Child & Adolescent Mental Health Programs

Child and Adolescent Mental Health Post-Doctoral Fellowship
Department of Psychiatry, BC Children’s Hospital
University of British Columbia

BC Children’s Hospital Department of Psychiatry is pleased to announce the availability of three, one-year funded fellowships in child and adolescent mental health.

Clinical and/or research opportunities are available in the following mental health subspecialty areas. For more information please see attached advertisements regarding each fellowship opportunity and a contact for any questions.
- Child and Adolescent Psychiatry Emergency Inpatient Unit
- Eating Disorders
- Emergency Psychiatry
- Infant Psychiatry
- Neuropsychiatry
- Somatization

Outstanding and highly motivated candidates at the PhD or MD level are encouraged to apply. The Fellow will participate in clinical and/or research opportunities pertaining to child mental health, in addition to related potential teaching and clinical activities as agreed upon with the Director of Child Psychiatry Postgraduate Training and the fellowship supervisor. The fellowship schedule and rotations will be developed collaboratively with the Director based on Fellow interests and training goals. Fellows may rotate through outpatient clinics as well as inpatient psychiatric programs.

Please note: This is a one year training opportunity that does not satisfy the Royal College requirements for a designation in Child and Adolescent Psychiatry. Applicants wishing to pursue the Child and Adolescent Psychiatry Subspecialty Training Program at UBC are redirected to: https://psychiatry.ubc.ca/education-programs/postgraduate-subspecialties-training-programs/

Qualifications:
Successful candidates must have:
- A medical degree and successful completion of a Residency Training Program &/OR a PhD in mental health or neuroscience related fields.
- Strong commitment to ethical practice, high personal standards of behaviour and accountability to his/her profession
- Excellent interpersonal and communication skills. Fellows must demonstrate a fluent command of written and spoken English. Applicants must meet the current
English language proficiency requirements listed on the CPSBC website at https://www.cpsbc.ca/files/pdf/REG-ELP.pdf. If language proficiency requirements are not met, examination results must be provided.

- Eligibility for registration and licensure with the College and Physicians and Surgeons of British Columbia or appropriate licensing board.

Timeline:
- Applications will be accepted until February 3, 2023.
- Successful candidates will be notified by email regarding the interview process, which will occur virtually from February-March 2023.
- Anticipated start date for of this position: between July 1 and October 1, 2023 for 12 months.

Application:
All interested applicants should forward the following documents to Dr. Martha J. Ignaszewski, Director in Postgraduate Child Psychiatry Training at BCCH. Please note that there is a shared application process for all fellowship opportunities:

1. One letter of intent. The letter should be two pages in length at most and specify which fellowship the applicant is applying to. Please indicate state clearly why the applicant wishes to train in Child and Adolescent Mental Health, and at our training site in particular. It should also clearly delineate specific goals of the proposed training experience including proposed clinical and research experiences that will be explored further during the interview process. Applicants should indicate their preferred clinical training experience to focus on during the one year fellowship.

2. An updated curriculum vitae.

3. Three letters of reference from supervisors. Each letter should be sent directly by the referee to the Director of Postgraduate Child Psychiatry Training and include a statement indicating the applicant will not know its contents. The letters should be up-to-date from the last academic year.

Please address applications and inquiries to:
Dr. Martha J. Ignaszewski, MD, FRCPC
Child and Adolescent Psychiatrist
Post Graduate Education Director
BC Children's Hospital, Mental Health Bldg
4500 Oak Street, Vancouver BC V6H 3N1
Email: martha.ignaszewski@cw.bc.ca
The University of British Columbia (UBC) is a global centre for research and teaching. Surrounded by the beauty of the Canadian West, UBC embraces bold new ways of thinking that attract exceptional students and faculty. It is a place where innovative ideas are nurtured in a globally connected research community, providing unparalleled opportunities to learn, discover and contribute.

Faculty members, students, staff and alumni in the UBC Faculty of Medicine are actively engaged in innovative, leading edge research, education and community service on university and hospital campuses across the Province. Together we aim to create knowledge and advance learning that will make a vital contribution to the health of individuals and communities, locally, nationally, and internationally.

