

Couple and Family Therapy Fellowship

Name of Institution: **Jewish General Hospital**
Academic affiliation McGill Department of Psychiatry
Location: 4333 Chemin de la Côte Ste. Catherine
Number of positions: **1**
Type of Fellowship: **Clinical/Research**
Fellowship Director: **Dr. Ronald Feldman**
Length of Fellowship: **One year**

The fellow will spend full time at the JGH divided equally between the Couple and Family Therapy Section and Child Psychiatry

Mission Statement: The objective of this fellowship is to provide specialized training in couple and family therapy for psychiatric fellows. Empirical evidence suggests that family-based interventions demonstrate superior effects in comparison to alternative treatment for many disorders including relational problems in children, adolescents and adults. The fellow will gain expertise in the application of evidence-based methods of couple and family therapy and will participate in ongoing clinical research projects. The fellow will be trained to conduct clinical research in the area of couple and family therapy and multi-modal family intervention for children. He/she will acquire skills in the critical evaluation of the literature, research design, data analysis and preparation of presentations and manuscripts.

Couple and Family Therapy Section

The Jewish General, Department of Psychiatry has a long tradition in family therapy training, research and clinical excellence dating back to 1960. This section provides unique opportunities for professional development for psychology and social work interns, who are interested in completing a specialization in couple and family therapy and psychiatry residents who select an elective in family therapy. Residents treat couples and families under supervision. Fellows will be introduced to an array of couple and family assessment and treatment methods grounded in evidence-based practice.

Child Psychiatry

The Child Psychiatry Service, founded in 1966, provides second line and tertiary care specialized treatment services to an ethnically diverse population of children and their families. It provides the largest and most comprehensive Childhood Disorders Day Hospital and the only Evening Hospital Programs in the McGill Réseau Universitaire Intégré de Santé (R.U.I.S.). They offer multi-modal family focused treatment for high risk children aged 3 – 12 years, who suffer from complex severe disruptive behaviour disorders. In addition an Outpatient service provides consultation and treatment for children aged 2 – 15 years.

The Child Psychiatry Services offer comprehensive evaluation and treatment for a broad range of complex problems. The assessment process includes family

functioning, child neuropsychiatric evaluation, parental capacity and skills, as well as systemic collaborations with schools, social service agencies and others. Children are seen with their families as an essential part of the treatment protocol.

Research Activity: Couple and Family Service:

Research in the field of family therapy outcome has grown enormously since the mid-1970s. Meta-analytic studies have concluded that family therapy often demonstrates superior effects in comparison to alternative treatments. Clinical research is now moving in the direction of integrated evidence-based practice models with an accent on the importance of the therapeutic alliance as a predictor of psychotherapeutic outcome across theoretical models.

The Couple and Family Section research projects

1. An Exploration of Attachment Security and Therapeutic Alliance in Couple and Family Therapy
2. Social Context and Psychological Distress in Couples Seeking assisted reproductive technology (ART) Services

Child Psychiatry research project:

1. The Relationship between Alliance, Attachment, Family-Oriented Treatment and Child and Family Outcomes in a Population of Children with Co-Morbid Psychiatric Disorders: A Pilot Study

Names of the Fellowship Supervisors:

Clinical Supervisors:

Couple and Family Therapy Section:

Ronald Feldman, MD Associate Professor of Psychiatry, McGill University. Consultant, Couple and Family Section, Department of Psychiatry, Jewish General Hospital

Sharon Bond, Ph.D. Assistant Professor, Department of Psychiatry and School of Social Work, McGill University, Director of Family Therapy, Department of Psychiatry, Jewish General Hospital.

Child Psychiatry:

Jaswant Guzder, M.D., Associate Professor, Department of Psychiatry, McGill University, Chair of Child Psychiatry and Director of Childhood Disorders Day Hospital, Jewish General Hospital. Senior consultant: Cultural Consultation Service, Jewish General Hospital.

Janet Sutherland, MSW is a senior supervisor, family therapy consultant, trainer and practitioner within the Department of Psychiatry at the Jewish General Hospital.

Ashley Wazana, M.D., Assistant Professor at McGill University, is a clinician-scientist with a clinical appointment at the Jewish General Hospital (JGH) and research cross appointments at the JGH and the Douglas Institute in Montreal.

Linda Greenberg, M.A. Staff psychologist in Child Psychiatry OPD.

