



Our Time is Now | Part II: Empowering Psychiatry Residents with Effective Psychotherapy Training

Multiple competing demands exist in determining the “right” educational experiences for the developing psychiatrist. Because psychotherapy training is a time and labor-intensive process, many question the practicality of such training for psychiatric residents. Conversely, there is an increasing recognition of the limits of current biological treatments, a high demand for skilled psychotherapists, and a significant evidence base for the effectiveness and durability of treatment with psychotherapy. Well-trained psychiatrists must have the knowledge and skill to prescribe and deliver psychotherapy. Models for training in psychotherapy exist that could increase training efficiency and effectiveness in residency. Future use of AI and other computer-based tools may also help us provide such training more effectively.