

Resident Perspectives

PGY 1



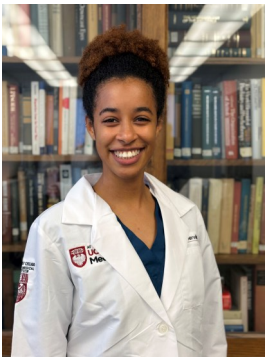
Isaiah Selkridge, MD

I could not be happier that I ranked UChicago as my top choice for residency. This program has already felt like home. From my co-residents to the faculty, everyone has been welcoming, supportive, and genuinely invested in one another, our patients, and the program's growth and success. Residents are always checking in on us interns, making sure we are doing well, and inviting us to spend time together outside of work. The sense of community here is second to none. Having met many of the faculty during medical school, I knew they were incredible teachers, but seeing how deeply they care about our growth has made me even more grateful to be here. Most of all, I love caring for our patients. Growing up in the Bronx, I always hoped to train in a community that reminded me of home, and I have found that in Chicago.

So far, I have been on general medicine and general medicine consults. Even on busy off-service rotations, I always look forward to Thursday afternoon didactics because it gives me the chance to learn from amazing faculty in Psychiatry and spend time with my co-residents. I have learned so much already, and I am excited for everything that is still ahead.

Outside of residency, I love spending time with my wife and our dog, traveling when I can, and staying active through basketball, volleyball, and pickleball. I also host game nights, watch parties, and many other social events with friends. I also love that our residents regularly get together for volleyball and pickleball, which is another example of the incredible sense of community that makes this program so special. Giving back to my community is one of the most important parts of my life,

PGY 2



Caitlin Somerville, MD

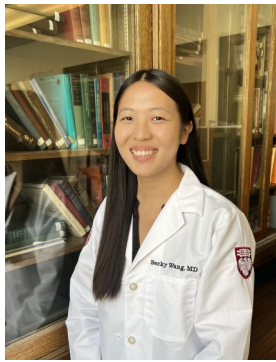
Becoming a second-year resident has been a relatively smooth transition after what was, at times, a challenging intern year. My first psychiatry rotations pushed me, but I received incredible support from faculty, senior residents, and my co-residents along the way. That support helped me build confidence, develop my clinical skills, and feel prepared to take on the responsibilities of PGY-2. There is certainly another learning curve this year, but it's exciting to finally be a full-time psychiatry resident!

Second year is one of the busiest years of training. We take on the bulk of our call, begin our outpatient clinics and longitudinal psychotherapy training, and serve as seniors on the inpatient services for our new interns. Half of the year is spent on inpatient and consultation-liaison psychiatry, while the other half includes emergency, substance use, and community psychiatry. One of the things I've valued most about training at UChicago is caring for the diverse patient population on Chicago's South Side. Working with predominantly

Black and Brown communities, many of whom face longstanding structural barriers to mental health care, has challenged me to think more broadly about the social factors that shape psychiatric illness while reinforcing the importance of providing compassionate, equitable care. I am currently on my elective block, where I've had the opportunity to work in a partial hospitalization program, spend time in the ketamine clinic, and explore research opportunities.

Despite the busy schedule, residents often get together for volleyball and pickleball outings, meet up for check-in dinners after each rotation, and continue to celebrate each other's milestones. Having a class that genuinely enjoys spending time together has made one of the busiest years of residency feel much more manageable. Outside of residency, I've still had plenty of time to spend with friends and family, spoil my two kitties, and dive into my latest hobby, Latin dance. Having that balance has made the demands of second year feel much more sustainable.

I'm excited to continue growing as a psychiatrist, therapist, teacher, and leader over the course of this year. Looking back, I'm grateful for how much I've learned already and for the support I've received from this program. It's exciting to see how much confidence can grow in just one year, and I'm looking forward to everything that comes next.



Becky Wang, MD

PGY 3

Psychiatry residency is flying by quickly! Making it to third year means I've completed all of my inpatient psychiatry rotations, which is hard to believe. While I will miss working on the inpatient teams, stepping into the world of outpatient psychiatry has been an incredible experience. Right now, I am in 4 half-day clinics, which include general clinic, child and adolescent clinic, psycho-oncology clinic, and a rotation at the Student Wellness Center for the university. Each clinic is so unique and exposes me to a different patient population with different needs. I've truly enjoyed spending so much time with my patients and getting to expand my knowledge of medication management strategies.

Outside of my clinics, my schedule is flexible to accommodate didactics, psychotherapy patients, and research. One unique research project I'm involved in explores the role of art in medicine, specifically studying whether an art-based intervention can promote empathy and connectedness among residents. Over the past two years, we partnered with the Art Institute of Chicago who provided guided tours for groups of residents, which was an amazing opportunity to connect with a world-class institution in Chicago while reflecting on our experiences as physicians. I am looking forward to continuing this project this year!

After two years, University of Chicago has really become my home. I truly can't imagine training at any other place or with any other group of people. The attendings I've worked with are so intelligent, passionate, and have become my role models. I have also become close with my co-residents. Many of us live just a few blocks away from each other in South Loop, making it easy to spend time together outside of work regularly. This includes playing pickleball in Kenwood, volleyball at North Avenue beach, lounging by rooftop pools, catching half-price movies on Wednesdays, or spending the weekend at Lollapalooza in Grant Park! I am grateful for my co-residents and all of the friendship, support, and community they have brought to my life.



Julia Purks, MD

PGY 4

During the 4th year of residency, there is ample time to explore different aspects of the field of psychiatry and engage in projects that align with your interests. There are a few requirements during the year: a forensic psychiatry experience, ECT training, chief duties for one of the clinical sites, and participating in both research and QI projects.

This year, I am one of the 2 administrative chiefs of the program and the site chief for the ED. As the ED chief, I help run weekly didactic sessions with the resident rotating through the ED and participate in building a curriculum for PGY1 residents related to psychiatry in the emergency setting. I am in two elective clinics this fall: the Memory Clinic, where I work with a neurologist and primarily see patients with dementia and other memory concerns, and the Brain Injuries and Functional Disorders Clinic, where I see patients presenting with neuropsychiatric symptoms. These clinics are allowing me to round out my residency training by offering unique subspecialty opportunities.

Outside of traditional clinical duties, I am also participating in a year-long fellowship through the MacLean Center for Clinical Medical Ethics. This involves a series of didactics and multidisciplinary case conferences dedicated to navigating ethical dilemmas that arise in clinical settings (and has been very interesting thus far!). Overall, the residency program is designed to allow for a tailored schedule during the 4th year and I have felt extremely supported by the faculty as I prepare for the transition from residency.