Research Supervisor: Phyllis Zelkowitz, Ph.D., Associate Professor, Department of Psychiatry, McGill University, Director of Research, Department of Psychiatry, Jewish General Hospital

Other Teaching Faculty:

Michael Bond, M.D. Professor, Department of Psychiatry at McGill University and Chief of Psychiatry, Jewish General Hospital

Barbara Hayton, M.D., Assistant Professor, Departments of Psychiatry and Family Medicine, McGill University, Director, Women's Perinatal Mental Health Service , Supervisor, Couple and Family Therapy Service

Liliane Spector, Ph.D., Associate Professor, University of Montreal, clinical psychologist and family therapist Department of Psychiatry, Jewish General Hospital.

Marjorie Rabiau, Ph.D., Faculty Lecturer, Department of Psychology, McGill University, Research Associate, Department of Psychiatry, Jewish General Hospital.

Rita Schulman, M.Ed., Psychotherapist and family therapist, Youth Service, Department of Psychiatry, Jewish General Hospital.

Judy Vogel, M.D., Assistant Professor, Department of Psychiatry at McGill University and Director of Child Psychiatry, Out-patient Department, Jewish General Hospital

- **Roles:** Dr. Feldman will serve as fellowship director in collaboration with Dr. Sharon Bond. They will supervise the clinical activities of the fellow and coordinate the fellowship. Dr. Guzder will oversee the Child Psychiatry component of the fellowship. Dr. Ashley Wazana, Janet Sutherland and Linda Greenberg will provide clinical supervision for the child psychiatry component of the fellowship. Dr. Zelkowitz and other members of the research team (Drs. Bond and Rabiau) will supervise research activities of the fellow.
- **Summary of Clinical Practice:** Drs. Feldman, Bond, Guzder have extensive clinical and supervisor experience with couples and families. Linda Greenberg Janet Sutherland and Ashley Wazana's long standing work with families makes them well equipped to supervise this fellowship.
- **Major Strengths:**

- The Couple and Family Section and Child Psychiatry Sections are highly sought after training sites in clinical psychiatry. They are well established training sites recognized internationally as centre of excellence. Both services have been in existence for well over 40 years and have been identified as leader in family therapy practice and research.

- **Academic Facilities:**

Fellows will work at the Institute of Community and Family Psychiatry and at the new Center for Child Development and Mental Health. Fellows will have access to a fully equipped library facility, the Dr. Henry Kravitz Psychiatry Library, which houses a wide selection of journals, periodicals and assistance from our resident librarian. In addition there is a rich videotape library illustrating the work of our own staff and that of other well known professionals in the field of couple and family therapy. The training site at the Jewish General Hospital provides expert audio-visual support through the availability of one-way mirror facilities, a newly renovated studio enabling clinicians-in-training to record their ongoing clinical sessions and an expert audio-visual consultant. Personal office space is provided including access to facilities for data storage, computers and internet access.

Fellow Duties and Responsibilities:

Full Fellowship will combine concentration in Couple and Family Section and Child Psychiatry.

Clinical Work: (25 hours/week)

Fellow will be engaged in clinical work with couples and families divided as follows:

- ✓ Weekly case screenings: (approximately 9 hours/week)
 - Couple and Family Section: Wednesday mornings (3.5 Hours/week)
 - Day Centre (3 hours/week)
 - Multiple Family Therapy groups (2 hours/week)

Ongoing Clinical Work (12 hours/week)

The clinical work consists of couples and family interviews and evaluations, and couple and family therapy and multiple family therapy. Therapy can either be short term (6 -10 sessions) or long term (the full fellowship). Fellows are required to carry at least 6 couple and 6 family cases throughout the fellowship.

Supervision: (4 hours/week)

Fellows are supervised on weekly basis between 3-4 hours. They will have two supervisors: one from Couple and Family Section and one from Child Psychiatry. Supervision includes reviewing the videotape of sessions or live observation through a one-way mirror.

Course: Foundational models of couple and family therapy (2 hours/week)

Fellows will attend a weekly two hour seminar with the students from the Couple and Family Therapy Training Programme.

The central purpose of this seminar is to overview the major models of couple and family therapy. A historical overview of the field will be provided, integrating the development

of practice models as reflective of societal changes and shifts in family therapy research. The course will begin with a review of the foundational intervention models (e.g. Inter-generational, Structural, Experiential, Strategic), tracing the evolution of family therapy as it enters the Twenty-First Century. The development of contemporary post modern approaches (e.g. Constructivism, Narrative, Feminist, Brief Solution-Focused, Collaborative and Integrative Models) will be presented, integrating the lens of gender, race, poverty and social class, multiculturalism into family treatment. Family therapy research will be incorporated, linking science to the practice domain. Ethical dimensions of family practice will be laced into all treatment models.

