

HEADLINES

November 2019 / VOLUME 14/ ISSUE 6

A FOND FAREWELL

DR. MICHAEL TEEHAN TO
RETIRE AFTER NEARLY 36
YEARS



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HEAD LINES

MESSAGE FROM THE HEAD



It is an emotional moment as I pen this, my last message to the department. It is one of many landmark “lasts,” as I move towards retirement at the end of the year. I will have more to say at the retirement event on November 28, and at my last biannual faculty meeting on November 19.

As you will see from the reports in this edition, we are in a very busy time of year. We welcome new arrivals **Drs. Sunil** and **Michaela Routhu**, and **Dr. Jennifer Cumming** to the department. Congratulations to **Dr. Laurie Potter** on her appointment as clinical/academic head of the department of Psychiatry in Saint John. Kudos to **Dr. Alexa Bagnell** for her award at CPA; to **Dr. Joe Sadek** for the recognition he received from the province of Nova Scotia; and to **Drs. Pippa Moss** and **Heather Milliken** for their honours.

We are deep into the academic year and our teachers are very active throughout all of the undergraduate years. Increasingly we focus on the upcoming curriculum change in postgraduate training, with the first cohort of residents in CBME entering the program in the coming academic year. As you will read, preparations are well under way so that we can hit ground running. Over the summer months the A/V equipment in 4074 was updated and improved. The transmission of rounds was also switched from Adobe Connect to Skype for Business, and I understand this has improved the experience.



Dr. Michael Teehan

Congratulations to graduates of the Master's in Psychiatry Research program, all of whom have now defended their theses and successfully completed the first iteration of the program. And welcome to our incoming class, which once again is a group of talented and committed students in our field. Dr. Pat McGrath, professor emeritus in our department, has continued to shepherd the planned PhD program through the final stages of approval in upper campus.

As well as **Dr. Patrick McGrath**, the title of professor emeritus has

been granted to **Dr. Stan Kutcher**. Congratulations to both of our senior members on this honour.

The survey and search process has been active in the last few months, kicking into high gear the last week of October. The survey committee held two days of meetings to complete the survey process. The survey then goes to Faculty Council for approval, after which the search for a new head will begin. Dr. David Anderson, Dean of Medicine and Dr. Mark Taylor, Executive Medical Director for Central Zone, are overseeing the process. Our representatives on the

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ON THE COVER



It was the last week of a snowy December in 1983 when Dr. Michael Teehan left Dublin, Ireland for Halifax to join the Department of Psychiatry as a senior resident. In January 1985 he would join the department as a faculty member. Now, nearly 36 years later he will exit the doors of the Abbie Lane building for the last time, as he leaves his post as head and chief of the department, and enters into retirement. He will be missed by many who had the privilege of working with him.

Dr. Teehan has been a trusted leader, mentor, and valued clinician. His integrity, thoughtfulness and dedication to the department have allowed for an environment that fosters excellence among its members. During his time here the changes have been vast. Our clinical programs have evolved and thrived; our education and training programs have flourished with great success within the postgraduate program, and the introduction of the Master's in Psychiatry Research program, and impending PhD program; and our research programs have continued to develop in a positive direction with the addition of several new research chairs. These changes only scrape the surface of those that Dr. Teehan has seen through during his time in the department.

When he came to Halifax, Dr. Teehan planned only to stay one year to complete his training, and then possibly continue on to do a fellowship year in Montreal or Toronto,

before returning to Dublin. He and his family however, were so taken by the warmth of his reception in the department by the leaders at the time, and by the friends they quickly made, they came to realize Halifax was the ideal place to raise their young family.

Psychiatry was not always Dr. Teehan's passion. "My exposure to psychiatry was less than inspiring in medical school," he recalls, which he completed at the Royal College of Surgeons in Ireland. In fact, he originally embarked on training in internal medicine, but at the urging of a close friend whose father was a prominent leader in the field, he switched to psychiatry, where it did indeed, quickly become his passion.

Dr. Teehan's 35 years in the department have seen some extensive transformations. "It's difficult to encapsulate in a short account," he says. A highlight is the change from an excellent clinical training program when he first joined, to the thriving academic department it has become. He gives a great deal of credit to **Dr. Stan Kutcher**. "During his tenure, we recruited heavily for academic talent, restructured our programs to have teaching and research components and strengthened our training program," he says. "He also negotiated the first Academic Funding Plan (AFP) and that funding model has been fundamental to the changes that have occurred in the last 15 to 20 years."

As a longtime member of the department, Dr. Teehan has also seen changes in the way clinical

services are delivered. "In the early years," he says, "almost all of our services were based in, or attached to the hospitals. There were units in the Victoria General Hospital, Camp Hill, and the old Halifax Infirmary and of course, large patient numbers in the Nova Scotia Hospital." It wasn't until the 1980s and 1990s that regional inpatient units were established, and outpatients were moved to community-based settings. This change has had a mostly positive effect on care, though Dr. Teehan does recall a period when community services widened their scope of practice, and in turn became overwhelmed with the number of patients. "In that era, our traditional practice with the more severe-end of the spectrum of illness was affected by the changed focus. Both provincially and locally, we are now making efforts to refocus on the population at greatest need."

