AT THE FOREFRONT
UChicago Medicine

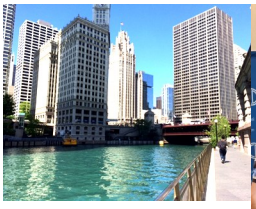
Department of Psychiatry & Behavioral Neuroscience

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
dspitz@bsd.uchicago.edu

Associate Program Director:
Zehra Aftab, MD
Zehra.Aftab@uchospitals.edu

Coordinator:
Brandy Tyrpin, BHA
btyrpin@yoda.bsd.uchicago.edu

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 & 4 : Share a group office
PGY3: 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 (2026-2027)

PGY1 - $78,973
PGY2 - $83,536
PGY3 - $86,418
PGY4 - $90,346

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., Associate 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	Psychopathology		
	Residents As Teachers	Clinical Skills		
	Emergency Psychiatry	Psychopharmacology	Intro to Neuroanatomy	C/L Psychiatry
	Psychopathology			Medicine Neurology Psychiatry Integration
	Addictions			
PGY 2	Intro to Psychotherapy	Intro to Psychodynamic Psychotherapy		Intro to CBT
	Development	Child Psychopathology	Forensics	Psychological Testing
	Psychopharmacology II	Geriatric Psychiatry	Neuropsychiatry	Cultural Psychiatry
	Systems of Care	Research Introduction	Research Statistics	Neurobiology
	Group Psychotherapy			
PGY 3	Family Therapy	Longitudinal Case Conference		Adv. Psychodynamic Theories
	Neurobiology	Psychiatric Neuroscience		Ethics
	CBT Treatment and Group Supervision		CBT Group Supervision	
PGY 4	Chief Residency with Administrative Supervision (Required)			
	Research Project (Required) and QI Project (Required)			
	Electroconvulsive Therapy Rotation (Required); Forensic Psychiatry (Required)			
	Elective: Intensive Sequence and Readings; Teaching and Clinical Electives (arranged individually)			

Clinical Rotations

PGY 1	***Medicine and Neurology Rotations (UCM) - 6 months***				***Psychiatry Rotations - 6 months***			
	8 weeks	8 weeks	8 weeks		8 weeks	8 weeks	8 weeks	4 weeks
	Adult Neurology *or*	Inpatient Medicine	Emergency Medicine	Consult Medicine	Inpatient Psychiatry UCM ING	Inpatient Psychiatry (NS)	Consult Liaison Psychiatry (UCM)	Elective
	Adult Neurology / Pediatric Neurology		Pediatrics and Peds EM					
PGY 2	***Psychiatry Rotations 12 months***							
	8 weeks	8 weeks	8 weeks		8 weeks	8 weeks	8 weeks	4 weeks
	Inpatient Psychiatry UCM ING	Inpatient Psychiatry (NS)	Consult Liaison Psychiatry (UCM)		Emergency Psychiatry (UCM)	Community Psychiatry (TH)	Chemical Dependency	Elective
					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 **Required:** Geriatrics and one Med/Psych Clinic (either General Med/Psych, Transplant, or Psycho-Oncology) **Elective:** 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

*Elective time in PGY-1 and –2 to define mentorship and research area
- 50% research time and 50% clinical time in PGY-3 and PGY-4

MPH Research Track

* Endowment Funding for MPH with focus on mental health, substance abuse, and public policy

Current Residents

Miriam Hill-Odom, MD
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Mahesh Kumar, MD
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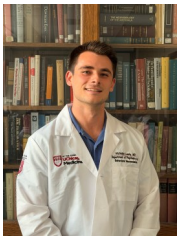

Nicholas Leahy, MD
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Victoria Ogunniyi,MD
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Isaiah Selkridge, MD
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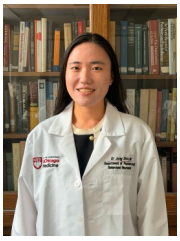

Christina Shin, MD
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Janices Cousin, MD
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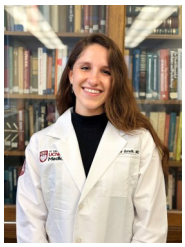

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Danielle Mensah, MD
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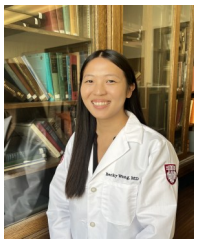

Becky Wang, MD
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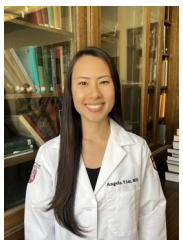

Angela Yim, MD
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Victoria Becklen, MD
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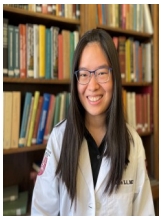

Alice Li, MD
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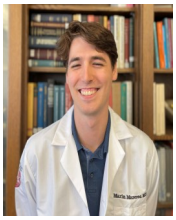

Marin Mazeres, MD
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Julia Purks, MD
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Jared Silverberg, MD
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Recent Graduates

