

Undergraduate Electives Choices – Dalhousie Psychiatry

For further information, please contact: terra.maclean@cdha.nshealth.ca

ADULT PSYCHIATRY	
<p>Community Mental Health — Bedford-Sackville Clinic: The elective will provide an overview of psychological phenomena and psychiatric disorders and focus on the neurobiological basis (neuroanatomy and pathophysiology) of common psychiatric disorders like anxiety, depression, and schizophrenia in a clinical context.</p>	<p>Dr. Sreenivasa Bhaskara smbhaska@cdha.nshealth.ca</p>
<p>Community Mental Health — Bedford-Sackville Clinic: Exposure to a wide range of patients aged 18-118 with all diagnoses. Opportunity to undertake assessments, home visits, and sit in on groups. Excellent opportunity to see how a multidisciplinary team works.</p>	<p>Dr. Matthew Morgan matthew.morgan@cdha.nshealth.ca</p>
<p>Community Mental Health — Cole Harbour Clinic: Opportunity to work in a multi-disciplinary setting with focus on community based care. Care is delivered through individual and group therapy. A full range of mental health problems is encountered.</p>	<p>Dr. Saravana Muthu msmuthu@cdha.nshealth.ca Dr. Neelma Dhar dharn@cdha.nshealth.ca Dr. Curt Peters curt.peters@cdha.nshealth.ca</p>
<p>Community Mental Health — Bayers Road: Exposure to a wide range of people with serious mental health problems; work in a multidisciplinary team and use evidence based treatments and therapies.</p>	<p>Dr. Doug Maynes maynesd@cdha.nshealth.ca</p>
<p>Community Mental Health — Bayers Road: “Energy Healing Methods in Psychiatry”</p>	<p>Dr. Curtis Steele steelec@cdha.nshealth.ca</p>
<p>Centre for Emotions and Health: The CEH focuses on issues related to emotion-linked health problems, somatization, through Short-term Dynamic Psychotherapy.</p>	<p>Dr. Allan Abbass allan.abbass@cdha.nshealth.ca Dr. Ravi Bains ravi_bains@hotmail.com</p>
<p>Consultation Liaison Psychiatry: Exposure to the interface between medical and psychiatric illness in an ambulatory setting. Ambulatory clinics can include reproductive psychiatry, psycho-oncology, neuropsychiatry, etc.</p>	<p>Dr. Andrew Harris andrew.harris@cdha.nshealth.ca Dr. Mary Ann Hudec mary-ann.hudec@cdha.nshealth.ca Dr. Mark Bosma mark.bosma@cdha.nshealth.ca</p>
<p>Integrated Group Psychotherapy Program QEII: Six-week, intensive (four days/week), group therapy program for adults 18 years of age or older. The program offers a combination of psychotherapy, education, and skill development for adults with various psychiatric diagnoses including depression, anxiety, dysthymia, bipolar affective disorder, personality disorders, adjustment disorder, and others.</p>	<p>Dr. Jackie Kinley jackie.kinley@cdha.nshealth.ca</p>
<p>Clinical management of chronic pain, psychosomatic problems, consultation/liaison psychiatry, and special area of interest of preceptor — the psychology of women is available.</p>	<p>Dr. Mary Lynch mary.lynch@dal.ca</p>

