



VA Addiction Psychiatry

Location: Villa Serena
PGY Level: PGY2 or higher

DESCRIPTION

Residents will have exposure to assessing patients for inpatient vs outpatient treatment programs. Additionally they will perform intake assessments for the inpatient rehabilitation services and follow up regularly with the residential patients to offer pharmacologic management of their substance use disorders and various other MH diagnoses. Residents will provide treatment to patients under the supervision of an attending physician.

VA Board Exam Study

Location: Self-Study
PGY Level: PGY4

DESCRIPTION

Residents will spend the month working on a self-designed study curriculum to improve their medical knowledge and ultimately prepare to take and pass their ABPN psychiatry specialty exam.

VA Consultation/Liaison Psychiatry

Location: Audie L. Murphy VA
PGY Level: PGY2 or higher

DESCRIPTION

Residents will work with VA interdisciplinary staff (Psychiatry and DNP) and other residents (PGY2 and PGY4) to get exposure to Consultation and Liaison Psychiatry in the VA system. They will gain knowledge in treating various MH conditions found in patients admitted to medical/surgical services. They will improve their physical exam skills as related to psych/neuro disorders and improve their ability to critically assess medical literature and their understanding of evidence-based psychiatry.

VA Electroconvulsive Therapy (ECT)

Location: Audie L. Murphy VA
PGY Level: PGY2 or higher

DESCRIPTION

Residents will have exposure to treating patients with electroconvulsive therapy (ECT). The resident physicians will become knowledgeable in indications, consenting patients with consideration for risks/benefits, administering treatment, and managing patient post-treatment. Residents will provide treatment to patients under the supervision of an attending physician.

VA Emergency Psychiatry Triage

Location: Audie L. Murphy VA
PGY Level: PGY2 or higher

DESCRIPTION

Residents will work with Dr. Gherman and the VA Psych ER Triage team to evaluate patients in both ER and same-day access clinic for best treatment setting (IE inpatient vs outpatient), medication management (basic refills through emergency meds for agitation), and any appropriate referrals (IE SATP, social work, etc.).

VA Medicine Informatics

Location: Audie L. Murphy VA
PGY Level: PGY2 or higher

DESCRIPTION

Residents will learn the principles of database design for collecting, aggregating, and storing data for analysis, and will create a project of their choosing to develop and apply their skillset. Sample projects may include, but are not limited to: handoff tools, personal/professional research systems, and form generators. The course will also review methods of querying targeted data from these systems.

VA Polytrauma Center

Location: Audie L. Murphy VA
PGY Level: PGY3

DESCRIPTION

Residents will have exposure to working in the VA Polytrauma center to care for veterans with histories of major traumatic injuries. They will gain knowledge of treating various MH conditions in an outpatient setting, while also learning to work within the VA and polytrauma systems of care.

VA PRITE Exam Study

Location: Self-Study
PGY Level: PGY2 or PGY3

DESCRIPTION

Residents will spend the month working on a self-designed study curriculum to improve their medical knowledge and ultimately improve their PRITE scores.

VA Research

Location: Audie L. Murphy VA
PGY Level: PGY2 or higher

DESCRIPTION

Residents will work on an individual or group research project to be developed in coordination with staff supervisor. If interested in research, please speak with Dr. Schillerstrom to get personalized recommendations on appropriate staff supervisors.



VA Sleep Medicine

Location: Audie L. Murphy VA
PGY Level: PGY2 or higher

DESCRIPTION

Residents will have exposure to sleep medicine clinic. They will gain knowledge of indications for polysomnography, diagnosis of common sleep disorders, and treatment in multiple modalities including CBTI and pharmacotherapy. Residents will be supervised by a staff psychiatrist. Be sure to reach out early to find out schedule and see how it will work for you. Dr. Avery is the head of sleep medicine and likely your best PoC to organize the rotation experience. Staff to work with include Drs. King, White, and Meraj.

VA Special Topics in Geriatric Psychiatry

Location: Various
PGY Level: PGY2 or higher

DESCRIPTION

Residents will work with Dr. Cordes to develop a curriculum focusing on their areas of interest within the field of geriatric psychiatry. Primarily will be outpatient experience learning intricacies of pharmacologic management and behavioral strategies to manage psychiatric disorders in older adults.

UT Addiction Psychiatry

Location: BeWell Clinic
PGY Level: PGY2 or higher

DESCRIPTION

Residents will have exposure to treating patients with various substance use disorders. They will gain knowledge in both pharmacologic and non-pharmacologic interventions.

