



AT THE FOREFRONT  
**UChicago  
Medicine**

Department of Psychiatry &  
Behavioral Neuroscience  
Psychiatry Training Program

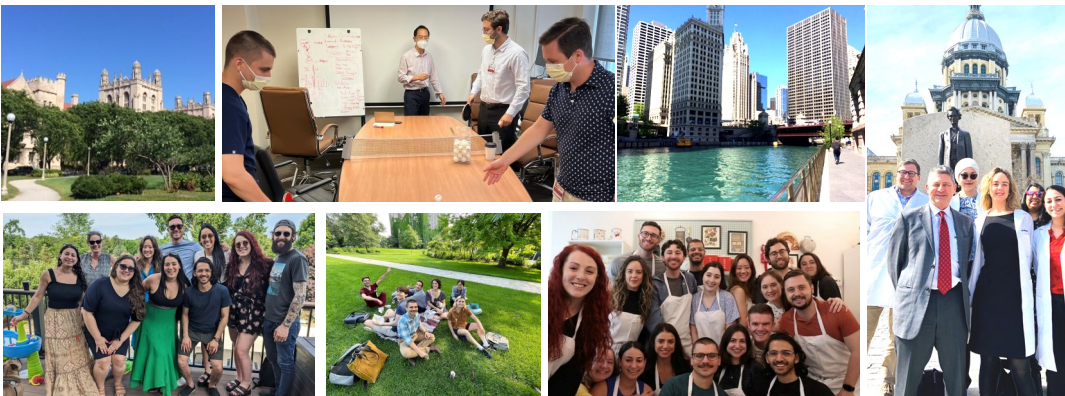


*“The defining mission of our residency training program is to prepare our graduates to be competent, well-informed, caring clinicians and scientists who are prepared to manage any challenge in psychiatry by utilizing the latest scientific information and by critically applying sound reasoning skills. We prepare our graduates to be dedicated to their patients, colleagues and to their own continued learning. We emphasize intellectual discourse, interdisciplinary work, and collaborative education.*

*The University of Chicago is often known as the teacher of teachers. Education is of central importance in our Department: we are all teachers and students at the same time, for it is through teaching that we learn best. While not all residents go on to careers in academia or research, all residents are prepared for a lifetime of learning and teaching by being able critically to assess new information and add it to their knowledge base and skill sets. With the rapid development of knowledge in psychiatry and the neurosciences, this ability is perhaps the most important one a training program can offer its residents.”*

- Deborah Spitz, MD

Vice Chair for Education and Academic Affairs, Residency Training Director



## Quick Facts

Program Director:

Deborah Spitz, MD

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Assistant Program Director:

Zehra Aftab, MD

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Coordinator:

Brandy Tyrpin, BHA

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<https://psychiatry.uchicago.edu/education/psychiatry-residency>

### Didactics

**PGY1: Thursday PM**

**PGY2: Tuesday PM**

**PGY3: Tuesday AM**

**Thursday PM**

**PGY4: Thursday PM**

### Offices

**PGY1-2:** Share a group office

**PGY3-4:** All have individual offices

### Call Frequency

**PGY1-2:** Three calls per month (on average) with graded responsibilities and independence.

**PGY3-4:** In house moonlighting available including PGY1 backup call

### Stipend (2023-2024)

PGY1 - \$70,546

PGY2 - \$74,622

PGY3 - \$77,196

PGY4 - \$80,705

### Time Off

**Vacation:** 20 days (paid)

**Sick Leave:** 5 days (paid)

**Medical Leave:** Up to 4 weeks (paid) runs concurrent with FMLA

**Education Days:** Time off to attend conferences and meetings is permitted with approval from the Program Director

# Training Directors



## Deborah Spitz, M.D., Psychiatry Residency Training Director

A Board Certified adult psychiatrist, she received her MD from the University of Pennsylvania and completed her psychiatric residency and fellowship at the University of Chicago. She was the recipient of an NIMH Junior Faculty Development Award in 1982, and served on the faculty at The University of Chicago until 1988. For the next 12 years, she was on the faculty at Tufts-New England Medical Center, where she directed the adult residency training program, before relocating to the United Kingdom. After spending three years practicing in the NHS in Britain, Dr. Spitz re-joined the faculty at the University of Chicago in 2003. Throughout her career Dr. Spitz has received numerous teaching awards, has been the President of the Association for Academic Psychiatry, and has been active in the American Psychiatric Association and the Association for the Advancement of Philosophy and Psychiatry.