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<p>Forensic Assessments and Correction Psychiatry: <i>Health Psychiatry:</i> Assessment, outpatient, and inpatient psychiatry for mentally ill offenders; adult ADHD and many co-morbidities; substance abuse, Personality Disorders, Anxiety Disorders. <i>Forensic Psychiatry:</i> remand and court ordered assessments, expert witness testimony; fitness and criminal responsibility; obtaining collateral; malingering; phenomenology.</p>	<p>Dr. Risk Kronfli risk.kronfli@cdha.nshealth.ca</p>
<p>Addictions: Assessment, exposure to treatment modalities, and patient consultations. Further exposure to theory and practice of addiction medicine. Also includes stages of change, motivational interviewing, abstinence versus harm reduction, and psychopharmacology.</p>	<p>Dr. Ronald Fraser ronald.fraser@mcgill.ca</p>
<p>The Reproductive Mental Health Service: A specialized multi-disciplinary team located at the IWK Health Centre providing psychiatric assessment, consultation, and management for women also receiving maternity care from primary care physicians.</p>	<p>Dr. Shannon MacDonald shannonL.macdonald@iwk.nshealth.ca Dr. Joanne MacDonald joanne.macdonald@iwk.nshealth.ca</p>
<p>Early Psychosis: Addresses the needs of individuals between 15-35 years that have experienced a first episode psychosis as well as the needs of the families. Components include clinical consultation and treatment, research, and education for professionals, patients, families, and the community.</p>	<p>Dr. Heather Milliken milliken@dal.ca</p>
<p>Sleep Disorders Medicine: Introduction to basic concepts of physiology and pathology of sleep, participation in clinical interviews and sleep studies, and research experience are available.</p>	<p>Dr. Malgorzata Rajda malgorzata.rajda@cdha.nshealth.ca Dr. Debra Morrison Debra.morrison@cdha.nshealth.ca</p>
<p>QEII Seniors Mental Health: A multidisciplinary team that provides consultation, assessment, treatment, and selective follow-up of seniors with psychiatric illness complicated by multiple medical problems or complex psychiatric problems.</p>	<p>Dr. Keri-Leigh Cassidy keri-leigh.cassidy@cdha.nshealth.ca</p>
<p>Mood Disorders Clinic — QEII: Offers consultation and follow-up for patients with new onset Bipolar 1 and other Mood Disorders.</p>	<p>Dr. Martin Alda malda@dal.ca</p>
<p>NSH Seniors Outreach: Clinical experience in assessment, treatment, legal, and ethical issues. This service provides community based assessment and time limited treatment and follow-up to seniors in their homes.</p>	<p>Dr. Lara Hazelton lara.hazelton@cdha.nshealth.ca</p>

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<p>Emerald Hall: The in-patient component of a provincial program serving clients who have a diagnosis of mental retardation and complex mental and/or physical health issues. Many of the clients have developmental disabilities and communication difficulties that preclude them from treatment on other acute care units.</p>	<p>Dr. Mary Tomlinson hmtomlin@cdha.nshealth.ca</p>
<p>Psychopharmacology and Management of Psychiatric Disorders in Acute Care Settings NSH: Assessment and management of patients admitted to an acute care inpatient unit. One of the advantages of this elective is the exposure to a variety of psychiatric disorders with different severity and different presentations. The skill of prescribing different psychotropic medications will be emphasized in this rotation. The candidate will be able to learn about different psychiatric rating scales and apply them in a practical way. This elective is semi-structured which allows for autonomy and independence as well as proper supervision and guidance. This rotation has been highly rated by learners and described as a great learning experience.</p>	<p>Dr. Joseph Sadek joseph.sadek@cdha.nshealth.ca</p>
<p>Psychiatric Emergency Service: The service is located at the QEII HSC ED. It is a specialized psychiatric emergency service that receives referrals from the QEII ED as well as other emergency rooms in Capital Health, family physicians, community mental health teams, and the Mental Health Mobile Crisis Team. The PES operates in a parallel but collaborative manner with the QEII ED to rapidly triage and assess psychiatric emergency patients and determine the most appropriate management plan and disposition.</p> <p>The clerk will participate in patient care with an interprofessional team with specialized knowledge of psychiatric emergencies. Responsibilities will include: participation in patient assessment and treatment, collection of collateral information, collaboration in referral sources, and documentation of patient assessment. In addition to general learning objectives the clerk will be expected to learn about topics specific to the PES including: suicide/violence risk assessment, medical clearance, psychosocial/pharmacological interventions, and medicolegal issues.</p>	<p>Dr. Tom MacKay tom.mackay@cdha.nshealth.ca</p>