UT Adult Protective Services

Location: In-Home Visits
PGY Level: PGY2 or higher

DESCRIPTION

Residents will have exposure to forensic psychiatry both in the Bexar County Jail (Tuesday mornings with Dr. Skop) and civil forensics with Dr. Schillerstrom doing home visits for capacity evaluations with Adult Protective Services. Residents will become knowledgeable in forensic evaluations (primarily competency and capacity evaluations) and Texas mental health law.

UT Alpha Home

Funding Institution: UT
Location: Alpha Home (300 E Mulberry Ave)
PGY Level: PGY 2 or higher
Recommended Schedule: Block or Longitudinal

DESCRIPTION

Residents will have exposure to treating patients in a community setting at Alpha Home, a residential drug and alcohol rehabilitation center for women 18 years and older. Residents will work during "Psych Nights" on the 2nd Wednesday and 4th Monday of every month from 5:30-8:00pm. This is a wonderful opportunity to volunteer with an underserved population while also teaching medical students about psychiatry. It is a rewarding experience to give back with limited administrative tasks involved as medical students write the notes. You will gain knowledge of treating various MH conditions while also navigating community-based resources in San Antonio, TX.

UT ALS Clinic with UTHSA Neurology

Location: UTHSA
PGY Level: PGY3

DESCRIPTION

This rotation is appropriate for PGY3s and is a longitudinal elective across the entire year. This rotation is best for highly motivated residents who have an interest in neuropsychiatry and psychosomatic medicine. As part of the multi-disciplinary ALS clinic, residents provide psychiatric consultation on ALS patients, including evaluation and treatment of depressive/anxiety disorders, frontotemporal dementia, and pseudobulbar affect, all of which are highly comorbid with ALS. Residents collaborate closely with the clinic neurologist (Dr. Jackson) and other members of the team. Each clinic day starts with a patient care coordination meeting (lunch provided!). The highlight of this rotation is working with Dr. Jackson, who is a very passionate clinician, educator, and researcher. Wednesdays 12:30pm to 5pm (may have flexibility, check with Dr. Jackson).

UT CAP: Community Psychiatry

Location: Community Behavioral Health Bandera (CHCS)
PGY Level: PGY2 or higher

DESCRIPTION

Residents will have exposure to treating patients in a community setting. They will gain knowledge of treating various MH conditions while also navigating community based resources in San Antonio, TX. Residents will rotate at the Children's Behavioral Health Bandera Office and serve Bexar County youth ages 3-17. Services include: skills training, counseling, medication management, and family partner support. Address: 6812 Bandera Rd Ste 102., San Antonio, TX 78238.

UT CAP: Consultation/Liaison

Location: UHS
PGY Level: PGY2 or higher

DESCRIPTION

Residents will work directly with the UHS Child and Adolescent Psychiatry Consultation and Liaison Service to evaluate and provide treatment recommendations for a wide range of



UT Health San Antonio Psychiatry Residency

Elective Course Catalog

presentations. In addition to direct patient care there will be robust opportunities for discussion of current evidence based approaches for treatment of psychopathology in Child and Adolescent patients.

UT CAP: Inpatient

Location: Clarity
PGY Level: PGY2 or higher

DESCRIPTION

Residents will have exposure to treating children and adolescents on an inpatient psychiatric unit. They will gain knowledge in pharmacologic and behavior management strategies for various psychiatric conditions and improve understanding of how criteria for various DSM5 diagnoses vary in the CAP population. They will be supervised by an attending psychiatrist.

UT CAP: Juvenile Justice

Location: JDC/Krier
PGY Level: PGY2 or higher

DESCRIPTION

Residents will have exposure to working with children and adolescent patients who are involved in the juvenile justice system. They will gain knowledge in psychiatric diagnosis and management while also learning the systems issues affecting this population. They will be supervised by an attending psychiatrist. Contact Dr. Sandoval ahead of time to find out what sites have availability; then coordinate with her to plan which days you can be on site vs. which days to have for self-study. Can combine this opportunity with other CAP or just other experiences (ECT!?) to make a versatile schedule.

UT CAP: Other Topics in CAP

Location: Various
PGY Level: PGY2 or higher

DESCRIPTION

Interested in Child and Adolescent Psychiatry? Not sure how best to tailor your elective time? Have a specific idea in mind and want to discuss it with a staff supervisor? Dr. Bailey is the director of the CAP fellowship and can help you to refine your interests in CAP and guide you to developing an awesome elective experience.

UT CAP: Outpatient

Location: Clarity
PGY Level: PGY2 or higher

DESCRIPTION

Residents will have exposure to working with child and adolescent patients in an outpatient psychiatric clinic. They will gain knowledge in diagnosis and treatment of various MH and developmental disorders in this population. They will be supervised by an attending psychiatrist. Consider adding an extra

half day a Clarity, or branch out. Dr. Schillerstrom can get you in touch with Dr. Essery who has a Teen group on Monday evenings or the "first look" clinic for triaging cases. Plan ahead to see if scheduling will work for you!