2026	**Zachary Bloomberg, MD**	Child Fellowship, University of Chicago
	Nader Hashweh, MD	Faculty, Columbia University
	Matthew Milleman, MD	Faculty, University of Chicago
	Akshay Patke, MD	Substance Abuse Fellowship, UIC
	Alexandra Radzin, MD	Private Practice
	Emilie Sohl, MD	Child Fellowship, University of Chicago
2025	**Samuel Bunting, MD**	Research Fellowship, University of Chicago
	Sabrina Coppedge, MD	Private Practice, Chicago
	Miriam Haxton, MD	Private Practice, Chicago
	Margaret O'Brien, MD	Faculty, University of Chicago Ingalls Inpatient
	Natalia Roque, MD	Private Practice, Telepsychiatry
	Jhonatan Marte, MD	Ingalls Hospital Inpatient Attending
2024	**Zachary Bean, MD**	Faculty, University of Chicago
	Marcel Bertsch-Gout, MD	Psychopharmacology Research Fellowship, Private Practice
	John Lacci, MD	Faculty Outpatient Swedish Hospital and Endeavor Health
	Alana Peters, MD	Consultation-Liaison Psychiatry Fellowship, Univ. of Pittsburgh
	Robert Ratajczak, MD	Group Practice, Chicago, IL
	Laura Rosas, MD	MBA, Booth; Private Practice

2023	**Stephanie Eng, MD**	Forensic Psychiatry Fellowship, Yale; Faculty, Columbia
	Karin Lavie, MD	Substance Abuse Fellowship, UCSF
	Nicole Shaw, MD	Faculty, University of Colorado
	Ana Wagener-Sobrero, MD	Private Practice
	Marissa Robertson*	Child and Adolescent Fellowship, University of Chicago
2022	**Amber Bard, MD**	Private Practice, Schaumburg, IL
	Austin Blum, MD	Forensic Fellowship UC Davis
	Han Deng, MD	Practice, Chicago, IL
	Michael Levin, MD*	Child and Adolescent Fellowship Vanderbilt University
	Katie Washington Cole, MD, PhD	Addiction Psychiatry Fellowship at UIC/Jesse Brown VA
	Jordan Weil, MD	Attending, State Hospital Massachusetts

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

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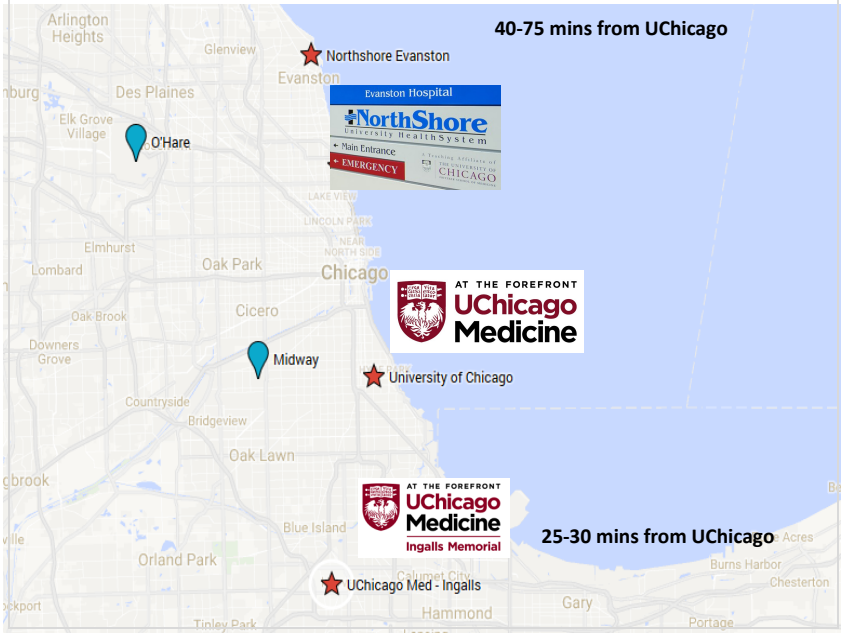
Site Locations and Travel Times



Quotes

PGY-1 Dr. Singh "*In such a short time UChicago has come to feel like home. I'm surrounded by individuals that inspire me to nurture my passions while continuing to grow as both a person and a physician everyday!*"

PGY-3 Dr. Mazeres "*It is going to sound standard, even though it's genuine: I would choose this program again without hesitation.*"

PGY-3 Dr. Moors "*I am so thankful that I matched at U Chicago, where I feel free to create my own path while supported by a strong scaffold of structured mentoring and passionate faculty.*

My favorite aspect is Process Group, where a group relations psychiatrist facilitates us in better understanding our relationships with power and the institution. It says a lot about a program where our own PD invited and continues to protect this space where residents not only learn more about ourselves, but practice challenging traditional power dynamics confidentially and independently of admin."

Chair Dr. Himelhoch "The Department of Psychiatry and Neurobehavioral Science is here to support you, your curiosity, and your drive for excellence as you embark on becoming a psychiatrist. We are here to provide context and guidance as you grapple with complex clinical questions, create meaning from difficult conversations, make new personal and scholarly discoveries and build balance, health and wellbeing for yourself, your peers, and the community in which you live. "

Faculty Dr. Yohanna "*Twenty years ago, I came to the University of Chicago after many years elsewhere. I found my clinical, education and research home here among the best colleagues I could ever find. The commitment to our patients, trainees and each other has been extraordinary.*"

Faculty Dr. Bean "*My training at the University of Chicago was transformative. I sought a residency that balanced medication management with psychotherapy, and I found it here particularly with the program's emphasis on psychodynamic and psychoanalytic thought. That foundation made me a more well-rounded psychiatrist. After fellowship, I returned because I wanted to be part of the same environment that shaped me, one where residents and faculty take pride in their work and are deeply committed to providing the best care for the South Side.*"