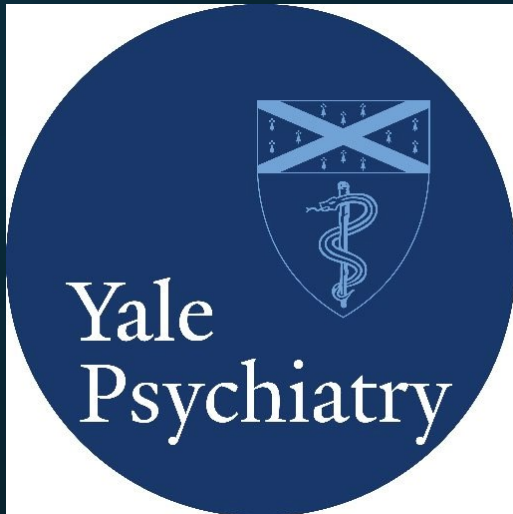
## Yale Addiction Psychiatry Fellowship Program



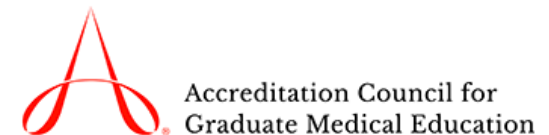
# Yale School of Medicine



# Yale Addiction Psychiatry Fellowship



- **ACGME accredited since 1996**
- **Largest Fellowship** (10 approved slots per year)
- **One-year fellowship**
  - Yale-affiliated sites & Community addiction sites
    - VA and APT/CMHC tracks
    - HRSA training track
  - Clinical excellence
  - Robust curriculum
  - Elective opportunities
  - Opportunities for scholarly activity
- Options to continue in Research or Interprofessional Fellowships
  - NIDA-funded T32
  - VA-funded Fellowships
    - MIRECC, Interprofessional, Medical Education Fellowships
- **Program Director:** Ismene Petrakis, MD
- **Associate Program Directors:**
  - Ellen L. Edens, MD, MPE
  - Srinivas Muvvala, MD, MPH





# Michael Dawes, MD

BUSM-VA

Addiction Psychiatry Fellowship



Defining  
**EXCELLENCE**  
in the 21st Century



# BUSM-VA ADDICTION PSYCHIATRY FELLOWSHIP

- ACGME accredited since 1997
- Up to 4 fellows per year for our 1-year clinical fellowship; *options to continue in research*
- **Clinical Excellence - Rotations:**
  - **VA Boston Healthcare System - Jamaica Plain (3 months and longitudinal)**- primary training site; methadone and buprenorphine treatment for patients with Opioid Use Disorder (OUD), other SUDs, and other mental health disorders (COD); opioid reassessment clinic (pain clinic); Opioid Rapid Access Clinic (ORACL)
  - **Boston Medical Center (3 months)**- inpatient addiction medicine consultation; ambulatory adolescent-young adult SUD; ambulatory adult Addiction Psychiatry
  - **Bedford VA Healthcare System (3 months)**- ambulatory partial hospital program and geriatric addiction treatment
  - **Brigham & Women's Hospital (3 months)** - inpatient addiction consult services & pregnant women
- **Electives and scholarly activities:** One-month elective, plus at least one half-day year long protected
- **Robust curricula:** Core didactics one-half day per week for addiction psychiatry; shared didactics and case presentations with BMC Addiction Medicine; site-specific lectures

**Program Director:** Michael Dawes, MD ([michael.dawes@bmc.org](mailto:michael.dawes@bmc.org))

**Associate Program Director:** John Renner ([john.renner@va.gov](mailto:john.renner@va.gov))

<https://www.bumc.bu.edu/psychiatry/education-2/addiction-psychiatry-fellowship/>



# Why do an addiction psychiatry fellowship?

- Help address the **overdose epidemic**, one of the major mental health crises of our time
- Cases and experiences: Sticking with patients “through thick and thin”
  - See Psychiatry News (Dawes & Renner; AAAP website: <https://www.aaap.org/fellowship/>)
- **Patients get better!**
- **Wide variety of career paths**
- Work-life balance
- **Psychiatric News columns: Please volunteer!**
  - Additional Potential topics:
    - Updates on **MOUD** (Renner, DC Park; others?)
    - Updates **MAUD** (alcohol) (Jonathan Buccholz, Myra Mathis; others?)
    - **Technology Addictions** (DC Park; possibly - Caridad Ponce-Martinez?)
    - **Psychedelics** (Joji Suzuki, others)
    - **Future Directions** (Dawes, Renner, others) – Challenges, future directions, and potential proposed solutions to increase recruitment of psychiatrists practicing Addiction Medicine and Addiction Psychiatry