Dr. Teehan's list of accomplishments as a member of the Department of Psychiatry is long. Though, for those who know him, you will know he is ever humble and not one to discuss them. He does admit however, that the honour of leading the department in the later phases of his career is without doubt his biggest achievement. It was a possibility he never even contemplated as a new recruit, or even as a mid-career-level psychiatrist. "While the job is arduous, and at times stressful, I have enjoyed the camaraderie with members of the department and have always felt supported and encouraged," he says.

"We now have a well- functioning department which serves its patients, students and faculty in a way that makes me proud to be a member." Dr. Teehan also reflects fondly on a number of patients who stand out in his memory. Several of them endured great and longstanding suffering, as did their families. "The introduction of Clozapine accounts for some, though not all, of the remarkable recovery from illness I witnessed, and for which I have a profound sense of satisfaction."

Dr. Teehan has spent the majority of his adult years as a member of the Department of Psychiatry at Dalhousie. He has been here through good times, and through bad, both in the department and personally. "At a very personal level" he recalls, "I was deeply touched by the outpouring of sympathy and support my family and I received at the time of the sudden death of my son, David. I cannot fully express how much it meant at a time of utter devastation in our lives."

It will be a time of transition for us in the department, as our leader departs, but the change will be far more extensive for Dr. Teehan himself, having known nothing but his life as a psychiatrist for over three decades. "I have been reading about, and talking to many people about retirement, and specifically physician retirement," he says. "There is much discussion of the loss of identity, leaving a way of life that has occupied most of my adulthood. I think about what it will mean to not have to be up and ready to go to my morning clinic, or attend an executive meeting. While I anticipate some relief in shedding these responsibilities, I have a clear understanding of the need to replace

them in some meaningful way." That meaningful way will likely be more time spent with his family. The impending arrival of his second grandchild was one of the overriding factors in his decision to retire. The joy he had found in spending time with his first granddaughter, Sophie, pushed him to want to ensure his availability for both children. Abigail Kathryn arrived on October 15.

Dr. Teehan will also spend some time on a writing project he has had percolating for several months, as well some modest travel plans. "Mostly," he says, "I look forward to the feeling of uncommitted time, and a sense of freedom from major responsibilities."

Our deepest gratitude goes to Dr. Michael Teehan for his dedication to the Department of Psychiatry over the last 35 years. The department will certainly not be the same without him.

Dr. Teehan has had an incredible impact on the department and its members. A few of his colleagues reflect on their time working with him below.

Dr. Alexa Bagnell, Head and Chief, IWK Department of Psychiatry

I have incredible respect for Dr. Teehan as a leader and clinician. In trying to find one word to describe his leadership style, I would say "integrity." He inspires trust and has a strong moral compass. In his leadership in our department over many years, he has earned deep respect both within our department and outside of our department. He does not speak that often, but when he does, people listen; his contributions are infused with wisdom, caring and thoughtfulness... and of course some Irish humour. He

has been a wise and supportive mentor for many of us in our leadership roles, and really promoted opportunities for leadership development in our faculty. Our department has been fortunate to have Dr. Teehan in clinical and academic leadership roles over many years, he is humble in his accomplishments, but has led so many initiatives which have increased the profile of our field, and improved our ability to support advanced practice as academic psychiatrists with an accountable and fiscally stable infrastructure within our department.

He is always responsive and available for counsel and advice. He is calm, wise and fair. He is transparent in his decisions. I have appreciated that he also seeks input from me in relevant decision making and has included me in many opportunities as a leader. This has helped me further develop my own tools as a leader to do the same within my role as division head. His trust and support have enabled me to become more confident and independent in my leadership role and to be a better leader. He is a great role model.

Scott Theriault, Deputy Head and Clinical Director, Department of Psychiatry

When I was a young resident, anxious to learn, and anxious about making mistakes, I had the great fortune to have Michael (or properly at the time, Dr. Teehan) as my supervisor for my community mental health rotation at the Abbie Lane. I immediately took to his approach both to patient care and his interactional style with learners. In both he seemed knowledgeable yet pragmatic, and took care to draw out what you knew (even if you didn't know it) rather than highlight what you didn't

know.

At the end of the rotation, I recall that my wife Cheryl and I were invited to dinner at his home; I don't recall the meal (I'm sure it was very good), but I do recall that we all had a glass of port after the meal! I felt then that this was a man who respected me as a future colleague.

Later in residency we experimented with a psychiatric intensive care unit. I appreciated Michael's confidence, and guidance, in my decision making and his dedication to the severely mentally ill is one that has become a central focus of my practice in the years since.

