



University of Michigan Department of Psychiatry Perinatal Psychiatry Rotation  
PGY 3 & PGY4

The Perinatal Psychiatry Rotations are offered to year three and four residents from UM and other academic institutions. The rotation offers residents the opportunity to learn the most current medical treatments, psychotherapeutic approaches, integration with primary care, and complementary/alternative treatments available to improve the health and well-being of women in the childbearing year.

PGY3 Collaborative Care Perinatal Psychiatry Rotation

- This is a 1 half-day per week rotation that occurs over a 6-month time period. The rotation is completed during the PGY3 year. The clinic will occur Wednesday afternoons from 1:30pm-5pm.
- Faculty consist of a supervising perinatal psychiatrist and full time social workers that are involved in the care of the perinatal patients treated in the clinic.
- This is an integrated clinic aimed at strengthening the partnership between primary care providers and perinatal psychiatrists in order to better serve patients in our community.
- Residents will be introduced to the collaborative care model, including 1) providing direct care in a medical setting (medication management and brief psychotherapy), 2) real-time consultations and didactics with/to providers and social work, and 3) panel discussions.
- An average caseload of direct face-to-face visits consists of 1 new and 3-4 follow up patients per half day.
- Patients are generally seen in clinic over a 3-6 month time period, and on average resident will see patient 3 times after which patients are referred back to primary care, or out to a longer term psychiatric provider.
- Residents will have direct supervision throughout the half day period with the supervising perinatal psychiatrist in addition to their weekly general psychiatry and psychodynamic supervision.
- Residents will provide psychiatric, psychotherapeutic (individual or dyadic), and complementary/alternative treatment to patients. There will also be a focus on principles of attachment and psychodynamics, and ways in which these lead us to a more comprehensive and sensitive way of caring for our patients. Attachment principles will also aide residents as they guide patients to parent in ways that cultivate healthy attachment in their children.

#### PGY4 Collaborative Care Perinatal Psychiatry Elective

- This is a 1 half-day per week rotation that occurs over a 3-6-month (6-month preferred) time period. The clinic will occur Wednesday afternoons from 1:30pm-5pm.
- This is an integrated clinic aimed at strengthening the partnership between primary care providers and perinatal psychiatrists in order to better serve patients in our community.
- Residents will be introduced to the collaborative care model, including 1) providing direct care in a medical setting (medication management and brief psychotherapy), 2) real-time consultations and didactics with/to providers and social work, and 3) panel discussions.
- Faculty consist of a supervising perinatal psychiatrist and other support staff (social workers, nurses, etc).
- An average caseload of direct face-to-face visits consists of 1 new and 3-4 follow up patients per half day.
- Patients are generally seen in clinic over a 3-6 month time period, and on average resident will see patient 3 times after which they are referred back to primary care, or out to a longer term psychiatric provider.
- Residents will have supervision throughout the half-day period with the supervising perinatal psychiatrist in addition to their weekly general psychiatry and psychodynamic supervision.
- Residents will provide psychiatric, psychotherapeutic (individual or dyadic), and complementary/alternative treatment to patients. There will also be a focus on principles of attachment and psychodynamics, and ways in which these lead us to a more comprehensive and sensitive way of caring for our patients. Attachment principles will also aide residents as they guide patients to parent in ways that cultivate healthy attachment in their children.
- Advanced level concepts in perinatal psychiatry will be taught by the supervising psychiatrist. This is a great opportunity for those who are interested in furthering their understanding of the psychological development of individuals from a psychodynamic/attachment perspective, as well as a chance for those interested in making perinatal psychiatry a significant part of their practice after graduation to hone their skills.
- This elective, if 6 months in length, can also include a 3-month experience of co-facilitating an attachment based parenting and self-care group for mothers (Mom Power) or fathers (Fraternity of Fathers). This includes a required training experience in the model, attachment-based reflective supervision, and didactics in infant/toddler/child development. This may be particularly beneficial for those who are interested in early child development/origins of child (and adult) psychopathology, but have not pursued a child fellowship.