# Psychiatric News Copy Deadlines for 2024

Publication Date	Deadline
August	6/17/24
September	7/15/24
October	8/19/23
November	9/16/24
December	10/15/24 (Tuesday)

➤ Acceptability and scheduling of copy submitted to Psychiatric News will be determined by the editor in chief. Meeting a deadline does not guarantee placement in that issue. All copy subject to editing to meet style and space requirements.

*Questions and Discussion*  
*email: [michael.dawes@va.gov](mailto:michael.dawes@va.gov)*



# Nasir Naqvi, MD, PhD

## Columbia University SUD Fellowship Program



COLUMBIA

COLUMBIA UNIVERSITY  
IRVING MEDICAL CENTER



# Columbia University SUD Fellowship

- Combines an ACGME Addiction Psychiatry fellowship with a NIDA T32 funded SUD translational research fellowship
- A 2-year program, with 50% clinical/50% research in both years
- Research areas:
  - Behavioral pharmacology
  - Translational neuroscience
  - Medications development
  - Psychotherapy mechanisms
  - Implementation science
- Clinical rotations
  - Addiction consult service (NYP-Columbia)
  - OBOT clinic (NYSPI)
  - Inpatient rehabilitation (NYP-Cornell)
  - OTP (START Programs)
  - Day program (NYP-Columbia)
  - Public psychiatry (NYSPI)
  - Clinical trials/study physician (NYSPI)
- Didactics: ½ day/week
- Contact:
  - ACGME Program Director: Nasir Naqvi, MD, PhD ([nasir.naqvi@nyspi.columbia.edu](mailto:nasir.naqvi@nyspi.columbia.edu))
  - T32 PI/ Associate PD: Frances Levin, MD ([frances.levin@nyspi.columbia.edu](mailto:frances.levin@nyspi.columbia.edu))
  - Program Coordinator: Mildred Diaz, MSOL ([mildred.diaz@nyspi.columbia.edu](mailto:mildred.diaz@nyspi.columbia.edu))



# Addiction psychiatry research opportunities and resources during fellowship and beyond

Nasir Naqvi, MD, PhD

Program Director, NYP-Columbia Addiction Psychiatry Fellowship  
Associate Professor of Clinical Psychiatry, Columbia University  
Medical Center

# Areas of research that are relevant to AP

- Public health/epidemiology
- Clinical trials
  - Medications development
  - Psychotherapy development
  - Interventional psychiatry (e.g., TMS, psychedelics)
- Implementation science
- Human laboratory research
- Neuroscience
  - Cognitive neuroscience (human subjects)
  - Systems neuroscience (animal research)
  - Molecular/cellular neuroscience (animal research)
    - Cellular physiology
    - Biochemistry/structural biology
    - Molecular genetics
- Anthropology/social science



# Pathways to a research career in AP

- Opportunities for research/scholarly activity during residency
  - Primary research
  - Case studies/series
  - Literature reviews
  - Secondary analyses
- Pathways during fellowship:
  - Elective experiences (most AP fellowships)
  - Formal research tracks as part of 1-year clinical fellowships
  - NIH Loan Repayment Program (>50% research)
  - NIDA or NIAAA T32/research track fellowship: additional 1-2 years, can be integrated with clinical fellowship or be done afterward
- Pathways after fellowship
  - NIDA or NIAAA K mentored career development award (typically K23 for clinicians) (4-5 years, >75% research)
  - NIDA or NIAAA R01 (5 years, variable effort, usually >20-30%)