*Following my return to Halifax after my sojourn in community mental health in the Annapolis Valley, Michael and I began a new phase in our relationship; an administrative one in which we collaborated with others in the department with administrative roles, including other peers and mentors such as Stan (senator Stan now) Kutcher, **Nick Delva**, and the ever irascible Bill McCormick.*

Over the years, Michael has continued to demonstrate a respectful approach with his interactions with members of faculty, and a principled, pragmatic approach to decision making. I respect his diplomacy skills in dealing with individuals and groups and enjoy his more unfettered thoughts when we have time alone to discuss the trials and tribulations of his role.

Michael has been a mentor, colleague and friend for thirty years. I wish him all the best in his next journey.

Ben Rusak, Director of Research, Department of Psychiatry

Dr. Teehan's talents, practical

good sense and unmistakably Irish wit earned him several important administrative roles in the department, university, health system and national organizations. My own interactions with him centered on the critical role he played in the development of research and research training in the department.

During his short term as head, he gave both administrative and financial support to the recruitment of research chairs and the development of a departmental PhD program. But going back to the previous decade, Dr. Teehan served as chair of the Finance Committee. In that role, he advocated for the funding that allowed us to implement the MSc program and to recruit and support Canada Research Chairs.

His continuing commitment to research through these mechanisms and through matching fund programs created a robust research environment and left the department with a legacy of research excellence and productivity. In both these roles, he maintained a judicious balance among competing demands for resources, while ensuring that the department continued to achieve excellence in its clinical and academic missions.

Margaret Rajda, Director of Education, Department of Psychiatry

I have known Dr. Teehan for a long time. He interviewed me for the residency position and was my program director after Dr. McCormick "retired" for the first time.

It was quite the change, as his style was so different from Bill. As residency program director he was firmly fair

and no-nonsense, yet very supportive. I remember him calling me at home just before the Royal College exam to check how I was doing. Needless to say I was in the acute stage of pre-exam jitters. Dr. Teehan calmly reassured me that all would be fine – and it was!

Carolyn Sisley, Director of Finance and Administration, Department of Psychiatry

Working with Dr. Teehan over the past three years has been a delight. The transition from Dr. Delva to Dr. Teehan was seamless, which is a testament to Michael's supportive and collaborative nature. He understands the department and the challenges.

Michael is highly respected within the Faculty of Medicine and the Mental Health Program. He has a vast amount of knowledge of and history with both entities. That respect has been earned over the years of service that he has provided and can be seen in the fact that his colleagues chose him as one of three clinical department heads to represent all departments in the AFP negotiations. He has a keen understanding and appreciation of the academic mission, having been the postgraduate director in the past, as well as a researcher. And he runs a tight meeting, ensuring that we don't run overtime! That's always appreciated by all.

Michael has led the department through the transition to a single health authority, which has at times been challenging. He has worked hard at AFP negotiations for both our department and other clinical departments. During his tenure we have started our Master's in Psychiatry Research program, and are about to embark on a PhD program.

He has been supportive of both from the early stages of development. We have added to our Canada Research Chairs, and invested in our research program.

As Michael's administrative 'right arm,' I have always felt supported and respected. Michael has been easy to chat with, go over issues and debate solutions with. I would like to thank him for a great working relationship over the past years, and wish him well in his retirement, which will no doubt be filled with plenty of golf games!

Rachel Boehm, Director, Mental Health and Addictions Program, NSHA

We often talk about the "calm before the storm." Working with Dr. Teehan these past two years, I have often thought of him as the "calm within the storm." Co-leading with Michael has been a privilege and a pleasure. Dr. Teehan is a wise, steady and thoughtful leader. He acts with integrity, compassion and empathy. My only regret is that I didn't get to work with Dr. Teehan longer.

Ours is a large and complex Mental Health and Addictions program with many challenges and constantly changing needs. Dr. Teehan brings many years' experience in clinical leadership and care to his role as chief and department head. Dr. Teehan's wealth of

experience as a clinical leader has been an asset to me in my role as director. His clinical insights and proven expertise and his calm and thoughtful leadership style have been invaluable to me as we worked together to advocate for, and lead, improvements in mental health and addictions treatment and care in the Central Zone and provincially.

Aidan Stokes, Child and Adolescent Psychiatrist, Department of Psychiatry

For 36 years it has been my privilege to have had Michael Teehan as a colleague. On our first meeting it was clear that he had much to offer Dalhousie and Canadian psychiatry. He clearly surpassed those expectations, performing multiple academic, clinical, and administrative roles with great distinction. There are personal factors beyond those of diligence, application and commitment to high standards which mark him as being exceptional. Foremost among these is his integrity, followed by his genuine empathy, and his authentic interest in others. Because he is an excellent listener, he communicates well. He has an enviable capacity to handle frustrations with apparent equanimity (even though he may privately vent his exasperation later) so that the focus remains on the issues at hand. Finally, he has always

striven to ensure that everyone gives of their best. Such a positive influence for these many years should be celebrated and not merely missed by our department.

For me, the most positive aspects of Dr. Teehan's headship is that the advances that have been made have been done quietly and effectively without fuss or upheaval. In addition to his being department head he has had leadership roles for and with our various partners in health care and the academic community. As a leader, he has managed to maintain that delicate balance required in those various roles.