Salary will be commensurate with qualifications and experience. This position will operate out of the Children and Women’s Mental Health and Concurrent Disorders at BC Children’s Hospital.

*UBC hires on the basis of merit and is committed to employment equity. All qualified persons are encouraged to apply. UBC is strongly committed to diversity within its community and especially welcomes applications from visible minority group members, women, Aboriginal persons, persons with disabilities, persons of any sexual orientation or gender identity, and others who may contribute to the further diversification of ideas. However, Canadian and permanent residents of Canada will be given priority.*
Fellowship in **CHILD AND ADOLESCENT PSYCHIATRY EMERGENCY (CAPE) UNIT**

**BC Children’s Hospital**

**Full Time Fellowship (1 year) – Start Date between (July-October 2023)**

**Mental Health and Concurrent Disorders**

The UBC Department of Psychiatry is inviting eligible candidates to apply for a full-time Fellowship on the **Child and Adolescent Psychiatry Emergency (CAPE) Inpatient Unit**.

**Who the Fellow will work with and what will be the core of their work:**

The fellow will work closely with the primary supervisor on the CAPE unit and with the Psychiatric Emergency team members throughout BC Children’s Hospital, as well as many collaborators in emergency departments and teams throughout British Columbia. The team members primarily involved are the emergency psychiatrist, the psychiatric nurse clinicians (clinicians who assist with information gathering, connections upon admission or discharge, and documentation), the emergency department staff, and community partners in urgent psychiatric clinics.

The fellow will provide consultative service to the BC Children’s Emergency department, with both opportunities to be supervised by expert supervisors in emergency assessment, as well as to supervise, working with third-to-fifth year core and elective psychiatric residents. The area of emergency psychiatry has a dearth of clinical research and there are ample research opportunities for descriptive, qualitative, experimental, educational, and quality-of-care-based research.

**Details of the clinical/research training experience:**

The core of the clinical experience will be managing psychiatric presentations to the Emergency Department at BC Children’s Hospital. In terms of demographics, the younger age group (<12, ~20% of presentations) often present with agitation, anxiety, neurodiversity, and developmental disabilities requiring psychiatric support or family crises, whereas the older age group (12+, 75% of presentations) present with mood and anxiety problems, as well as the more classical psychiatric illnesses like bipolar disorder and schizophrenia. About 40-50% of our presentations are for suicidal ideation, behaviours, or attempts. On average there are 1-2 consultations per day. The core clinical experience occurs during the day so there are multiple team members to assist in the assessments.

With psychiatrists who have expertise in emergency psychiatry, there will be a clinical focus on teaching, research and clinical activities in:
• Suicide risk assessment, prevention, techniques, and treatments
• Foundational aspects of psychopharmacology to help remove the “guesswork” from emergency psychiatric presentations of children and adolescents
• Effective and efficient emergency consultations
• Medico-legal risks and responsibilities
• Team Emergency Collaboration
• Principle based (Rather than algorithmic based) emergency approaches that allow for easier clinical decision-making for the millions of combinations and permutations present in emergency presentations.

There is a severe lack of substantial research in emergency psychiatry, and the need for good research is high. This creates a fertile ground for research possibilities, from basic descriptive reports to large research projects. With a total throughput of 1400-2000 emergency psychiatric presentations per year, the large urban tertiary setting of BC Children’s Hospital would allow for almost any research-based question to be approached.

The principles of the Emergency Psychiatry Team at BC Children’s Hospital are:
• Emergency assessments and treatments that meet the highest clinical scenarios
• As a team we support each other, in an all-for-one, one-for-all approach of collegiality
• We aim to minimize systemic discrimination that creates disadvantages and barriers to Indigenous, underrepresented, marginalized, racialized, and neurodiverse populations.

Please direct any inquiries about the inpatient unit or fellowship training opportunity to: Dr. Fawad Elahi fawad.elahi@cw.bc.ca
Fellowship in **EATING DISORDERS**
BC Children’s Hospital
Full Time Fellowship (1 year) – Start Date between (July-October 2023)
Mental Health and Concurrent Disorders

The UBC Department of Psychiatry is inviting eligible candidates to apply for a full-time Fellowship in **Eating Disorders**.