# AP fellowships with research tracks

- Mass General/Brigham: Offers a 2-year, half-clinical half-research track, depending on the fellow applicant's interest and funding in a particular year.
- NYP-Columbia University: All fellows complete an integrated T32 (research) and ACGME (clinical) fellowship over 2 years
- University of New Mexico: Has opportunities to participate in cutting edge research, including:
  - Ketamine for methamphetamine addiction
  - Psilocybin for treatment resistant depression
  - MDMA for PTSD + Opioid Use Disorder
  - TMS for PTSD and stimulant use disorders
- Vanderbilt University: One fellow/year is eligible for funding through a Tennessee Opioid Abatement Council Community Grant, the Tennessee Addiction Psychiatry Research Fellowship in Opioid Use Disorder
- Yale University: A T32 fellowship can be completed after the clinical fellowship

# Roopa Sethi, MD

## University of Kansas Medical Center Addiction Psychiatry Fellowship Program





# University of Kansas Medical Center- Addiction Psychiatry Fellowship



- Up to 2 fellows per year;
- 1 year fellowship
- 4 clinical sites offering a range of treatment settings and patient populations.

## *University of Kansas Health System -McKnelly Addiction Treatment Center*

- 2.5 days a week for 1 year.
- Outpatient Methadone, buprenorphine, Sublocade, Brixadi and Vivitrol programs.
- Inpatient Addiction consult service

## *Kansas City Veteran Affairs Medical Center*

- 2.5 days a week for 1 year
- Substance Abuse Residential Rehabilitation Treatment Program (Inpatient)
- Dual Diagnosis Clinic treating veterans with mental health diseases and other drug use disorder.

## *Adolescent Center for Treatment*

- 1 month
- Residential addiction treatment program
- Fellow participates with the in evaluation, development and implementation of the treatment plan, works with family members in institutional and home settings and works with juvenile justice authorities.

## *University of Kansas Medical Center- Interventional Pain Clinic*

- 1 month
- Observe procedures as appropriate.

## *Children's Mercy- Eating Disorder rotation*

- 1 month
- Outpatient pediatric assessment and treatment of eating disorders utilizing a multidisciplinary approach.
- Fellows shadow medical providers, psychologists, clinical licensed social workers , case conceptualization and treatment recommendations.

Roopa Sethi M.D.  
Program Director- Addiction Psychiatry Fellowship

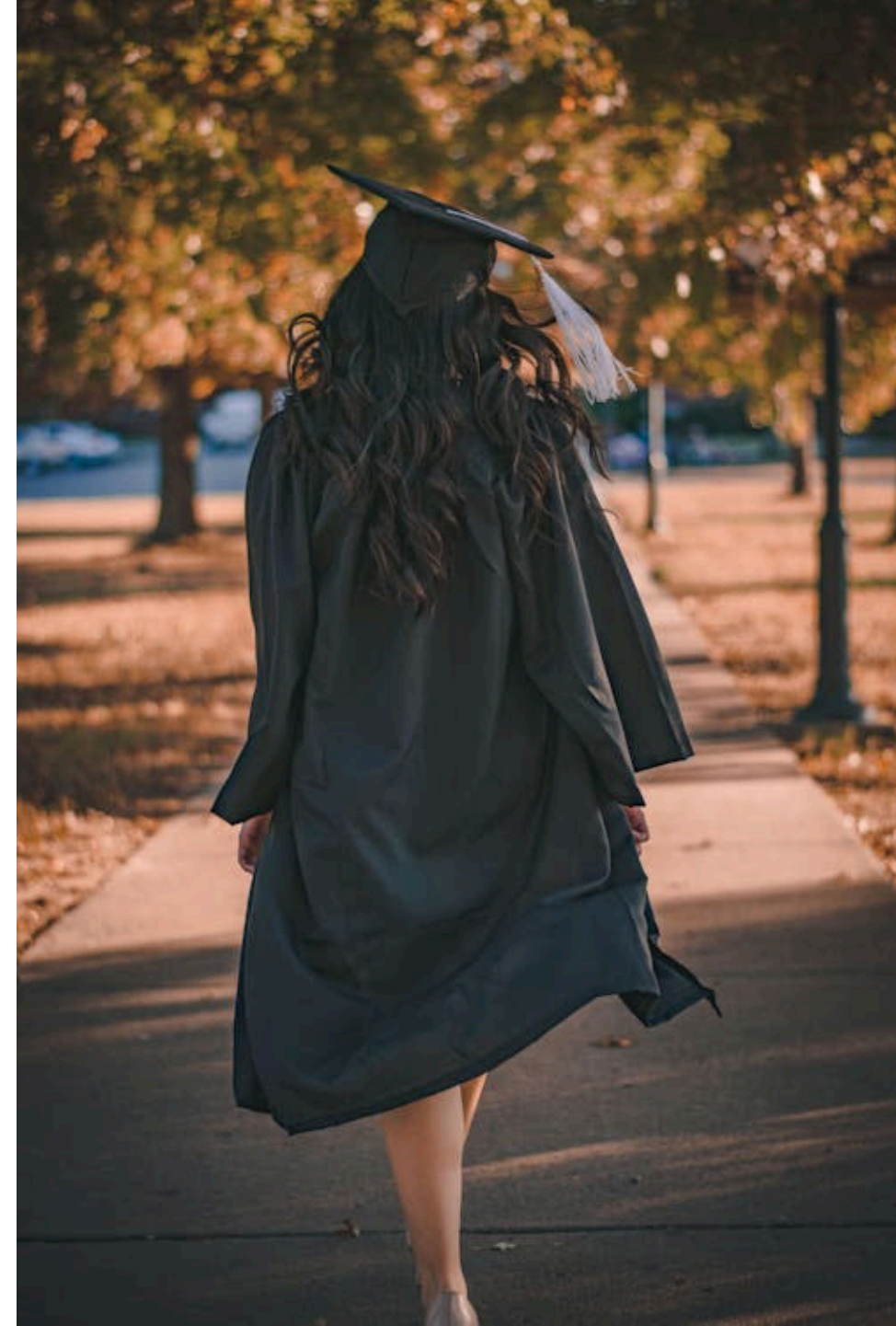
# **International medical graduates and the Addiction Psychiatry Fellowships**