## Zehra Aftab, M.D., Assistant Psychiatry Residency Training Director

A Board Certified adult psychiatrist, she received her MD from the University of Buffalo and completed her psychiatric residency at Thomas Jefferson University Hospital in Philadelphia. She then completed her Psychosomatic Medicine Fellowship at the University of Chicago. She worked at Northshore University Health Systems for one year prior to returning to join the faculty at the University of Chicago, where she served as Inpatient Attending at Ingalls Hospital and now runs the Women's Mental Health Clinic, the Transplant Clinic, and attends on the Consultation-Liaison Service at the University of Chicago Hospital.

# Courses

## All Residents

### Year long

- Resident Process Group
- C/L Case Conference
- Resident Education Committee
- Journal Club
- Research Mentorship Group

### Summer

- Residents as Teachers

### Autumn/Winter/Spring

- Clinical Case Conference
- CBT Case Conference\*
- Interdisciplinary Case Conference\*
- Advanced Psychopharmacology

\* monthly conference

	Summer	Autumn	Winter	Spring
PGY 1	Intro to Residency	Phenomenology		
	Patient Safety	Clinical Skills		
	Emergency Psychiatry	Psychopharmacology	Intro to Neuroanatomy	Medical Issues in the Psychiatric Patient
	Psychopathology			
	Addictions			
PGY 2	Intro to Psychotherapy	Intro to Psychodynamic Psychotherapy		Intro to CBT
	Development	Child Psychopathology	Ethics	Family Therapy
	Psychopharmacology II	Geriatric Psychiatry	Psychosomatics	Neuropsychiatry
	Systems of Care	Research Introduction	Research Statistics	Neurobiology
	Psychological Testing			
PGY 3	Group Psychotherapy	Longitudinal Case Conference		Adv. Psychodynamic Theories
	Neurobiology	Psychiatric Neuroscience		Forensic Psychiatry
	CBT Group Supervision		Cultural Psychiatry	
PGY 4	Chief Residency with Administrative Supervision (Required)			
	Research Project (Required)			
	Electroconvulsive Therapy Rotation (Required)			
	Elective: Intensive Sequence and Readings; Teaching and Clinical Electives (arranged individually)			

# Clinical Rotations

	Medicine and Neurology Rotations (UCM) - 6 months				Psychiatry Rotations - 6 months		
PGY 1	2 MONTHS		2 MONTHS		2 MONTHS		2 MONTHS
	Adult Neurology <i>or</i> Adult Neurology   Pediatric Neurology		Inpatient Medicine		Emergency Medicine	Consult Medicine	Inpatient Psychiatry
					Pediatrics and Peds EM		UCM ING
						Inpatient Psychiatry (NS)	Consult Liaison Psychiatry (UCM)
PGY 2	Psychiatry Rotations 12 months						
	2 MONTHS		2 MONTHS		2 MONTHS		2 MONTHS
	Inpatient Psychiatry UCM ING		Inpatient Psychiatry (NS)		Consult Liaison Psychiatry (UCM)		Emergency Psychiatry (UCM)
							Community Psychiatry (TH)
							Chemical Dependency
	MAC Chronic Care Clinic (UCM)						
	• 2 to 3 hours per week of psychotherapy patients			• 1 month Child Psychiatry elective available during Community or Chemical Dependency			
PGY 3	UCM Outpatient Clinics - 12 months						
	6 MONTHS			6 MONTHS			
	Adult General Psychiatry Clinic (12 Months)						
	Child Psychiatry Clinic (12 Months)						
	Three 6-Month Clinics			Three 6-Month Clinics			
	Offered Six Month Clinics						
	<b>Required:</b> Geriatrics and one Med/Psych Clinic (either General Med/Psych, Transplant, or Psycho-Oncology) <b>Elective:</b> Neuropsychiatry, Personality Disorders, Addictions, Student Counseling, Memory Clinic, Women's Mental Health, LGBTQ						
	• 8 hours weekly of ongoing psychotherapy patients including CBT, psychodynamic, supportive psychotherapy, and group therapy						

