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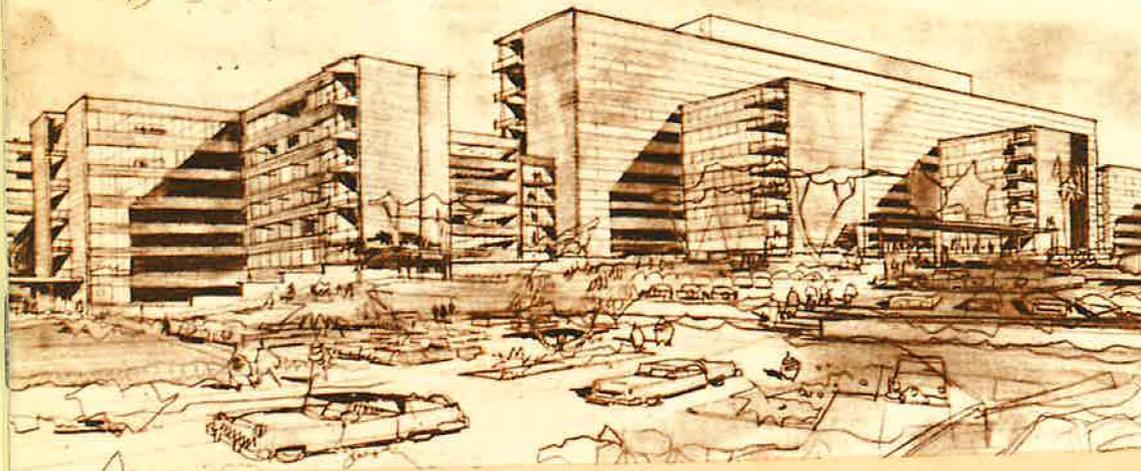
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# PSYCHIATRIC RESIDENCIES

*in California*

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STATE OF CALIFORNIA  
DEPARTMENT OF MENTAL HYGIENE  
SACRAMENTO, CALIFORNIA

# CALIFORNIA STATE HOSPITALS

(Post Office and Nearest Population Center)

AGNEWS STATE HOSPITAL  
San Jose, Santa Clara County  
ATASCADERO STATE HOSPITAL  
Atascadero, San Luis Obispo County  
CAMARILLO STATE HOSPITAL  
Camarillo, Ventura County  
DE WITT STATE HOSPITAL  
Auburn, Placer County  
FAIRVIEW STATE HOSPITAL  
Costa Mesa, Orange County  
MENDOCINO STATE HOSPITAL  
Talmage, near Ukiah, Mendocino County

METROPOLITAN STATE HOSPITAL  
Norwalk, Los Angeles County  
MODESTO STATE HOSPITAL  
Modesto, Stanislaus County  
NAPA STATE HOSPITAL  
Imola, near Napa, Napa County  
PACIFIC STATE HOSPITAL  
Pomona, Los Angeles County  
PATTON STATE HOSPITAL  
Patton, San Bernardino County  
PORTERVILLE STATE HOSPITAL  
Porterville, Tulare County  
SONOMA STATE HOSPITAL  
Eldridge, near Sonoma, Sonoma County  
STOCKTON STATE HOSPITAL  
Stockton, San Joaquin County  
THE LANGLEY PORTER  
NEUROPSYCHIATRIC INSTITUTE  
San Francisco  
THE NEUROPSYCHIATRIC INSTITUTE  
Los Angeles



## FOREWORD

The Department of Mental Hygiene, along with other public and private agencies, is aggressively working to overcome the growing challenge posed by mental illness—the nation's most pressing health problem. Success in our efforts is contingent upon the availability and vitality of a well-trained psychiatric staff.

In order to help meet our staffing needs and to contribute generally to the medical manpower supply, the department sponsors and supports a growing number of approved training centers in psychiatry which offer to psychiatric residents ample opportunity for education and practice in their chosen field.

I sincerely hope you will give serious consideration to what our program offers you, both in terms of the exceptional training resources available in our facilities and the opportunity provided for professional advancement in a psychiatric career.

*Daniel Blain, M.D.*

DANIEL BLAIN, M.D.  
Director of Mental Hygiene

# PSYCHIATRIC RESIDENCIES IN THE CALIFORNIA DEPARTMENT OF MENTAL HYGIENE

## **Introduction**

California's Department of Mental Hygiene offers psychiatric residents a wide choice of training locations and residency experience with alternative training programs. The training centers aim at providing each resident with a full-time learning experience structured to meet his interests and needs, and resulting in a well-rounded and fully trained psychiatrist.

Prospective residents are invited to review the alternate residency plans which follow and the information concerning licensing and appointments, conditions of employment, and post-residency experience. A description of each training facility is included, in order to acquaint prospective residents with the size, location and general approach of our approved training centers.