UT College Student Clinic

Location: UTSA
PGY Level: PGY2 or higher

DESCRIPTION

Residents will have exposure to working with younger patients in the college MH clinic setting. The resident physicians will become knowledgeable in working with patients with a variety of MH diagnoses (MDD, GAD, social anxiety, bipolar disorder, etc.) as they navigate their college work/classes. Residents will provide treatment to patients under the supervision of an attending physician.

UT Community Procedural Psychiatry

Funding Institution: UT
Location: Contact Faculty
PGY Level: PGY2 or higher
Recommended Schedule: Block

DESCRIPTION

Residents will have exposure to treating patients with Ketamine, Deep Transcranial Magnetic Stimulation (deep TMS), Spravato™ (intranasal esketamine), and electroconvulsant therapy (ECT). Residents will become knowledgeable regarding indications for treatment, consent patients with consideration for risks/benefits/alternatives for treatment, administering or observing administration of treatment, and managing patients participating in these treatments. Residents will also obtain a deeper understanding of the application and usage of procedural psychiatry in the community or private practice setting.

UT Community Psychiatry

Location: CHCS
PGY Level: PGY3

DESCRIPTION

Residents will have exposure to treating patients in a community setting. They will gain knowledge of treating various MH conditions while also navigating community based resources in San Antonio, TX. Consider doing a rotation in February! During this month you can coordinate with Dr. Olvera to shadow physicians and other practitioners on various dates, while also incorporating experiences such as attending local NAMI meetings, and heading to Austin for Mental Health Advocacy with state law makers.

UT DBT Skills Group Co-Leader

Location: UTHSA
PGY Level: PGY3



DESCRIPTION

Residents will work with Dr. Velez to develop skills for co-leading a DBT skills group and will put those skills to use on Mondays from 3:30 to 5pm with the DBT group. Ideally would like a 6 month to 1 year commitment.

UT Eating Disorders

Location: Eating Recovery Center
PGY Level: PGY2 or higher

DESCRIPTION

Residents will have exposure to working in an Eating Recovery Center with patients struggling with various eating disorders. Currently the elective is set up as 1/2 day per week of medication management on Tuesdays, however, there are likely other opportunities depending on residents interest - work with staff to discover what will be the best fit for you. Residents are supervised by Dr. Kaitlin Slaven, and the Clinical Director is Mr. Landry Weatherston-Yarborough. Physical location: Eating Recovery Center of San Antonio. Address: 250 E Basse Rd #206, San Antonio, TX 78209

UT Evidence Based Psychiatry

Location: UHS
PGY Level: PGY2 or higher

DESCRIPTION

Residents will gain knowledge about critical reading and appraisal of the medical and psychiatric literature. They will learn about statistical methods of data analysis and study design in order to better understand articles and their relevance in order to best judge how to utilize that knowledge to influence clinical practice.

UT Forensic Psychiatry (Bexar County Jail)

Location: Bexar County Jail
PGY Level: PGY2 or higher

DESCRIPTION

Residents will have exposure to forensic psychiatry in the Bexar County Jail on Mondays, Tuesdays, Thursdays, and Fridays with Dr. Skop. Residents will become knowledgeable in forensic evaluations (primarily competency and the occasional insanity evaluations), treatment in a detention facility, and Texas mental health law.

UT Forensic Psychiatry (KSH)

Location: Kerrville State Hospital
PGY Level: PGY2 or higher

DESCRIPTION

Residents will have exposure to forensic psychiatry in an inpatient setting. Residents will be a member of a multidisciplinary treatment and evaluation team and become knowledgeable in forensic evaluations, Texas mental health law, and competency.

UT Forensic Psychiatry (SASH)

Location: San Antonio State Hospital
PGY Level: PGY2 or higher

DESCRIPTION

Residents will have exposure to forensic psychiatry in an inpatient setting. Residents will be a member of a multidisciplinary treatment and evaluation team and become knowledgeable in forensic evaluations, Texas mental health law, and competency.

UT Forensic Psychiatry (SASH) Acute Inpatient

Location: San Antonio State Hospital
PGY Level: PGY2 or higher

DESCRIPTION

Residents will rotate through an acute inpatient unit at SASH.