As head of psychiatry he was perhaps fortunate in having a smooth transition into the position, and in inheriting an experienced and dedicated administrative team. Nevertheless, there have been the inevitable and multiple internal and external stressors associated with a large and diverse faculty. That these challenges have been proficiently addressed and the reality of the Department of Psychiatry maintaining its course and meeting its goals is a testament to his steady hand.

As Dr. Teehan retires - alas, so prematurely - we have the reassurance that he leaves a strong and dedicated department.

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Search committee will be **Drs. Scott Theriault** and **Claire O'Donovan**.

And as I round out the last remaining weeks in this post, it is with a sense of real satisfaction I can report that AFP negotiations have come to a satisfactory conclusion. Details of the

proposed agreement will be made known to our members this week. This will be followed by a ratification vote in the coming weeks. The Master Agreement physicians also have a proposed agreement finalized, and both will be voted on concurrently in

the next weeks. I am fervently hoping this will bring about an atmosphere of cooperation and harmony with our partners as we navigate the provision of mental health and addiction services over the coming years.

RESEARCH REPORT



MSc Psychiatry Research News

Our first cohort of master's students in the Psychiatry Research Program graduated on Oct. 8, 2019. Congratulations to **Emily Howes Vallis, Kayla Joyce, Hayley Riel, Jad Sinno, and Mehmet Topyurek.**

Emily Howes Vallis

Thesis title: Visual memory and psychotic symptoms in offspring of parents with severe mental illness

Supervisor: **Dr. Rudolf Uher**

Post-graduation: Emily is now working as a research assistant with Dr. Uher on the FORBOW project.

Kayla Joyce

Thesis title: A daily diary examination on the relations of depressed mood and coping motives with cannabis use quantity across the menstrual cycle: comparing cannabis using females with and without pre-menstrual dysphoric disorder

Supervisor: **Dr. Sherry Stewart**

Post-graduation: Kayla is now working on her PhD in clinical psychology at the University of Manitoba in Winnipeg.

Hayley Riel

Thesis Title: An investigation of the auditory mismatch negativity elicited by complex stimuli in early-phase psychosis

Supervisors: **Dr. Derek Fisher** and **Dr. Phil Tibbo**



Master's in Psychiatry Research graduates (L-R): Jad Sinno, Emily Howes-Vallis and Kayla Joyce. (missing-Hayley Riel and Mehmet Topyurek).

Post-graduation: Hayley is now working as a research assistant with Dr. Fisher and plans on attending medical school and hopes to stay in Nova Scotia.

Jad Sinno

Thesis Title: Help-seeking behaviours of adults from sexual and gender minorities living with psychological distress

Supervisor: **Dr. Amy Bombay**

Post-graduation: Jad is now working as a project manager on two separate projects, one for Dr. Bombay and

Dr. Ingrid Waldron, and one for Dr. Numer and is also applying for a PhD in Health for next year.

Mehmet Topyurek

Thesis Title: An investigation into caffeine intake, cognition, and symptomatology in schizophrenia patients

Supervisor: **Dr. Kim Good**

Post-graduation: Mehmet is now working as a research assistant with Dr. Kim Good and is also applying to PhD programs in clinical psychology.

Department of Psychiatry Research Day 2019

This year's event is scheduled for Friday, Nov. 8 at the Atlantica Hotel, Halifax. Now in its 29th year, Psychiatry Research Day promotes student involvement in research and showcases the department's diverse expertise to our university and local communities.

This year's keynote speaker is Dr.

Glenn Waller, a chartered psychologist and head of the Department of Psychology at the University of Sheffield, who will be speaking on the topic of therapist drift.

Dr. Waller's areas of interest include the cognitive processes that underlie and maintain eating disorders, the treatment of eating disorders with a focus on cognitive-behavioural approaches, and the translation of evidence-based approaches into

clinical settings. He obtained his PhD at Oxford University and joined the University of Sheffield in 2012. Dr. Waller is a fellow and former president (2014-2015) of the Academy of Eating Disorders, a founding member of the Eating Disorders Research Society, and chair of the Scientific Committee for the British Association of Behavioural and Cognitive Psychotherapy.

EDUCATION REPORT



UNDERGRADUATE EDUCATION NEWS

Our Med 2 Skilled Clinician block is winding down in mid-November. Thank you to our faculty and residents for tutoring and our many patients for participating.

We would like to thank Matthew Cooper and Benjamin MacDonald for their service as co-chairs of the Psychiatry Interest Group in 2018/2019. The interest group is a valuable link between the department

and the medical students; increasing awareness and facilitating discussion about mental health as well as encouraging students' interest in the field of psychiatry.

POSTGRADUATE EDUCATION NEWS

Upcoming Events

Resident Annual Clinical Oral Exams

The residents will be taking part in the fall clinical oral exams on December 5 (PGY-2), December 12 (PGY-3), and December 13 (PGY-4).

CaRMS 2020

The 2020 CaRMS dates are January 18, January 24, January 27, and February 3. Invitations for faculty and resident examiners will be sent out in November.