UCM University of Chicago Medicine    UCM ING Ingalls Hospital    NS NorthShore Evanston Hospital    TH Thresholds

## PGY 4

### Outpatient Care, Research, and Electives

REQUIRED

#### Administrative Psychiatry Experience, Chief Residencies:

- Overall Chief at UCM
- Chief of Inpatient (UChicago Ingalls, NS), Consult Liaison (UCM), Emergency Psychiatry (UCM) or Outpatient Clinics (UCM)

#### Research in Psychiatry:

- Research project in clinical or basic science to be formally presented to the Department at year's end

#### Electroconvulsive Therapy (ECT) Rotation:

- Participate for 1-2 months in pre-ECT evaluations and participate in 3x weekly treatments ; Ketamine Clinic

#### Forensic Psychiatry:

- Write up one case under faculty supervision

#### QA/QI Project

ELECTIVE

#### Elective Options:

- Research - can spend up to 75% time doing research
- ECT - 3 month rotation to gain certification of advanced training
- Intensive Sequence Psychodynamic Psychotherapy
- Student Counseling Service at U of C
- Rotations in Sleep, Geriatrics, or Pain Clinics at UCM
- Women's Mental Health
- Outpatient Psychiatry Clinics
- Extended Forensic Psychiatry Experience

#### Institutional Fellowships

- MERITS Fellowship (Medical Education Research, Innovation, Teaching and Scholarship)
- MacLean Center for Medical Ethics Fellowship

## Scholarship Tracks in PGY 3 and 4

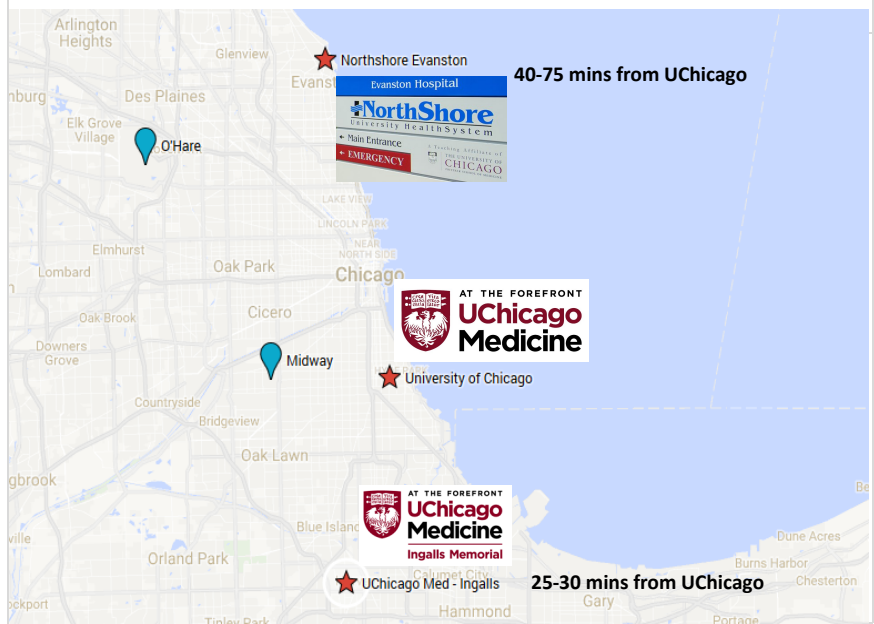
### Clinical Scholars Track

- Applied for during PGY-2 year, protects at least one half day longitudinally during PGY-3-4.
- Clinical Scholars are connected with a mentor engaged in clinical research or education.
- Mentorship and statistical support, expectations include completion of scholarly products.

### Research Track

- Individually negotiated depending on the scope of the proposed project(s).