UT Outpatient Private Practice

Funding Institution: UT
Location: Various
PGY Level: PGY4
Recommended Schedule: Block

DESCRIPTION

Residents will gain knowledge about how to set up and run a private practice clinic, including common pit falls and how to avoid them. Typically will be self-study elective (read texts such as Money and Outpatient Psychiatry by CM Mikalac and Handouts provided by Dr. Johnston or your preceptor), and will include 4x lunch meetings with supervisor (flexible schedule, supervisor dependent) to discuss real-world application for starting a practice. Additionally, Dr. Johnston is able to offer time for observing Ketamine treatments for interested residents, and Dr. Ted Williams offers experiences in rTMS.

UT Procedural Psychiatry

Location: UT 7th floor Psychiatry
PGY Level: PGY2 or higher

DESCRIPTION

Residents will have exposure to treating patients with Spravato™ (intranasal esketamine), repetitive transcranial magnetic stimulation (rTMS), and electroconvulsive therapy (ECT). Resident physicians will become knowledgeable regarding indications for treatment, consenting patients with consideration for risks/benefits/alternatives for treatment, administering treatment, and managing patients participating in these treatments. When possible, residents will provide treatment to patients under the supervision of an attending physician.

UT Psychiatry Crisis Center

Location: CHCS Crisis Center



PGY Level: PGY2 or higher

DESCRIPTION

Remote crisis evaluations of voluntary and involuntary patients. Clearing emergency detention orders and determining disposition to outpatient follow-up care, transfer for further inpatient psychiatric care, or transfer to CHCS detox unit. Schedule is 5 days per week, usually an 8 hour shift. However, the crisis center is open 24 hours a day, 7 days a week and flexible schedule can be discussed with Dr. Lee.

UT Psychiatry ER

Location: UHS
PGY Level: PGY2 or higher

DESCRIPTION

Residents will have exposure to triaging and evaluating patients in the UHS ER. They will gain knowledge of medical decision making regarding safety evaluations, admission/disposition decisions, and diagnosis/treatment of MH conditions. They will be supervised by a staff psychiatrist, and will gain insight into the functioning of the large hospital system.

UT Psychiatry Extended Observation Unit

Location: CHCS EOU
PGY Level: PGY2 or higher

DESCRIPTION

Residents will have exposure to treating patients in a community setting. They will gain knowledge of treating various MH conditions while also navigating community based resources in San Antonio, TX. Residents will rotate at the Extended Observation Unit, providing up to 48 hours of emergency services to individuals in a mental health crisis. Address: 601 N. Frio St., San Antonio, TX 78207.

UT Quality Improvement Project

Location: UHS
PGY Level: PGY2 or higher

DESCRIPTION

Residents will work on an individual or group multidisciplinary QI/PS project to be developed in coordination with staff supervisor. This may be a novel project or you may join a project that is ongoing. Some possible education opportunities to improve QI/PS skills include, but are not limited to: 1. at SAMMC/WHASC: Yellow Belt (3 days) / Green Belt (online, previously 40-hour course) LEAN training. 2. at UT: CSE Course (year long, includes project). 3. Online: IHI Open School Advanced QI/PS Curriculum.

UT Research

Location: UTHSA
PGY Level: PGY2 or higher

DESCRIPTION

Residents will work on an individual or group research project to be developed in coordination with staff supervisor. If interested in research, please speak with Dr. Schillerstrom to get personalized recommendations on appropriate staff supervisors.

UT Refugee Night Clinic (SARHC)

Location: UT Refugee Clinic (4242 Bluemel Dr.)
PGY Level: PGY 2 or higher

DESCRIPTION

Residents will have exposure to treating patients in a community setting at one of the refugee clinic. This clinic will have staff oversight and will have opportunities to teach medical students. The clinic hours are from 5:30pm to 9pm on Wednesday night twice a month. They will gain knowledge of treating various MH conditions while also navigating community-based resources in San Antonio, TX.

UT Telepsychiatry

Location: UTHSA
PGY Level: PGY2 or higher

DESCRIPTION

Residents will have exposure to evaluating and treating patients via VTC. They will gain knowledge in the diagnosis and treatment of MH conditions as well as the ways clinic encounters are modified for a telehealth setting. They will be supervised by an attending psychiatrist.

UT Undergraduate Medical Student Education

Location: UTHSA
PGY Level: PGY2 or higher

DESCRIPTION

Residents will share their knowledge of psychiatry and medicine with eager medical students looking to learn more about psychiatry. Flexible opportunities, discuss in advance with Dr. Benavente to optimize rotation schedule. Will include teaching MSE, differential diagnosis, psychopharmacology, and basics of supportive therapy/motivational interviewing.