## **Four-year Plan (Plan A)**

1st year—\$481 month	4th year—\$1,048 month (Staff Psychiatrist)
2d year— 505 month	
3d year— 530 month	

This plan provides the three full years of approved residency training. During the third year, residents take a qualifying examination for staff psychiatrist. Upon completion of training, they spend one year at a state hospital as a full-salaried staff psychiatrist.

## **Five-year Plan (Plan B)**

1st year—\$710 month	4th year—\$821 month
2d year— 745 month	5th year— 862 month
3d year— 782 month	

This five-year residency plan offers the combination of three years of approved training plus two years of experience normally required for eligibility by the American Board of Psychiatry and Neurology.

A relatively high starting salary makes it feasible for a doctor with financial obligations to undertake a residency. During two years of the five, residents gain clinical experience as staff members at one of California's modern hospitals.

Residents who have completed a part of their training before entering the plans described may be appointed for fewer than the four or five years and appropriate post-training service is required.

Occasionally funds become available to finance psychiatric residencies not covered by either Plan A or Plan B.

## **Appointments**

Residents are initially employed without an examination in the class of Psychiatric Resident I at the salary range appropriate to their conditions of employment. Within six months, they need to complete a brief, qualifying oral examination for permanent appointment as a Psychiatric Resident II. In addition, residents may compete in examinations for higher level medical classes on a promotional basis as their training progresses toward completion.

## **Conditions of Employment**

As permanent civil service employees of the State of California, residents enjoy a number of privileges including annual salary increases, 15 days (3 weeks) of annual vacation, eleven paid holidays and membership in a generous sick leave plan.

All of these features contribute to the satisfaction of receiving training while, at the same time, having the full status of a state employee. With this status residents are protected in malpractice suits and are encouraged to enter into activities of the regular medical staff of the hospitals.

While certain minimum hours of work are prescribed for residents, they are responsible for the thorough study and treatment of all patients assigned to them and are expected to remain on duty for whatever time is necessary to carry out such studies and treatment.

## **Retirement**

After six months of employment at a state hospital, a resident automatically becomes a member of the State Employees' Retirement System, recognized as one of the most progressive and stable programs in the country. A small percentage of his salary is deposited in his retirement fund. His deduction is matched or exceeded by contributions from the State. Consequently, retirements at age 55, 60, 65 or 70 are remarkably liberal.

Also, a number of optional retirement plans provide the member with a selection which will accommodate his individual and family needs.

## **Post-Residency Experience**

As a part of each residency plan, the department contemplates the resident's continuing with post-residency service in order to meet the experience pattern required for specialty board eligibility. For those who select the five-year plan, experience is continued in the class of psychiatric resident with a salary increase for each year of service. For those who select the four-year plan, promotion to full staff psychiatrist level follows completion of the third year of residency training and qualification in an oral examination.

While some residents may anticipate completing their experience pattern at the facility where they have received their training, in many cases they will find it valuable or may be expected to accept an appoint-

ment for the experience years at a different facility. The needs of the department for qualified psychiatric services will often determine the service assignment, with full consideration given to the desires of the residents and the hospital administrators.

In recognition of the post-residency experience requirement, the department feels that it is appropriate to offer a higher monthly salary than that usually enjoyed by residents in training who are not expected to complete an experience requirement. This makes it possible for the resident to earn a reasonable salary while he is in training, with the knowledge that his experience requirement will be fulfilled when he completes the program.

At the time they initially accept an appointment in a department program, psychiatric residents are asked to sign a written agreement indicating their understanding and acceptance of the conditions. The agreement stipulates the conditions of appointment, the type of program undertaken, and the nature of the post-residency experience assignment.

#### **Citizenship Requirements**

Applicants must be either citizens of the United States or noncitizens who have filed a declaration of intent to become citizens. A noncitizen may declare his intention to become a United States citizen any time after he has been admitted for permanent residency in the United States. The declaration of intent does not constitute first papers for becoming a United States citizen. If appointed as a resident, a noncitizen must, as a condition of continued employment with the state civil service, petition for a certificate of naturalization within one year after he becomes eligible to do so.

#### **Licensing Procedures**

Following their appointment, residents who are graduates of medical schools approved by the California Board of Medical Examiners but are not licensed to practice medicine in any state must apply for the first licensing examination in California. However, a doctor who is a graduate of an approved medical school, is licensed in another state and is registered with the California Board of Medical Examiners, may be employed for at least one year in California mental hygiene facilities before obtaining a California license. Graduates of foreign medical schools except those in Canada, must have a valid California license before they can be appointed. For more details on this aspect of the requirement, we suggest that you contact the Board of Medical Examiners, 1021 O Street, Sacramento, California.