CBME 2020

The newly organized competency-based medical education (CBME) planning committee has already met once, and is working on developing a framework for training experiences and assessment for implementation in July 2020.

CONTINUING PROFESSIONAL DEVELOPMENT NEWS

Save the Date

December 18, 2019

Clinical Academic Rounds: Farewell by **Dr. Michael Teehan**, DoP Head, and *You should read this! The best articles of 2019.*

The last rounds in December is *You Should Read this! The best articles of 2019*, but will begin with a presentation by Dr. Teehan. This will be Dr. Teehan's final rounds presentation before he retires.

Call For Article Submissions

Have you read an article in 2019 that has changed your practice? Maybe you find yourself thinking, everyone should read this! Well, this is your chance to share that article with your colleagues and learners.

To recommend an article, please email tracy.fraser@nshealth.ca, copy Lara.Hazelton@nshealth.ca, by Dec. 6, 2019.

Academic Day

Friday, May 8, 2020

W.O. McCormick Academic Day (W.O.M.A.D.) Conference

Theme: Coaching and Behavior Change

Location: Westin Nova Scotian Hotel, Halifax

Registration opens Mid-March

Watch our webpage for details and registration: <https://dalpsychiatry.ca/s/womad>

Upcoming MedEd Credit Opportunities

This is a gentle reminder to faculty about upcoming sessions that meet the DoP criteria for professional development in medical education. Completed evaluation of the event is the record of attendance. Look for the MedEd tag in the event details.

Jan. 12, 2020

Clinical Academic Rounds: **Dr. Margaret Rajda & Mandy Eslinger** (MedEd) *Creating MedEd Resources*

March 11, 2020

Clinical Academic Rounds: **Dr. Mark Bosma** (MedEd) *Competency by Design part II*

Recent Events

Sept. 18, 2019

University Rounds: Lori Haskell, PhD *Understanding the Neurobiological & Psychological Effects of Developmental Trauma*

Oct. 9 2019

Clinical Academic Rounds: Dr. Scott Stuart (Psychotherapy) *Dissemination of Evidence-Based Treatments*

Oct. 16, 2019

University Rounds: Dr. Glenn Regehr (MedEd) *From data delivery to coaching conversations: Feedback in the era of Competency by Design*

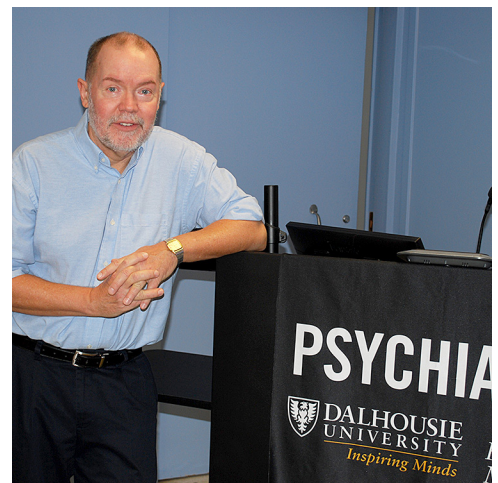
Oct. 23, 2019

Clinical Academic Rounds: Dr. Deborah Cabaniss (Psychotherapy) *In Support of Supportive Therapy*

Oct. 30, 2019

Clinical Academic Rounds: Dr. Mark Bosma (MedEd) *Competency by Design part one*

Find the 2019 – 2020 schedule on TWIP, <https://dalpsychiatry.ca/static/twip>, or the Rounds information page <https://medicine.dal.ca/departments/department-sites/psychiatry/education/continuing-professional-development/psychiatry-rounds-information.html>



Dr. Scott Stuart



Dr. Glenn Regehr

Rounds Online Distribution

Thank you to everyone for doing the work to participate in rounds online. The switch to Skype for Business has gone smoothly with the number of online attendees being consistent with using Adobe Connect.

Clinical Academic Rounds was not distributed via Skype for Business on October 23 due to equipment issues in room 4074.

Thank you for your patience as the equipment issues are sorted out. We do apologize for any inconvenience.

Need help with Skype for Business for Rounds?

Attendees can contact **Tracy Fraser MacIsaac** with questions. NSHA attendees contact NSHA IT services for technical support at 1-855-224-2555. Attendees outside of NSHA contact their designated helpdesk.

FACULTY DEVELOPMENT

Faculty Development Opportunities

Dalhousie Continuing Professional Development

FacDev Thursdays Seminar Series (webinars)

Join Dal CPD this fall as the FacDev Thursday Series begins again with Thursday evening webinars. They will once again host speakers presenting on topics relevant to teaching faculty.

Nov 14 | 8:00PM-9:00PM — General library services overview for faculty with Ms. Jackie Phinney

Fundamentals of Didactic Teaching (online)

January 20 - March 3, 2020

Registration fee: \$60

For more information or to register please visit <https://registration.cpd.dal.ca/Registration/Welcome.aspx?e=8093D127456D8CE9B7D7B7B11C23F423>

Teaching and Assessing Critical Thinking (TACT) Phase 2 (online)

The first course in the online TACT Program begins this winter.