BAMC Defense and Veterans Brain Injury Center (DVBIC)

Funding Institution: BAMC
Location: BAMC
PGY Level: PGY2 or higher
Recommended Schedule: Longitudinal

DESCRIPTION

This research elective is with the DVBIC which is an entity connected with SAMMC Neurology and focuses on research with TBI and PTSD. Previous residents have worked with Dr. Jan



Kennedy, a neuropsychologist, but residents are welcome to identify their own mentor for their research interests.

BAMC Introduction to Psychotherapy

Location: BAMC 6T
PGY Level: PGY3 or higher

DESCRIPTION

Residents will train interns on the BAMC inpatient psychiatry unit for an introduction to therapy. Will go over specific cases that have come up on the inpatient unit.

BAMC Military Emergency Psychiatry Triage

Location: BAMC
PGY Level: PGY2 or higher

DESCRIPTION

Residents will have exposure to triaging and evaluating patients in the SAMMC ER. They will gain knowledge of medical decision making regarding safety evaluations, admission/disposition decisions, and diagnosis/treatment of MH conditions. They will be supervised by a staff psychiatrist.

BAMC Research

Location: BAMC
PGY Level: PGY2 or higher

DESCRIPTION

Residents will work on an individual or group research project to be developed in coordination with staff supervisor. If interested in research, please speak with Dr. Schillerstrom to get personalized recommendations on appropriate staff supervisors, and specifically for research at SAMMC or any military clinic, be sure to discuss with Dr. Maust.

BAMC Residential Substance Abuse Treatment

Location: BAMC
PGY Level: PGY2 or higher

DESCRIPTION

Residents will have exposure to working with patients admitted to a residential substance abuse treatment program. They will gain knowledge in both pharmacologic and non-pharmacologic treatment strategies. They will work with a supervising psychiatrist for both intakes and follow ups, and will also work with interdisciplinary staff to gain exposure to group treatment settings.

BAMC Sleep Medicine

Location: WHASC
PGY Level: PGY2

DESCRIPTION

This is a 1 month good rotation for PGY2s. Key learning objectives include understanding the indications for polysomnography, appropriate use of sleep medications, diagnosis and management of obstructive sleep apnea, and basics of CBTI. Overall, a very solid yet chill rotation. Schedule: M-F 9:00am to 4:00pm (excluding _ day therapy clinic time and Tuesday afternoon didactics). **Staff may change over the years because...it's the military. If unable to get a hold of currently listed staff, contact the clinic directly and inquire which neurologists work there**

BAMC Squadron Officer School

Location: WHASC
PGY Level: PGY2 or higher

DESCRIPTION

Open to active duty Air Force residents only, this is dedicated time to work on on-line PME (professional military education). The first few classes are focused on logic and writing to improve interpersonal and professional communication skills. After that, the courses focus on understanding of military policy and strategies, as well as development of leadership qualities, which will assist in ability to take on increasing responsibilities within MH clinics throughout career.

BAMC Transcranial Magnetic Stimulation

Location: Multi-D
PGY Level: PGY2 or higher

DESCRIPTION

Residents will have exposure to performing TMS. The resident physicians will become knowledgeable in how to perform the initial mapping and use of the TMS system for treatment of depression. Residents will provide treatment to patients under the supervision of an attending physician.

BAMC Transition to Practice

Location: WHASC
PGY Level: PGY4

DESCRIPTION

For active duty military residents or visiting civilian residents who will be starting on active duty following graduation. Residents will have exposure to the expectations placed on them by their gaining bases and learn to successfully read and interpret AFIs, DoDIs, and the MSD. Additionally they will be exposed to the various other aspects of military mental health clinic which they will be expected to have mastery of at their new assignment, including but not limited to ADAPT, FAP, and CHP. They will ensure they have access to the KX and are familiar with it's use.



BAMC Military Psychiatry Resident
Psychotherapy Clinic

Funding Institution: BAMC
Location: Wilford Hall
PGY Level: PGY4
Recommended Schedule: Longitudinal

DESCRIPTION

Residents will design a self-study program for CBT or other psychotherapeutic modality in collaboration with their Staff of choice (MD/DO or PhD/PsyD) and will meet with supervisor once per week to discuss case-examples and go over any questions about the material.

ANY SITE Special Topics in Psychotherapy

Location: ANY SITE
PGY Level: PGY2 or higher

DESCRIPTION

Residents will design a self-study program for CBT or other psychotherapeutic modality in collaboration with their Staff of choice (MD/DO or PhD/PsyD) and will meet with supervisor once per week to discuss case-examples and go over any questions about the material.

See Appendix of Elective Catalog (Full Version) for supervisors in: CBT, Trauma Therapy (CPT, PE, TIC), MI, DBT, CAT, and many more!