CHILD AND ADOLESCENT PSYCHIATRY

<p>Anxiety Disorders: The treatment of anxiety program offers an elective experience in assessment, diagnosis, and treatment of anxiety disorders in children and adolescents. This multidisciplinary team utilizes evidence based treatments in managing pediatric anxiety disorders. Dr. Bagnell also works in a community clinic one day per week which provides exposure to a wide variety of child and adolescent mental health issues.</p>	<p>Dr. Alexa Bagnell alexa.bagnell@iwk.nshealth.ca</p>
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<p>Eating Disorders: A multi-disciplinary team helps its young clients deal with the physical and psychological consequences of anorexia nervosa and bulimia. Taking referrals from across the Maritimes, the team is involved with direct clinical services, consultation, and in developing education programs.</p>	<p>Dr. Stephanie Casey stephanie.casey@iwk.nshealth.ca</p>
<p>Day Treatment Services: The two Day Treatment Services offer assessments (psychiatry, psychology, social work, occupational therapy) and treatment in a safe, stable, supportive, and therapeutic milieu. The services are operated by multidisciplinary teams who truly enjoy their work, love to teach, and bring enthusiasm to the children, teens, and families with whom they work. <u>Adolescent Day Treatment:</u> Three month open groups of 12 to 18 year old teens work four days a week to make major changes in their functioning and their future through individual and group therapy, skill building groups to manage anxiety, anger and peer relationships, and transition back to school in a therapeutic classroom. <u>Child and Family Day Treatment Service:</u> Every 3 ½ months alternate groups of ten five–nine or ten-12 year old children work four days a week to make major changes in their families and themselves as they work in a token economy, therapeutic classroom, and skill building groups to manage anger, anxiety, and peer relationships.</p>	<p>Dr. Wade Junek wade.junek@iwk.nshealth.ca</p>
<p>Pervasive Developmental Disorders: Assessments of children and adolescents with Autism, Asperger Syndrome and other PDDs, in addition to telehealth in Psychiatry.</p>	<p>Dr. Herb Orlik horlik@dal.ca Dr. Lukas Propper lukas.propper@iwk.nshealth.ca</p>
<p>Family therapy, history of psychiatry, pediatric psychopharmacology, cultural issues/factors in child psychiatry, and the effect of technology (the internet) on the doctor.</p>	<p>Dr. Normand Carrey normand.carrey@iwk.nshealth.ca</p>
<p>Tourette’s Disorder: Offers assessment, medication consultation and management, individual and family therapy, and patient and family education. Tourette’s is frequently accompanied by one or more of the following: OCD, ADHD, learning disabilities, poor impulse control, and aggressive episodes. Compulsive Disorder: assessment and management of OCD and related disorders.</p>	<p>Dr. Aidan Stokes astokes@dal.ca</p>
<p>Choices: A comprehensive program for those aged 19 and under with substance abuse: A whole range of clinical services (outpatient, day treatment, and residential setting) will be offered. This is an excellent learning opportunity to understand normal adolescent development and developmental trajectories of psychopathology particularly as it relates to substance abuse. There will also be exposure to other common clinical entities such as ADHD, mood disorders, and anxiety disorders. The multidisciplinary and eclectic approach to intervention would make our program a unique educational setting.</p>	<p>Dr. Javad Alaghband-rad javad.alaghband-rad@iwk.nshealth.ca</p>

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Inpatient Mental Health Unit, IWK:	Undergraduate Coordinator (902) 473-4883
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Opportunity to learn about severe psychiatric disorders in young people, including early psychosis, mood disorders, eating disorders, anxiety disorders, and youth crisis. Treatment modalities are delivered by a multidisciplinary team, including psychopharmacotherapy, group therapy, family therapy, behavioural therapy, and cognitive therapy.

***If you are interested in any of the above electives,
please contact Ms. Terra MacLean, Undergraduate Coordinator
at (902) 473-4883 or terra.macleam@cdha.nshealth.ca or
Dr. Cheryl Murphy murphyc@dal.ca.***