TACT 1 | January 27 – April 13, 2020

Registration fee: \$100

For more information or to register please visit <https://medicine.dal.ca/departments/core-units/cpd/faculty-development/programs/TACT.html>

Emerging Leaders in Academic Medicine (ELAM) (online)

The program provides an opportunity for faculty with limited leadership experience to become more familiar with the functioning of the medical school and acquire knowledge and skills to take on expanded roles in their academic settings.

April 7 - June 9, 2020

Registration fee: \$100

For more information or to register please visit <https://medicine.dal.ca/departments/core-units/cpd/faculty-development/programs/emerging-leaders-in-academic-medicine--elam-.html>.

Tutor Skills Development Program

Are you new to tutoring in the UGME curriculum and looking for resources to support you in your role? Faculty Development offers an online module to introduce you to managing small group learning as well as twice a year tutor practice sessions with simulated tutorial groups. The online module is available anytime, the practice sessions are offered late summer and fall (based on interest).

For more info or to be given access to the module contact FacDev@Dal.Ca.

For more information on Faculty Development and their programs, email them at facdev@dal.ca.

MED-ED MINUTE

A recent addition to *Headlines*, the “Med Ed Minute” will introduce scholarly snippets to consider in your teaching practice.

As our residency program implements competency-based medical education, coaching will become a key component for preparing our residents for practice.

What is coaching in medicine?

“A longitudinal helping relationship between coach and apprentice that provides continuing feedback on and assistance with improving performance.”¹ Coaching has been shown to improve problem-solving, and cognitive and knowledge development.²

What is your role as a coach?

A large component of the role of a coach is collaborating with the learner to advance their development. The role involves:

- building a relationship of trust between supervisor and learner;
- collaborating with the learner to set goals for the learning experience;
- collaborating with the learner to attain goals;
- providing feedback and collaborating to develop solutions;
- encouraging self-directed learning;
- developing learner-centric original approaches;
- helping to increase learner’s self-awareness and personal responsibility.³

Building a trusting coaching relationship

A fundamental component of the coaching relationship is building a relationship of trust between supervisor and learner.^{4,5} To build a trusting relationship, Telio et al.^{4,5} propose fostering an educational alliance between supervisor and learner. Similar to a therapeutic alliance, the educational alliance is established through the agreement of goals and how to achieve those goals, and the relationship between supervisor and learner.^{4,5} A strong alliance can cultivate engagement of negative feedback that makes an effective impact on the learner (as it’s from a trusted source) and also encourages learners to seek feedback and engage in open and constructive feedback encounters.⁶

How do you build trust with your learners during a short rotation?

As building trust can take time, this can be trickier in shorter rotations. Telio et al.^{4,5} suggest simply opening the dialogue by asking your learner(s) what their goals of the learning experience are:

- discuss unity of goals with the learner;
- agree on how to reach the goals;
- start dialogue that indicates commitment of both supervisor and learner to the relationship.

This indicates interest in the learner and commitment to their development, as well as signifies to the learner the supervisor’s authenticity to the educational relationship.⁵

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EDUCATION KUDOS CORNER

Undergraduate teaching

We would like to thank our many faculty for the time they devote towards teaching throughout this academic year. For this issue, we'd like to focus on the traditionally more challenging undergraduate activities to recruit for (due to the considerable time commitment required).

Med 1 Foundations:

Michael Teehan

Med 1 Professional Competencies

Joshua Green

Tanya Pellow

Scott Theriault

Andrew Harris

Med 2 Professional Competencies

Mirka Kolajova

Ian MacKay

Curt Peters

MEET AN EDUCATOR: DR. KARA MACNEILL

Meet an Educator is a recurring article in the Education Report of *Headlines*. In this issue we profile **Dr. Kara MacNeill**, assistant professor and psychiatrist in the Department of Psychiatry in Amherst, Nova Scotia. If you are interested in being profiled in an upcoming publication, please contact Kate Rogers at Kate.Rogers@nshealth.ca.

My current education/teaching

interests: At present, we continue to take medical students for core and elective rotations, and we are very excited to be part of the new North Nova Residency program for family medicine residents. I enjoy helping students explore issues around assessment of capacity, and I love being able to show students the diversity of a rural practice.

My preferred method of teaching or curriculum delivery:

At our clinic we try to tailor this to what works best for the individual student. I have done didactic sessions and clinical teaching, but I most enjoy individual teaching time with students where we can discuss and explore topics in detail and as they relate to clinical cases. I like for students to be able to see how psychiatry relates to whatever field of medicine they choose, and we try to make the rotation relevant and applicable to the student's career path.

A typical "Day in my work life":

It is a blend of clinic and community work, which I think gives students a broad overview of psychiatry, as well as the opportunity to see patients in different environments. My areas of interest include geriatrics and adults with intellectual disabilities, so a lot of the community work centers around nursing homes and group homes.

