### SUMMER COURSE LECTURE SERIES
**Course Director:** Kathy W. Smith, M.D.
**Wednesdays, July and August, 1:00-5:00PM**
**Required for first-year fellows, Optional for second-year fellows**

**Description and Goals:**
This intensive lecture series is given annually during the first two months of the academic year and is required for all first year fellows and is optional for second year fellows. The course is designed to provide fellows with the basic knowledge and skills necessary to evaluate and treat children, adolescents and their families at the beginning of their training, as well as education on residents as teachers, medical ethics, etc.

### Lectures:

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<td>CAP Clinic Lunch for New Fellows/Intern</td>
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<td>Risk Assessment in CAP</td>
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<td>Psychiatric Emergencies/Assessment for Children/Adolescents</td>
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<td>Consent to Treat Minors in AZ/CPS Interface/Reporting Requirements</td>
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<td>Interviewing Adolescents Lecture</td>
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<td>Medicaid in AZ for Mental Health Care in Children/Adolescents</td>
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<td>Interviewing School-Aged Children - Lecture</td>
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<td>Case Formulation in Child/Adolescent Psychiatry</td>
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<td>Cultural Competency in CAP</td>
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<td>Interviewing Preschool Aged Children - Lecture</td>
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<td>Child Mental Status Examination</td>
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<td>CAP Clinic Meeting - QA/QI</td>
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<td>Introduction to Clinic Supervision</td>
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<td>Introduction to CAP Psychotherapy (Empathy, Alliance, Therapeutic Frame, Boundaries,)</td>
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<td>Introduction to Play Therapy</td>
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<td>Complementary and Alternative Medicine in CAP</td>
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<td>Beginning Principles of Child/Adolescent Psychopharmacology</td>
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<td>Crash Course - Psychopharm in CAP</td>
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<td>Stories and Storytelling in CAP</td>
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<td>Orientation to DSM-5 - Focus on CAP</td>
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<td>Community Resources/Resource Lists</td>
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<td>Trauma Informed Care Basics in CAP</td>
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<td>Ethics &amp; Ethical Dilemmas in CAP</td>
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<td>Developmental Theories</td>
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<td>Introduction to Growth and Development – Developmental Psychopathology</td>
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<td>Residents As Teachers</td>
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<td>Evidence Based Medicine Introduction - Online Academic Resources</td>
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<td>Statistics Refresher/Physician Numeracy</td>
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SECOND YEAR FELLOWS SUMMER DIDACTIC SERIES
Course Director: Kathy W Smith MD
Wednesdays, July and August, 1:00-4:00 PM
Required for second-year fellows

Description and Goals:
This lecture series is coordinated to run concurrently with the required first-year fellows’ summer lecture series, and is variable each year depending on resident interest.

During this seminar, fellows will be required to complete a web-based learning course in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), found at http://tfcbt.musc.edu/. This webinar includes 10-12 hours of training in TF-CBT for children and adolescents.

Fellows will have the option to further develop an area of interest with a focused reading elective with a CAP faculty member. The fellow may also participate in a formalized CHILD PRITE preparation lecture series with other fellows and/or faculty. Various online learning opportunities will be made available, including webinars in Systems Based Practice available at aacap.org, and educational videos/trainings in the Autism Diagnostic Interview (ADI)/Autism Diagnostic Observational Scales (ADOS).

CHIEF RESIDENT SEMINAR
AUGUST 11, 2017

Description and Goals:
The Chief Residents will participate in a day-long seminar provided to all Chief Residents at the University of Arizona College of Medicine – Tucson. This interactive, case-based workshop will focus on real world challenges to improve or maintain the clinical learning environment. Topic will include:

1. Clarifying the role of a chief
2. Developing critical leadership skills
3. Navigating common conflicts
4. Understanding generational differences and developing coaching and mentorship skills
5. Finding joy in your chief year
CHILD AND ADOLESCENT PSYCHIATRY CORE DIDACTICS

Wednesdays 1:00 PM – 4:00 PM, September through June
Course Directors: CAP Faculty

Didactics for the CAP fellowship are organized across the two years of training. The major DSM-V categories are separated into blocks and include seminars in psychopathology, psychopharmacology, evidence-based treatment strategies and psychotherapeutic treatment strategies. Additional didactics are integrated into each block and include relevant topics in neuroscience, growth and development, social and community psychiatry, systems based practice, systems of care, psychiatric subspecialties, medical subspecialties and special topics related to CAP.