Roopa Sethi MD



## **International medical graduates and the Addiction Psychiatry Fellowships**

- The Non-US IMG's who enter GME programs must obtain a visa that allows them to work in the medical training program.
- The two most common visa types that are temporary nonimmigrant visas are the J-1 exchange visitor and the H-1B temporary worker visa.
- As part of the J-1 Exchange visitor visa program, the IMG is required to return back to their home country for a two-year period following completion of their training.
- This provision can be waived however and is referred to as the J-1 waiver.
- One way to get the j1 waiver is through the CONRAD 30 waiver program. This is in exchange of physician's service in an underserved area that the hospital or health system belongs to for three years.







# Reasons for IMG's to do Addiction fellowships

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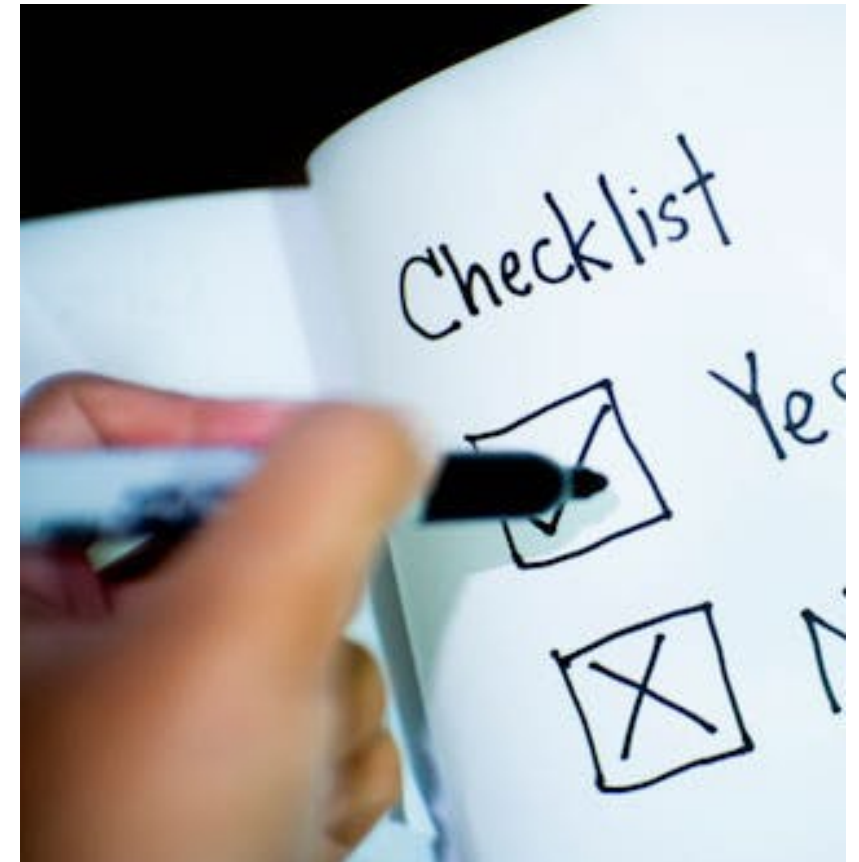
- Underserved populations in United States including the homeless, racial ethnic minorities, those retained in legal systems and others are affected by disproportionate substance use disorders.
- The IMG is able to find and potentially stay in an underserved area that he /she could work in.
- Potential to work as medical directors of Opioid Treatment Programs, Inpatient programs, IOP's and outpatient clinics.
- Potential to have j-1 waiver be sponsored in location of choice due to the demand to serve this population.