**Who the Fellow will work with and what will be the core of their work:**
The fellow will work closely with their primary supervisor and multi-disciplinary team members in the eating disorders program including child and adolescent psychiatrists, pediatricians, clinical psychologists, social workers, dietitians, occupational therapists, nursing staff, and research assistants. The fellow will participate in weekly rounds and will have opportunities for involvement in assessment, treatment, community consultation, teaching and/or research. The program works collaboratively with the BC Children’s Hospital Division of Adolescent Health and Medicine (Department of Pediatrics), and has strong partnerships with community eating disorders programs and the Looking Glass Residence (residential eating disorders treatment facility in Vancouver for youth ages 16-24).

**Details of the clinical/research training experience:**
Clinical training experiences include multi-disciplinary diagnostic assessments, as well as individual, family and group-based treatment approaches for eating disorders in outpatient and inpatient treatment settings. The program provides family-based therapy for eating disorders, in addition to other psychotherapeutic approaches including enhanced cognitive behavioural therapy (CBT-E), cognitive remediation therapy, and dialectical behavior therapy.

Fellows with a background in pediatrics/family medicine will have the opportunity to gain expertise in acute medical management and stabilization of children and youth with eating disorders.

The Eating Disorders Program also has an active research team, with a variety of ongoing research studies focused on predictors of treatment outcome in children and youth with eating disorders.

**Please direct any inquiries about the clinic or fellowship training opportunity to:**
Dr. Jennifer Coelho jennifer.coelho@cw.bc.ca
Fellowship in \textit{EMERGENCY PSYCHIATRY}
BC Children’s Hospital
Full Time Fellowship (1 year) – Start Date between (July-October 2023)
Mental Health and Concurrent Disorders

The UBC Department of Psychiatry is inviting eligible candidates to apply for a full-time Fellowship in \textit{the Emergency Psychiatry}.

Who the Fellow will work with and what will be the core of their work:

The fellow will work closely with the primary supervisor and the Psychiatric Emergency team members throughout BC Children’s Hospital, as well as many collaborators in emergency departments and teams throughout British Columbia. The team members primarily involved are the emergency psychiatrist, the psychiatric nurse clinicians (clinicians who assist with information gathering, connections upon admission or discharge, and documentation), the emergency department staff, and community partners in urgent psychiatric clinics.

The fellow will provide consultative service to the BC Children’s Emergency department, with both opportunities to be supervised by expert supervisors in emergency assessment, as well as to supervise, working with third-to-fifth year core and elective psychiatric residents. The area of emergency psychiatry has a dearth of clinical research and there are ample research opportunities for descriptive, qualitative, experimental, educational, and quality-of-care-based research.

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Please direct any inquiries about the inpatient unit or fellowship training opportunity to:
Dr. Tyler Black tblack@cw.bc.ca
Fellowship in **INFANT AND CHILDHOOD MENTAL HEALTH**
BC Children’s Hospital
Full Time Fellowship (1 year) – Start Date between (July-October 2023)
Mental Health and Concurrent Disorders

The UBC Department of Psychiatry is inviting eligible candidates to apply for a full-time Fellowship in *Infant & Early Childhood Mental Health*.

**Who the Fellow will work with and what will be the core of their work:**
The fellow will work closely with their primary supervisor and other team members in the infant psychiatry clinic including child and adolescent psychiatrists, clinical psychologists, social worker, graduate students, and research assistants. The fellow will participate in weekly team meetings and will have opportunities for involvement in assessment, treatment, community consultation, teaching and research.

**Details of the clinical/research training experience:**
Clinical training experiences include diagnostic assessments, individual and group-based treatment approaches for infant/early childhood mental health conditions. This clinic offers transdiagnostic opportunities across both neurotypical and neurodiverse populations, for both externalizing behavioural and internalizing emotional difficulties. We offer attachment-based parenting and dyadic programs (e.g., Circle of Security, Watch Wait Wonder) to build reflective functioning and support healthy parent-child relationships. We also offer behaviour-based parenting interventions to support evidence-based strategies for disruptive and attention behaviour, emotional regulation and anxiety (including selective mutism) in preschoolers. We regularly incorporate caregiver supportive approaches (e.g., Emotion-Focused Family Therapy, mindfulness). We also work closely with other subspecialty clinics such as mood/anxiety and neuropsychiatry, as well as the Kelty Mental Health Resource Centre, and there would be opportunities for cross-clinic collaboration and resource development for knowledge dissemination. Research training experiences focus on clinical research that has direct impact on early childhood mental health. Project opportunities include exploring parenting beliefs/attitudes related to treatment matching, and developing/evaluating innovative virtual interventions; other areas of interest are welcome.