SCHEDULE “A”

FALL, September - December
- Neuroscience/Growth and Development
  o Physical/Sexual development
  o Gene/Environment effects on brain development
  o Limbic/Cognitive development
  o Development of Mood
- Psychopathology, Psychopharmacology, Evidence-Based Treatment, Psychotherapeutics
  o Depressive Disorders
  o Bipolar Spectrum Disorders
  o Psychotic Disorders
  o Personality Disorders – Clusters A/B

SPRING, January - June
- Neuroscience/Growth and Development
  o Anthology, Ethology, Spirituality, Culture
- Psychopathology
  o Non-OCD Anxiety Disorders
  o Trauma/PTSD/Dissociative Disorders
  o OCD/Impulse Control Disorders
  o Eating Disorders
- Medical Subspecialties
  o Adolescent Medicine
  o Endocrinology
- Psychiatric Subspecialties
  o Electroconvulsive Therapy in adolescents
  o Forensics
- Special Topics
  o Women Mental Health
  o Infant Sleep
  o Evaluation for DCS of children/adolescents
  o Psychosexual Evaluation of children/adolescents
- Individual Psychodynamic Psychotherapy/ Play Therapy
FALL, September – December

- Neuroscience/Growth and Development
  - Functional Anatomy (Building Brains)
  - Brain Development and Developmental Brain Disorders
  - Developmental Neurogenetics and Neurotoxicity
  - Development of Temperament and Personality
  - Development of Morality
  - Social Development
  - Attachment and Family Development
  - Development of Self/Gender
- Psychopathology
  - Autism Spectrum Disorders
  - Disorders of Attachment
  - Gender Dysphoria

SPRING, January - June

- Neuroscience/Growth and Development
  - Development of Language
  - Development of Cognition, Memory, Attention
- Psychopathology
  - Intellectual Disabilities/Learning Disorders/Communication Disorders
  - Attention Deficit/Hyperactivity Disorder
  - Disruptive Disorders
  - Substance Use Disorders
  - Motor Disorders
- Medical Subspecialties
  - Genetic/Metabolic Disorders
  - Developmental Behavioral Disorders
  - Neurology
- Delivery Systems of Care
  - Juvenile Justice
  - Private Practice
  - Crisis/Wrap-around/In-home Services
  - Inpatient
  - Residential Treatment Setting
  - Partial Day Treatment Programs
- Psychiatric Subspecialties
  - Addiction Psychiatry
  - Pain Management in Children and Adolescents
- Systems-Based Practice
  - Preventive Medicine in CAP
  - Cost Effective Healthcare and resource allocation in CAP
  - UR/QA/Performance Improvement in CAP
- Social and Community Psychiatry
  - Custody/Divorce
  - Recognition/Management of Domestic/Community Violence
  - Community Psychiatry in CAP
- Special Topics
  - Career Development
NEUROSCIENCE AND GROWTH AND DEVELOPMENT SEMINARS
FALL/SPRING throughout Year 1 and Year 2

This seminar is designed to present a comprehensive lecture series on neuroscience and growth and development in children and adolescents and is integrated across both years of the curriculum. Fellows will gain a greater understanding of the important issues related to human growth and development, including normal biological, cognitive and psychosexual development and relevant sociocultural factors. Child development, developmental theories, behavioral science and topics in social psychiatry are included. The seminar will emphasize any relevant differences of factors associated with growth and development during different age groups.

Goals and Objectives:
- To promote a comprehensive understanding of children at different ages including physical, cognitive, emotional and behavioral differences
- To learn the major conceptual approaches of child development
- To gain an understanding of the effects of adverse environmental factors on the development of children
- To learn the developmental course of brain maturation and be able to link anatomical and behavioral differences when able
- To address etiological influences on the development of symptoms
- To understand the influences of the sociocultural context in child development
- To learn about the role of emotions in development, including emotional self-regulation, temperament, and development of attachment within an ecological system.

