SUNY Upstate Medical University

Our department is a home for creativity and humanism; we believe these qualities permeate everything we do in psychiatry, from healing to innovation. We believe that great psychiatrists have a solid foundation in psychotherapy, so we devote a lot of time and energy to providing this. We also believe that in order to be excellent in art and science of psychiatry, one must dually master psychotherapy and neuroscience simultaneously. To that end, we strive to live in the tradition of dialectical challenge, debate, discussion and research.

We strive to create the best residency experience possible and have a long history of adopting new approaches to meet this goal. Eight years ago, we established a one-month long "Cornerstone Block" to ease our new residents into their clinical responsibilities, and provide a mentorship program to support our interns during their monumental first year. In addition, we offer weekly process groups in the first 2 years of residency to promote well-being. We work to create a low stress, supportive environment to promote learning and the creative energy necessary for innovative research and clinical work.

We aim for choices. In addition to our excellent teaching sites (University Hospital, Hutchings Psychiatric Center, Community General Hospital, and VA Syracuse Medical Center), we have the fortune of offering electives with diverse patient populations, both in the city of Syracuse and in rural Upstate NY. Our rich selection of elective experiences allow trainees to shape their residency in a way that best fit their interests and career goals. We let residents choose their research mentors and projects.

Our faculty are passionate. Our residents are eager to learn. Our department aims to help our community's patients in their recovery processes. The awards and recognitions listed here prove that we are doing something right. It is an honor and pleasure to be a member of this department and residency program, and we hope that one day you will say the same thing.