Teaching Opportunities:

Fellows will be involved in preparing/delivering lectures for Skills-Based Family Therapy Teaching of Psychiatric Residents (conducting live couple or family assessment interviews).

Fellows could be involved in couple relational assessment for the peri-natal team.

Research Activities: (8 hours/week)

Fellows will learn how to conduct an extensive literature review.

Analyzing videotapes

Fellows will be asked to select a topic related to couple and family research, review the literature, and present a report.

Funding for attendance at scientific meetings will be provided only if fellow presents a research project.

This may be publishable, especially if accompanied by a case report.

Attendance at weekly rounds conferences (1 1/2 hours/week)

Publications: Staff Publications (related to family work):

Dr. S. Bond

Bond, S. (2009). Couple and family therapy: The evolution of the profession with Social Work at its core. *Intervention, Revue de l'Ordre des travailleurs sociaux et des thérapeutes conjugaux et familiaux du Québec, Numéro 131, 128- 138.*

Bond, S. and Bond, M. (2004). Attachment styles and violence within couples. *The Journal of Nervous and Mental Disease, 192, 857-863.*

Bond, S. (2002). "Emphasizing the Interpersonal in Psychotherapy: Families and Groups in the Era of Cost Containment", *Intervention, 115, 147-148.*

Dr. M. Bond

Bond, Michael; Steinberg, Mireille. Using psychoanalytic concepts in strategic family therapy: A suicidal adolescent case. Contemporary Family Therapy, Fall, 1988.

Dr. R. Feldman

Feldman, R.B. and Guttman, H.A. Families of Borderline Patients: Literal-Minded Parents, Borderline Parents and Parental Protectiveness, *American Journal of Psychiatry, 141: 1392-1396, 1984.*

Mashal, M., Feldman, R.B., Sigal, J.J. The unravelling of a treatment paradigm: A follow-up study of the Milan Approach to Family Therapy, *Family Process*, 28: 457-470, 1989.

Guttman, H.A., Feldman, R.B. and Braverman, S. An Integrated Approach to Family Therapy Training for Psychiatric Residents, *Canadian Journal of Psychiatry*, 35: 58-63, 1990.

Dr. J. Guzder

Zelkowitz, P., Paris, J., Guzder, J., Feldman, R. (2007). Carmella Roy, Lindsay Rosval: A Five Year Follow-Up of Patients with Borderline Pathology of Childhood, *Journal of Personality Disorders*, 21 :(6) 66- 674.

Guzder, J., Paris, J., Zelkowitz, P., Marchessault, K. (1996). Risk Factors For Borderline Pathology In Children, *Journal of the American Academy of Child and Adolescent Psychiatry*. 35:26-33.

Paris, J., Zweig-Frank, H., Guzder, J. (1994). Dissociation in Male Patients with Borderline and Non-Borderline Personality Disorders, *Journal of Personality Disorders*. 8:210-218.

Dr. M. Rabiau

Rabiau, M., Knäuper, B., & Miquelon, P. (2006). The eternal quest for optimal balance between maximizing pleasure and minimizing harm: The Compensatory Health Beliefs Model. *British Journal of Health Psychology*, 11, 139-153.

Dr. L. Spector

Guttman, H ., Feldman, R .B., Engelsmann, F ., Spector,L ., Buonvino,M . (1999). The Relationship between Psychiatrists' Couple and Family Therapy Training Experience and Their Subsequent Practice Profile. *Journal of Marital and Family Therapy*, Vol. 25, No.1, pp.31-41.

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Zelkowitz, P., Saucier, J-F., Wang, T., Katofsky, L., Valenzuela, M., Westreich, R. (2008). Stability and change in depressive symptoms from pregnancy to two months postpartum in childbearing immigrant women. *Archives of Women's Mental Health*, ~~~~~11, 1-11. .

Zelkowitz, P., & Milet, T.H. (2001). The course of postpartum psychiatric disorders in women and their partners. *Journal of Nervous and Mental Disease*, 189, 575-582.

Zelkowitz, P., Paris, J., Guzder, J., & Feldman, R. (2001). Diatheses and stressors in borderline pathology of childhood: The role of neuropsychological risk and trauma. *Journal of the American Academy of Child and Adolescent Psychiatry*, 40, 100-105.