**Please direct any inquiries about the clinic or fellowship training opportunity to:**
PhD Inquiries to Dr. Janet Mah jmah6@cw.bc.ca
MD Inquiries to Dr. Megan MacFadden mmacfaden@cw.bc.ca
Fellowship in NEUROPSYCHIATRY  
BC Children’s Hospital  
Full Time Fellowship (1 year) – Start Date between July-October 2023  
Mental Health and Concurrent Disorders

The UBC Department of Psychiatry is inviting eligible candidates to apply for a full-time Fellowship in Neuropsychiatry.

Who the Fellow will work with and what will be the core of their work:  
The outpatient Neuropsychiatry Clinic provides specialized mental health services for children and youth with complex neurodevelopmental conditions (e.g., autism, intellectual disability, fetal alcohol spectrum disorder, genetic conditions). Assessment, consultation, and short-term treatment are provided for a diverse range of co-occurring mental health and behavioural issues (e.g., anxiety, obsessive-compulsive disorder, tics, disruptive behaviour). The clinic is staffed by an inter-disciplinary team of clinicians, including psychiatrists, psychologists, social workers, occupational therapist, behaviour analyst, and speech/language pathologist.

Details of the clinical/research training experience:  
The fellow will work closely with their primary supervisor and other team members in the Neuropsychiatry Clinic. Opportunities include providing clinical services, teaching, and conducting clinical research. Clinical training experiences include diagnostic assessment, consultation, and short-term treatment. Additional opportunities may include individual adapted psychological intervention for mental health concerns among pediatric neurodevelopmental populations (e.g., modified cognitive-behavioural therapy for anxiety or OCD, behavioural treatment of tics) and group-based support/psychoeducation for parents of children/youth with neuropsychiatric conditions. We also work closely with other subspecialty clinics such as OCD, ADHD, and Infant Psychiatry, and there may be opportunities for collaboration across clinics. The fellow will participate in weekly team meetings and will have access to many site-wide didactic learning opportunities.

Please direct any inquiries about the clinic or fellowship training opportunity to:  
PhD Inquiries to Dr. Melanie McConnell mmconnell@cw.bc.ca  
MD Inquiries to Dr. Brian Banno brian.banno@cw.bc.ca
Fellowship in SOMATIZATION
BC Children’s Hospital
Full Time Fellowship (1 year) – Start Date between July-October 2023
Mental Health and Concurrent Disorders

The UBC Department of Psychiatry is inviting eligible candidates to apply for a full-time Fellowship in Somatization.

Who the Fellow will work with and what will be the core of their work:
The fellow will work closely with their primary supervisor and interdisciplinary team members including child and adolescent psychiatrists, clinical psychologists, a nurse-clinician, and pediatricians, as well as other clinical and research trainees in psychiatry and psychology. He/she will participate in weekly research and clinic meetings and will have opportunities for involvement in direct clinical care with children and families, dissemination of peer-reviewed research, and knowledge translation for community clinicians and the public.

Details of the clinical/research training experience:
Fellowship Types Available in Program:
☑ Combined Clinical and Research/Academic Project Focus
☑ Primary Research Focus

Fellowship Training Experiences within Program

Area of Focus: Our program addresses somatization in children and youth (e.g., DSM5 Somatic Symptom Disorder and Conversion Disorder).

Clinical Opportunities:
Clinical training experiences include consultation-liaison, initial diagnostic assessments with children and families, group therapy, and family therapy. Our program is integrating research into clinical activities provided.

Research/Academic Project Opportunities:
The following studies are currently underway. None require full-time research dedication for involvement.