PSYCHOPATHOLOGY SEMINARS
FALL/SPRING throughout Year 1 and Year 2

Using clinical vignettes and case presentations of major diagnostic categories in CAP psychopathology, this seminar is taught in conjunction with the psychopharmacology, evidence-based treatment strategies and psychotherapeutic treatment seminars to provide education on the full spectrum of psychopathology in children and adolescents, including epidemiology, differential diagnosis, assessment and diagnosis.

Goals and Objectives:
- Residents will become familiar with the epidemiology, etiology, signs and symptoms, comorbidities, assessment, and diagnosis of each major diagnostic category of child and adolescent psychiatric disorders.

PSYCHOPHARMACOLOGY SEMINARS
FALL/SPRING throughout Year 1 and Year 2

This lecture series is taught in conjunction with the psychopathology, evidence-based treatment strategies and psychotherapeutic treatment seminars and will focus on the major classes of pharmacotherapy and the special considerations for the use of psychotropic medication in children and adolescents. Antidepressants, antipsychotics, anxiolytics, mood stabilizers, stimulants and other medications relevant to child and adolescent psychiatry will be discussed and will include the pharmacological mechanism of actions, medication side effects, drug interactions and toxicities for each of these classes of medication, and the basic principles involved in prescribing medications to children and adolescents. An introduction to psychopharmacology is included in the Summer Course and covers topics such as pharmacokinetics, pharmacodynamics and developmental factors implicated in drug
metabolism in children and adolescents. Electroconvulsive therapy is adolescents and complementary and alternative treatments are included in separate lectures in the curriculum.

Goals and Objectives:
- Fellows will become familiar with various classes of medications to treat psychiatric conditions in children and adolescents
- Fellows will become familiar with indications, mechanisms of action, side-effects, drug interactions and potential toxicities and the monitoring of medications in various age groups
- Fellows will understand and appreciate basic principles in prescribing medications to children and adolescents
- Fellows will recognize the importance of various biological, psychological, family and sociocultural factors that impact adherence and consent/assent to pharmacological interventions
- Fellows will understand differences in clinical responses to medications in children and adolescents compared to adults

EVIDENCE-BASED TREATMENT STRATEGIES SEMINARS
FALL/SPRING throughout Year 1 and Year 2

This lecture series is taught in conjunction with the psychopathology, psychopharmacology and psychotherapeutic treatment seminars to develop and discuss an evidence-based treatment strategy for the major classes of CAP psychiatric disorders as part of a multimodal treatment plan. During this series, fellows will understand the course, management, monitoring and prognosis of each of these psychiatric disorders.

Goals and Objectives:
- Fellows will be able to develop and integrate a psychopharmacological treatment plan as part of a comprehensive treatment plan for major CAP disorders
- Fellows will be able to recognize and develop multimodal treatment plans including evidence based pharmacotherapy and psychotherapies that are integrated with educational, family, social or cultural interventions for CAP disorders
- Fellows will understand the use and evidence of combination pharmacotherapy and psychotherapy in the treatment of CAP disorders
- Fellows will understand how to monitor the progress of a treatment plan of various disorders
- Fellows will be able to integrate new information and changes in clinical presentations of various disorders
- Fellows will understand how to integrate new information and changes in clinical presentations of various disorders into an updated differential diagnosis and revise a treatment plan in response to new patient information
- Fellows will understand the importance of monitoring the development of a child/adolescent and to appropriately integrate this understanding into a revised treatment plan
- Fellows will understand how to use appropriate diagnostic studies for various CAP disorders including a mental status exam, psychological and educational testing, medical/laboratory testing, imaging and clinical rating scales to develop an appropriate multimodal treatment plan
- Fellows will develop an understanding of the prognosis of various CAP disorders that begin during childhood or adolescence
PSYCHOTHERAPEUTIC TREATMENT SEMINARS
FALL/SPRING throughout Year 1 and Year 2

This lecture series is taught in conjunction with the psychopathology, psychopharmacology and evidence-based treatment seminars to provide residents with a conceptual understanding of the major modalities of non-pharmacological treatment interventions for children and adolescents including behavioral, cognitive behavioral, trauma-focused CBT, brief and interpersonal psychotherapy, parent management training, parent-child interaction therapy, psychoeducation, social skills training, cognitive remediation, habit-reversal and multisystemic therapy.