The most satisfying and frustrating aspects of doing academic work:



Dr. Kara MacNeill

Having students helps keep me current. They always come with lots of great questions, not only around standard clinical issues, but also around psychosocial determinants of health and the ethical issues which arise. I don't think there is really anything too frustrating!

My education/academic mentor: Dr. Bill McCormick and Dr. Laeeq Tahir were wonderful mentors in medical school and residency.

My second career choice: If I wasn't a psychiatrist I would want to be a translator, or a marine biologist.

CHILD & ADOLESCENT PSYCHIATRY REPORT

Best Paper Award

Congratulations to **Dr. Alexa Bagnell**, this year's recipient of the Best Poster Award at the 2019 Canadian Psychiatric Association Conference in Quebec. Dr. Bagnell's poster was entitled "MindClimb: A mobile app for CBT for adolescents with anxiety."

Child & Adolescent Psychiatry Subspecialty Program

Maternity Leave

We wish **Dr. Vhari James** all the best as she begins her maternity leave and prepares for the birth of her baby.

Welcome

The Division of Child & Adolescent Psychiatry would like to extend a warm welcome to **Dr. Jennifer Cumming**. Dr. Cumming joined our division on Sept. 23, 2019, based in the Dartmouth Community Mental Health Outpatient Clinic. She obtained her undergraduate degree (BSc with honours) and medical degree (MB ChB) at the University of Aberdeen. Following her core psychiatry training and achieving her MRCPsych, she completed her Higher Psychiatry Training in child and adolescent psychiatry in North East and South East Scotland.



Dr. Alexa Bagnell is presented with her award at the CPA conference in September.

DR. PAUL JANSSEN CHAIR IN PSYCHOTIC DISORDERS REPORT

The fall becomes quite busy with knowledge translation and mobilization at various conferences and meetings. **Dr. Phil Tibbo**, the Paul Janssen Chair, presented to the World Psychiatric Association (WPA) in Lisbon, Portugal on August 22, as well as facilitated and spoke at a workshop during the Canadian Psychiatric Association (CPA) annual meeting in Quebec City on September 12, and facilitated a symposium on September 13. The chair rounded out the month with a plenary lecture at the Canadian Mental Health Association meeting on September 24.

WPA

The chair's presentation, "Development, integration and evaluation of order sets into clinical practice for early phase psychosis in Canada," focused on the development and the implementation of two clinical order sets for use in early phase psychosis in Canada. Over the course of one-year, 31 programs were conducted using trained facilitators reaching over 278 clinicians. The implementation results were presented.

CPA

In Quebec City for the CPA meeting the chair facilitated a workshop on "Practice performance program: Integrating standards of care into clinical practice for early-phase psychosis." This workshop continued the focus on the use of clinical order sets for early phase psychosis. The developed and researched library of clinical order sets for the initiation



Department members (L-R) Drs. Jacob Cookey, Candice Crocker, and Phil Tibbo (far right), with Dr Clairéline Ouellet-Plamondon from Montreal at the CPA workshop in September.

and optimization of treatment, and also addressing clozapine initiation in early psychosis and the management of cannabis induced psychosis were presented and discussed.

The following day the chair was part of the symposium, "Informing substance misuse intervention in early phase psychosis: Investigation effects of substance use at entry and over time in early-intervention services." Three research projects were presented in this important workshop, including two from Nova Scotia: a retrospective cohort study in 264 Nova Scotia Early Psychosis Program (EPP) patients examined the relationship of cannabis and alcohol misuse (alone and together) to age/gender, symptomatology and social/occupational functioning at time of entry to early intervention services (EIS); an examination with a Quebec prospective longitudinal study on 227 EPP patients the further

impact of stimulant, alcohol and cannabis use on two-year functional and symptomatic outcomes; and the outcomes of a systematic review of EPP substance misuse cessation therapies.

CMHA

On September 24 the chair gave the plenary lecture, "Cannabis related psychosis: diagnosis, management and knowledge mobilization," at the Canadian Mental Health Association annual meeting. The lecture discussed the research and the clinical tensions between cannabis induced psychosis and psychosis with co-morbid cannabis use.

The chair has also been asked to present at the Canadian Society of Addictions Medicine and the Canadian Center on Substance Use conferences, as well as the University of Manitoba Department of Psychiatry Research Forum later in the fall.

NEWS FROM THE DEPARTMENT

Dr. Allan Abbass named president of the IEDTA

Dr. Allan Abbass has been named president of the International Experiential Dynamic Therapy Association (IEDTA), an international organization that provides education and encourages research in the area of experiential dynamic psychotherapy methods. These methods treat attachment trauma in its many forms as it manifests through adolescence and adulthood as anxiety, depression,

somatic symptom and personality disorders. The methods focus on the somatic experience of emotions in the body to help people heal attachment trauma as these emotions are mobilized in current relationships and in the therapeutic relationship.

The methods include intensive short-term dynamic psychotherapy which is currently taught, practiced and researched here in Halifax and disseminated now throughout the world.

Dr. Abbass has been a leader in the training and furtherance of research in several other European countries. As it stands now there are over 15 training programs in countries around the world. At the end of September he provided his 16th Immersion Course here in Halifax and welcomed 90 participants from all over the world including over 20 trainers.