1) Describe pediatric somatization
   - Observe/conduct diagnostic interviews for new program assessments
   - Determine long-term prognosis of those identified with somatization at BCCH
- Psychometrically evaluate a new questionnaire to assess somatization
- Develop a novel research question to be tested using previously collected data on ~200 somatizing youth (13-18 years old) and their parents on variables such as: somatic symptoms, functional disability, healthcare utilization, perceptions of medical events, readiness for change, perceptions of and responses to stress, emotion regulation, internalizing and externalizing symptoms, and parent and peer relationships, attachment

2) Evaluate group therapy for somatization
- Observe/facilitate the 6 week <<Mind and Body Together>> group, offered 4 times per year to adolescents and parents
- Evaluate intervention-related changes using multiple waves of quantitative and qualitative data collected (baseline, during, post-intervention, 6-month follow-up) on ~40 families
- Compare efficacy of virtual to in-person group
- Develop and evaluate a novel controlled outcome study comparing group to alternative treatment

3) Evaluate family-based treatments for somatization
- Observe/conduct attachment-based family therapies (emotionally focused family therapy, dynamic relational therapy) for somatization
- Evaluate the feasibility of these therapies using quantitative/qualitative two waves of data collected on ~25 families.
- Contributing to grant writing, developing novel research questions, and selecting measurement tools to support program evaluation

4) Create animation video for knowledge translation
- Contributing to the development and wide dissemination of a set of animation videos that will explain pediatric somatization to the general public
- Developing strategies for evaluating uptake and impact of the video

Other Potential Opportunities:
1) Threat-related attention bias study (involving neurocognitive assessment)
2) Systematic literature reviews and opinion pieces for publication
3) Development and evaluation of knowledge translation activities (e.g., educational modules, national practice standards, treatment guidelines, and handbooks for community physicians, mental health clinicians, and school professionals)
4) Supervision and teaching of junior research assistants and clinical trainees

Please direct any inquiries about the clinic or fellowship training opportunity to:
Amrit Dhariwal, PhD, RPsych
- Titles: Clinical Assistant Professor, Child & Adolescent Psychiatry Subspecialty Program, UBC Medicine
Investigator, BC Children’s Hospital Research Institute
Staff Psychologist, Teaching & Consultation Clinic, BCCH

- Email: amrit.dhariwal@cw.bc.ca
- Areas of Interest: Dr. Dhariwal is a clinician-researcher at BC Children’s Hospital where she focuses her time on developing, providing, and evaluating psychological treatments. Her current interests address alleviating somatization in children and teens. Her expertise extends to attachment-based treatments spanning the period between infancy and adulthood. She holds an appointment as a Clinical Assistant Professor in the Faculty of Medicine at the University of British Columbia where she teaches about psychotherapy for pediatric populations. She regularly provides teaching, clinical supervision, and mentorship to psychiatry residents and fellows, predoctoral clinical psychology students, and post-doctoral psychology fellows.

Teaching Faculty and Interdisciplinary Team Members:

Andrea Chapman, MD, FRCPC
- Medical Director, Psychiatry Consultation-Liaison Clinic, BCCH
- Clinical Professor, Child & Adolescent Psychiatry Program, UBC Medicine
- Child and Adolescent Psychiatrist, Consultation Liaison Service, BCCH

Joanna McKay, RN, BPN
- Nurse Clinician, Psychiatry Consultation-Liaison Service, BCCH

Ashley Miller, MD, FRCPC
- Senior Medical Director of Academics, Child & Adolescent Psychiatry Subspecialty Program, UBC Medicine
- Child and Adolescent Psychiatrist, Teaching & Consultation Clinic, BCCH

Kelly Saran, BSc, BEd, MD, FRCPC
- Child & Adolescent Psychiatrist, Teaching & Consultation Clinic, BCCH
- Clinical Assistant Professor, Child & Adolescent Psychiatry Program, UBC Medicine

Tim Oberlander, MD, FRCPC
- Developmental Pediatrician & Attending Physician, Complex Pain Service, BCCH
- R. Howard Webster Professor in Brain Imaging and Early Child Development, Division of Developmental Pediatrics, Department of Pediatrics, UBC Medicine
- Investigator, BC Children's Hospital Research Institute
Dzung Vo, MD, FAAP
- Medical Director, Adolescent Medicine Subspecialty Residency (Fellowship) Program, BCCH
- Clinical Associate Professor, Division of Adolescent Health and Medicine, Department of Pediatrics, UBC Medicine