**AGNEWS STATE HOSPITAL**

This 4,230-bed psychiatric hospital admits approximately 3,700 patients a year including about 1,000 observation cases. These admissions cover all types of mental illness. The staff consists of 48 physicians including 11 board certified in psychiatry, 26 social workers, 13 psychologists, and comparable staff in other fields. There are a pathologist and visiting consultants in neurology, neurosurgery and other medical specialties.

The hospital is located near San Jose, a city of about 175,000, on the southern end of the San Francisco Peninsula. Quarters for single residents are occasionally available on the grounds and the adjacent area offers residence for doctors with families. Agnews is approved for a residency training program of two years and a request for approval of the third year is pending with the appropriate accrediting bodies. The program is under the direction of the Chief of Professional Education and consists of lectures and seminars in basic psychiatry and neurology and appropriate clinical work under the supervision of staff psychiatrists. Teaching consultants from the University of California and Stanford University medical schools actively participate. Clinical experience is arranged in the following areas: admissions, acute treatment service, medical-surgical service, continued treatment service, and after care services. Teaching, ward rounds, conferences, staff meetings, and Journal Club are regularly scheduled. The resident is given supervised training in psychiatric examination, diagnosis and treatment planning. He is expected to gain experience in individual and group psychotherapy and in the physiological therapies. The resident is encouraged to engage in some research activities, and time is made available for this if he so chooses. Neurological clinics are conducted by both staff and consulting neurologists. Opportunity is offered to study basic

training program. Teaching of all major prevailing treatment approaches is included, as well as the theories of the various "schools" of psychiatry and allied disciplines. Emphasis is put on interdisciplinary collaboration.

### **First and Second Years**

These years are devoted to a "core" program and include:

- (a) Experience in adult inpatient and outpatient psychiatry at Langley Porter Institute.
- (b) Experience at the San Francisco General Hospital.
- (c) Experience in Neurology at U.C. or experience in Neuropsychiatry at Langley Porter Institute.
- (d) Experience in child psychiatry.

### **Third Year**

This year will consist for the most part of elective assignments (insofar as time, space, supervisors, and supervisory coverage will permit). The areas available for electives include:

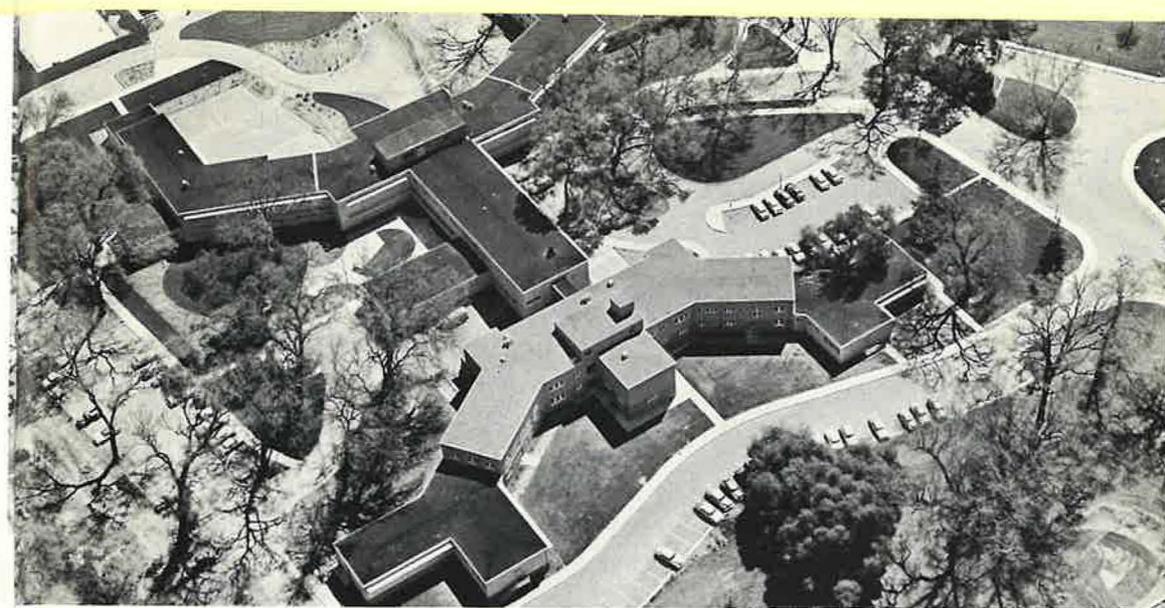
1. Adult Psychiatry Clinic, University of California Medical Center
2. Children's Service, Langley Porter Institute
3. Clinical research training, Langley Porter Institute
4. Additional work at
  - (a) San Francisco General Hospital
  - (b) Outpatient Service, Langley Porter Institute
  - (c) Inpatient Service, Langley Porter Institute
5. Student Health Service, Cowell Memorial Hospital
6. Berkeley Mental Hygiene Clinic
7. Child Guidance Clinic, Children's Hospital
8. Neuropathology
9. Electroencephalography

No living quarters, laundry service, or subsistence allowances are available at Langley Porter Institute, but the surrounding city offers a wide variety of housing.