Dr. Allan Abbass (centre back) and his ISTDP training group in Copenhagen, Denmark this summer.



Dr. Allan Abbass (centre back) hosted his 16th International Immersion course in intensive short term dynamic psychotherapy at the Halifax Convention Centre at the end of September.

STAFF & FACULTY CHANGES

Dr. Laurie Potter has joined the department as an assistant professor, effective Sept. 1, 2019. Dr. Potter is the clinical academic head of the Department of Psychiatry in Saint John, New Brunswick. She can be reached at Laurie.potter@gnb.ca or by phone at 506-648-7918.

Dr. Michaela Routhu has joined the department as an assistant professor, effective Sept. 24, 2019. Dr. M. Routhu is located at both the Cole Harbour Mental Health Clinic, and Halifax Connections. She can be reached at Michaela.routhu@nshealth.ca or by phone at 902-434-3263 (Cole Harbour).

Dr. Sunil Routhu has joined the department as an assistant professor, effective Sept. 24, 2019. Dr. S. Routhu is located at both the Dartmouth Community Mental Health Clinic, and at Dartmouth Connections. He can be reached at sunil.routhu@nshealth.ca or by phone at 902-466-1830 (Dartmouth Community Mental Health).

AWARDS & HONOURS

Dr. Joe Sadek recognized by Province

Dr. Joe Sadek was recently recognized by the Province of Nova Scotia for his work in mental health, particularly his work on Suicide Risk Assessment and Intervention. Dr. Sadek developed and disseminated guidelines, policy and procedures for the Suicide Risk Assessment in the clinical services of NSHA. Feedback on the program was overwhelmingly positive and garnered interest from other provinces. Dr. Sadek is a sought-after expert in the area of suicide risk and prevention. On Sept. 15, 2019 he received a recognition certificate from the House of Assembly of Nova Scotia Signed by the Minister of Immigration, the Honourable Lena Metledge Diab.



Dr. Joe Sadek is presented a certificate by the Honourable Lena Metledge Diab.

Dr. Pippa Moss awarded by hospital foundation

Dr. Pippa Moss is the 2019 recipient of the Distinguished Service Award from the Cumberland Healthcare Foundation. The award is presented to an individual or group who has provided outstanding and unselfish service to the Foundation and to the health care community, and whose contribution has significantly enhanced the success of the Foundation's mission and goals. Dr. Moss is recognized not only for the exceptional work she does in the local community, but also for incredible efforts in establishing and

maintaining Pippa's Place in Kenya. The award was presented to Dr. Moss's colleague, **Dr. Kara McNeill**, in her absence, on October 29 at the annual Foundation dinner.



Dr. Pippa Moss

Dr. Heather Milliken named fellow of CPA

Dr. Heather Milliken, longstanding member of the Department of Psychiatry, was recently named Fellow of the Canadian Psychiatric Association (CPA). Fellows of the CPA are psychiatrists who have demonstrated allegiance to their profession and commitment to the ongoing work of their association. Dr. Milliken was awarded at the 69th Annual Conference of the Canadian Psychiatric Association held in Quebec City, Sept. 14-16, 2019.



Dr. Heather Milliken is presented with her award by Dr. Wei-Yi Song, President of the Canadian Psychiatric Association 2018-2019.

RESIDENTS' CORNER

This year the annual residents' retreat took place on Sept. 22, 2019. Residents spent the afternoon apple picking in the valley before heading to Digby Pines to spend the evening together. On Monday morning the residents had a Finances 101 educational session, with two presenters speaking about financial planning in residency and transitioning to staff-hood. The residents would like to thank **Drs. Justin Paradis, Josh Green, Tanya Tulipan, Normand Carrey and David Lovas** for covering call shifts at the HI and IWK to enable all residents to attend our annual retreat.



Residents having dinner at the retreat



Residents enjoying apple picking as part of the wellness activity.

HUMANITIES CORNER

A seminar for our department's residents on using movies to explore mental health issues was facilitated by **Dr. Abraham (Rami) Rudnick** on Oct. 16, 2019. The movie screened was *Analyze This*, directed by

Harold Ramis. Before the screening, brief guidance was provided by Dr. Rudnick in relation to addressing form and content of movies. After the screening, a discussion occurred about the movie in relation to

boundaries of service providers, responsibility of service users, involvement of third parties, and more. Seminar participants expressed satisfaction with the seminar and interest in other such seminars.

PHOTO FEATURE



You can never hide a thing of beauty (Photo by Dr. Shabbir Amanullah).

HEADLINES SUBMISSIONS

Headlines aims to provide a forum for the exchange of information, ideas, and items of general interest to the faculty, fellows, students and staff of the Department of Psychiatry. Your contribution(s) are needed and greatly appreciated.

The next issue of **Headlines** will be distributed on Jan. 6, 2020, with the deadline for submissions to be Dec. 13, 2019.

Please send all submissions to Kate Rogers: Kate.Rogers@nshealth.ca