(Lectures specific to individual and psychodynamic psychotherapy/play therapy are discussed separately during the Psychodynamic Psychotherapy/Play Therapy Seminar. Additionally, lectures devoted to group and family therapy are discussed during the Group/Family Psychotherapy Seminar.

Goals and Objectives:
- Residents will be familiar with the theory and practice of various psychotherapeutic modalities used in the evidence-based treatment of CAP psychiatric disorders.

SPECIAL TOPICS SEMINARS
FALL/SPRING throughout Year 1 and Year 2

This seminar series covers topics of special interest to child and adolescent psychiatrists including social and community psychiatry, systems of care, psychiatric subspecialties and medical subspecialties related to CAP. Specific delivery systems of care will be discussed, including inpatient settings, residential treatment centers, day treatment/partial hospitalization/therapeutic nurseries, wraparound/outreach services, community-based interventions, crisis interventions and private practice. Administrative and financial issues related to the practice of CAP and the principles of quality improvement and assurance will also be discussed.

Goals and Objectives:
- Fellows will become familiar with other CAP psychiatric subspecialties such as addiction psychiatry, forensic psychiatry and pain medicine.
- Fellows will become familiar with issues related to abuse/neglect and will gain knowledge in the assessment and treatment of neglect, physical abuse and sexual abuse in children and adolescents.
- Fellows will learn about the implications of exposure to domestic and community violence for children and adolescents and learn about prevention and management techniques.
- Fellows will become familiar with various treatment settings and the indications for these settings for treatment of various disorders and age groups.
- Fellows will gain knowledge of important issues related to parental loss, divorce, foster care placement and adoption.
- Fellows will learn about essentials of administration, finance, career development and team work in child and adolescent mental health settings.
- Fellows will become familiar with the principles of quality improvement in clinical practice.
PSYCHODYNAMIC PSYCHOTHERAPY/PLAY THERAPY SEMINAR
SPRING (every other year)

Course Director, Kathy W. Smith MD and Emmanuel Wolff MD
Wednesday 1:00-4:00 PM, March – April

The seminar is designed to provide a long-term practical experience and formal didactics in psychodynamic psychotherapy strategies and/or play therapy with children and adolescents. The seminar consists of a series of lectures covering relevant issues specific to psychodynamic psychotherapy with children and adolescents in addition to the presentation of recorded individual sessions of psychotherapy.

Throughout the seminar, fellows will present recorded sessions of individual or play therapy. Recorded sessions will be discussed under the guidance of a child and adolescent psychiatry faculty member with expertise in psychodynamic and/or play therapy. An assigned textbook, as well as supplemental readings, will be discussed throughout the course of the seminar.

Goals and Objectives:
- Fellows will increase their proficiency and understanding of psychodynamic psychotherapy, specifically when working with children and adolescents.
- Fellows will improve their recognition of key psychodynamic issues, even during the course of brief appointments or when limited to medication management visits.
- Fellows will further develop skills and strategies to address psychodynamic issues during the course of structured psychotherapy or in the context of brief appointments.
- Fellows will increase their general comfort level working with children and adolescents in the context of play therapy.

Textbook:

Additional Readings:
CASE-BASED INSTRUCTION (CBI) ACTIVITY  
FALL/SPRING throughout Year 1 and Year 2  
Course Director: Kathy W Smith, MD  
Wednesday, 8 hours (online and live sessions), January through May

This instructional activity is taught throughout the two years of training as an active learning exercise. During this activity, fellows will participate in both on-line and in-person instructional activities designed to improve medical knowledge and patient care in CAP disorders, improve critical thinking and reflective skills and facilitate a habit of life-long learning. Using an online platform, fellows are provided a brief clinical vignette and asked to create a beginning differential diagnosis and identify key biological, psychological and social factors. Once information is entered into the online software, responses can be viewed and commented on by the other learners to facilitate collaboration and take advantage of group learning processes. The rest of the clinical case is then provided and fellows are prompted to update their differential diagnoses and relevant clinical factors to arrive at a final diagnosis. Fellows are required to present their rationales for their case formulations along the way. After the completion of the online experience, fellows participate in two live sessions proctored by CAP faculty. The first session is a group discussion of the clinical case and the second session involves participation in role-playing scenarios relevant to the clinical case.
CAP SEMINARS