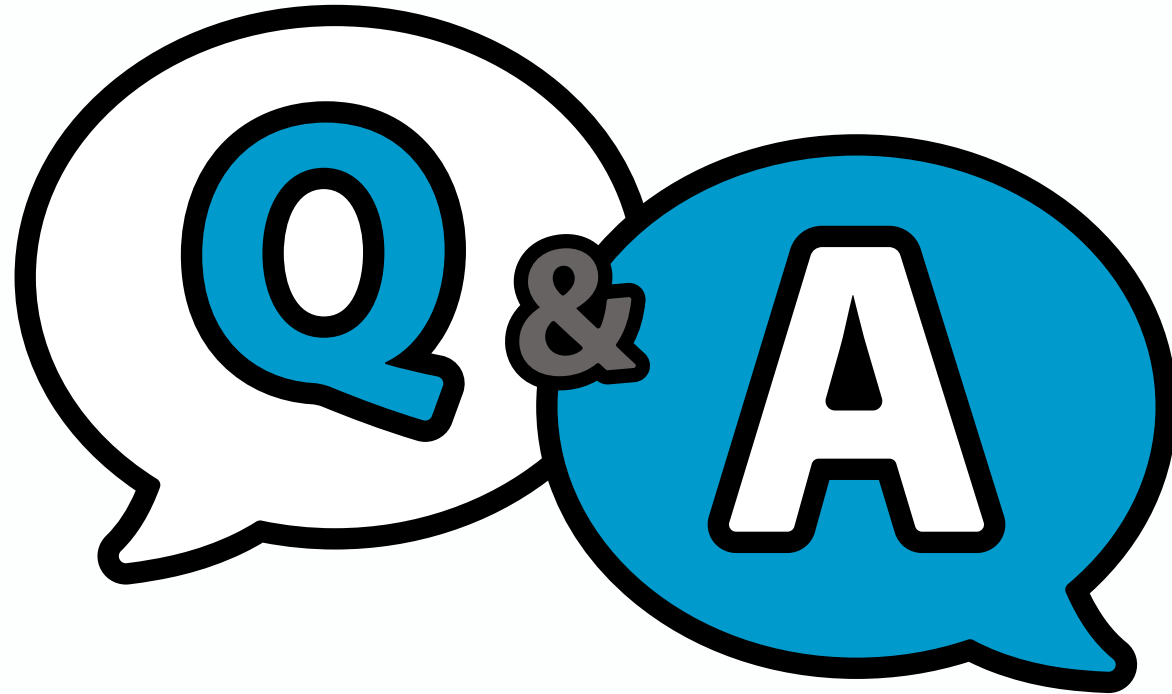
# Application for the non –US IMG to an Addiction Psychiatry fellowship.

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- A list of addiction psychiatry fellowship programs that currently accept H1-B and J1 visas are:

Bronx Healthcare System  
Dartmouth University  
Emory University  
Jefferson University  
Mayo Clinic  
Medical College of Wisconsin  
Mount Sinai- Beth Israel  
Boston University Chobanian & Avedisian School of Medicine  
Univ of Pittsburgh  
University of Kansas  
University of Massachusetts  
University of Michigan  
Harvard University  
Yale University  
Zucker/Hofstra/Northwell University





Feel free to submit your questions using the Q&A button  
Or raise your hand to ask your question Live