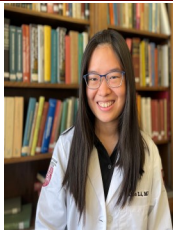
## Site Locations and Travel Times



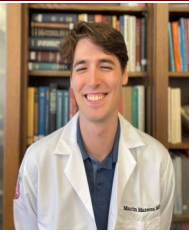
# Current Residents



**Heba Haleem, MD**  
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**Alice Li, MD**  
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**Marin Mazeres, MD**  
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**Victoria Moors, MD**  
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**Julia Purks, MD**  
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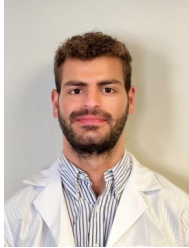
**Jared Silverberg, MD**  
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**Kendall Umstead, MD**  
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**Zachary Bloomberg, MD**  
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**Nader Hashweh, MD**  
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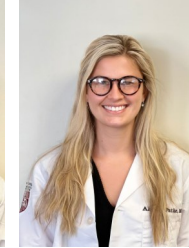
**Matthew Milleman, MD**  
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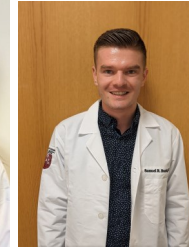
**Ashkay Patke, MD**  
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**Emilie Sohl, MD**  
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**Samuel Bunting, MD**  
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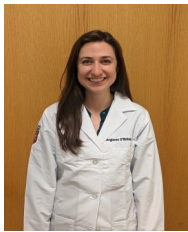
**Miriam Haxton, MD**  
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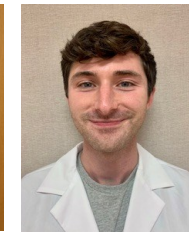
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**Laura Rosas, MD**  
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# Recent Graduates

2023	<b>Stephanie Eng, MD</b>	Forensic Psychiatry Fellowship, Yale
	<b>Karin Lavie, MD</b>	Substance Abuse Fellowship, UCSF
	<b>Nicole Shaw, MD</b>	Faculty, University of Colorado
	<b>Ana Wagener-Sobrero, MD</b>	Private Practice
	<b>Marissa Robertson*</b>	Child and Adolescent Fellowship, University of Chicago
2022	<b>Amber Bard, MD</b>	Group Practice, Schaumburg, IL
	<b>Austin Blum, MD</b>	Forensic Fellowship UC Davis
	<b>Han Deng, MD</b>	Practice, Chicago, IL
	<b>Michael Levin, MD*</b>	Child and Adolescent Fellowship Vanderbilt University
	<b>Katie Washington Cole, MD, PhD</b>	Addiction Psychiatry Fellowship at UIC/Jesse Brown VA
	<b>Jordan Weil, MD</b>	Attending, State Hospital Massachusetts
2021	<b>Karla Garcia-DiGioia, MD</b>	Compass Health Center IOP-Chicago, Illinois
	<b>Eunjin Jang, MD</b>	Private Practice-Seattle, Washington
	<b>Diandra Lucia, MD</b>	Faculty, University of Chicago Inpatient Psychiatry and ER
	<b>Samuel Russell, MD</b>	Substance Abuse Fellowship, University of Washington
	<b>Lala Park, MD</b>	Substance Abuse Fellowship, University of Washington

\* Denotes resident transferred after PGY-3 year to Child Fellowship

2020	<b>Lucas Coppes, MD</b>	Addiction Psychiatry, Now Faculty at University of Colorado
	<b>Martin Greenwald, MD</b>	Central Dupage Inpatient Psychiatry
	<b>Shivani Kumar, MD</b>	CL Fellowship now Faculty, University of Chicago
	<b>Jessica Stier, MD</b>	Private Practice, Rockford IL
2019	<b>D. Ash Ehsan, MD</b>	Faculty, University of Chicago ECT Service, LGBTQ Clinic
	<b>Michel Medina, MD</b>	Faculty Kaiser Permanente, Neuropsychiatry Fellowship, Stanford
	<b>Louisa Olushoga, MD</b>	Practice Lawndale Christian Health Center Chicago, IL
	<b>Lauren Robinson, MD</b>	Forensic Fellowship, Northwestern University, Private Practice
	<b>Kristina Thurin, MD</b>	Neuropsychiatry Fellowship, Brigham and Women's Hospital Faculty The Ohio State University
	<b>Derrick Farmer, MD</b>	Practice, Compass Health Center PHP, Chicago IL

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