SEMINAL ARTICLES SEMINAR
Course Director, Kathy W Smith, MD and Noshene Ranjbar, MD
First Tuesday each month, 12:00 – 1:00 pm, September – June

This conference occurs monthly and provides an opportunity for each fellow to present a current or relevant seminal article in Child and Adolescent Psychiatry. Fellows are assigned articles to present at the beginning of the year. Each fellow will review the paper, summarize and create a powerpoint presentation and present it to the group. Fellows will gain experience in reading and familiarizing themselves with the format of the AACAP Practice Parameters and research methods of other seminal papers and be able to teach this information to their peers.

CLINICAL CASE CONFERENCE
Course Director, Kathy W Smith, MD
Second Tuesday each month, 12:00 – 1:00 P.M. September - June

This conference provides an opportunity for fellows to present a patient from various clinical settings for discussion with the attending faculty as a learning opportunity for all the trainees. The fellow, in discussion with the assigned CAP faculty, will choose a case of their choice. Cases may be presented which highlight challenging or specific diagnostic situations, challenging patients, families or situations, or unusual or rare events. The fellow will raise a clinical question or concern, perform a literature search and present any relevant scholarly information during the presentation. Participants will participate in a discussion of the case that is educational and provides guidance to the presenting fellow.

JOURNAL CLUB
Course Director, Kathy W Smith, MD and Noshene Ranjbar, MD
Fourth Tuesday each month, 12:00 – 1:00 September – June

This monthly seminar provides an opportunity for each resident to present an article relevant to a recent media piece of importance or interest in CAP and present the media piece and the related article to the attendees of the seminar. In discussion with the assigned faculty, the resident will review the topic, perform a literature search, and lead a discussion to the group on the topic. The article and additional key publications will be discussed.

Goals and Objectives:
- Fellows will become familiar with the process of identifying a topic of interest and searching the literature for key papers or publications regarding the topic chosen.
- Fellows will become familiar with how to critically review the scientific literature.
- Fellows will gain knowledge and skill in presenting scientific literature and to lead a group discussion of a topic
- Fellows will gain greater knowledge and understanding of an important issue in child and adolescent psychiatry
CHILD AND ADOLESCENT PSYCHIATRY GRAND ROUNDS
Wednesdays 4:00-5:00 PM, September - June

Grand Rounds occurs monthly, on the second Wednesday of the month, in coordination with the University of Arizona College of Medicine, Department of Psychiatry Grand Rounds that occurs on the other Wednesdays throughout the month. This conference is for faculty, residents, fellows, medical students and other interested community members and professionals and provides Continuing Medical Education (CME) on topics that are timely and relevant to the field of Child and Adolescent Psychiatry. Fellows are required to present on a topic of interest, or on their scholarly activity, at this conference during their second year of training.

FAMILY/GROUP PSYCHOTHERAPY SEMINAR
Course Director: Patricia Harrison-Monroe, PhD
Monday 3:00-4:30 PM, September - June

This course is designed for fellows throughout both years of CAP training to provide an educational and practical experience in group and family psychotherapy with children, adolescents and families. Through structured didactics and the supervision of family therapy cases, CAP residents will develop skills and strengthen their knowledge to apply the principles of group and family psychotherapy. Under the direct supervision of faculty, fellows will participate in family therapy with families referred to the Child and Adolescent Psychiatry Outpatient Physician Offices.

This seminar includes an additional focus of strengthening and developing the principles of cultural competency and how to apply these principles to different populations of children and adolescents and their families.

Goals and Objectives:

- Fellows will learn the principles of group and family psychotherapy and how to apply these principles with children and adolescents
- Fellows will develop and understand the process of child and adolescent group and family psychotherapy and how it differs from group and family psychotherapy with adults or other populations
- Fellows will appreciate the initial processes necessary to begin a new therapy group, including issues related to recruitment, retention, process and termination of therapeutic child or adolescent groups
- Fellows will understand the principles of cultural competency and how to apply these principles in different populations of children and adolescents and their families
- Fellows will further expand their knowledge and practice of cultural competency and how to apply these principles in group psychotherapeutic settings of children and adolescents