Applications should be submitted and completed before September 1, appointments will ordinarily be made before October 15, and residencies ordinarily start on the following July 1 of each year.

#### *Write to*

Superintendent and Medical Director  
Langley Porter Neuropsychiatric Institute  
401 Parnassus Avenue  
San Francisco 22, California



**MENDOCINO STATE HOSPITAL**

Mendocino State Hospital is a fully accredited 2,300-bed psychiatric hospital located 120 miles north of San Francisco near the town of Ukiah. In addition to being approved for the three years of psychiatric residency the hospital is accredited by the Joint Commission on Hospital Accreditation and affiliated with several colleges for the training of student nurses. The professional staff includes 26 physicians, five psychologists, nine psychiatric social workers and 12 rehabilitation therapists and a nursing staff of over 500. An admissions rate of approximately 1,100 patients per year provides the resident with an opportunity to work with a wide variety of mental disorders in various age groups. Teaching affiliations include the Langley Porter Neuropsychiatric Institute, Stanford University, the Children's Hospital in San Francisco and Napa and Sonoma State Hospitals.

Housing is usually available on the grounds for single or married residents with the adjoining community offering a wide variety of rentals or purchases. This section of California is known as the "Redwood Empire" and is considered a delightful area in which to live. The climate is moderately hot in the summer with a winter rainfall somewhat above the average for California. Outdoor recreational facilities include the ocean within an hour's drive to the west, several nearby lakes and excellent hunting and fishing within minutes of Ukiah. For more metropolitan activities, San Francisco is within two and one-half hours by automobile.

The residency program provides training in the following areas:

1. Basic sciences—dynamic psychiatry, neuroanatomy, neurophysiology, neuropathology and neuropharmacology
2. Scientific methodology
3. Clinical psychiatry
  - (a) The psychiatric inpatient
  - (b) The general hospital patient with psychiatric problems

- (c) Community psychiatry
- (d) Individual and group psychotherapy
- 4. Human relationships, supervision and community services
- 5. Clinical neurology
- 6. Teaching
- 7. Forensic psychiatry, child psychiatry, mental deficiency and mental hygiene administration.

During his three years of training the resident learns and gains experience by several methods. He is given various supervised clinical assignments emphasizing services to patients. Each resident has at least two individual conferences per week, one for psychotherapeutic supervision and the other for additional assistance and guidance. The "team" approach is stressed by a combination of experiences in various areas, together with individual supervision, staff meetings, seminars and group discussions. In addition, more academic lectures, seminars and journal clubs provide basic information related to the field.

*Write to*

Superintendent and Medical Director  
Mendocino State Hospital  
Talmage, California



**METROPOLITAN STATE HOSPITAL**

Metropolitan State Hospital is located in suburban Los Angeles, 15 miles from the civic center by freeway, in a residential community of 100,000 persons. There are 4,000 inpatients and 1,500 patients receiving aftercare services. Outpatient services also include a day hospital and a community outpatient clinic. A comprehensive medical and surgical service includes specialists in all major medical disciplines. There are over 1,300 persons employed on the staff. Approved postgraduate training programs for psychology, social service, rehabilitation services, physical therapy, occupational therapy, psychiatric nursing, and hospital chaplains are in operation.

The goal of the Psychiatric Residency Program is the training of physicians in the medical specialty of psychiatry. It meets the standards of the Specialty Board in Psychiatry and Neurology, and is approved for three years of training. The program is a broad-based interdisciplinary one. The theoretical approach emphasizes psychologic, biologic and sociologic factors in an integrated way. Psychodynamic theory, the facts and theories of human behavior and its motivations, is of central importance to the program.

A total of 24 residents are presently in training. Seven first year residency positions and a senior resident teaching position are offered each year. Housing is available on the grounds for single residents, and in the surrounding community for those with families.

The teaching faculties for the program are from the Department of Psychiatry, U.C.L.A. School of Medicine, the Department of Psychiatry, U.S.C. School of Medicine, and the Institute for Psychoanalytic Medicine of Southern California. A guest lecture series features outstanding authorities in psychiatry and related fields. Throughout the three years, 15 hours per week are spent in teaching seminars and three hours per week in individual supervision. A nuclear group of psychotherapeutic cases is carried throughout the three years of training.