The following Individualized Training Plan template is a product of the Research Resident Training Program, Department of Psychiatry, University of California, San Francisco, School of Medicine.

Individual Training Plan (ITP) UCSF Psychiatry Research Resident Training Program (RRTP)

Instructions to Mentees:

Please complete this form yearly and give a copy to your career mentor before your mentoring session. Please attach a copy of your CV, with relevant publications, presentations, and awards.

Instructions to Mentors:

Please review the mentee's CV and this form prior to meeting your mentee.

| Date: | | | | |
|-----------------------|----------------|-----|------|--|
| Mentee Nan | ne: | | | |
| Career Men | tor Name: | | | |
| Research A | dvisor Name: | | | |
| Major clinic | al interest: _ | | | |
| Major research focus: | | | | |
| Child? | | Yes | No | |
| Advanced training: | | | | |
| PhD | Yes | No | Area | |
| МРН | Yes | No | Area | |
| MS | Yes | No | Area | |
| Other: | Yes | No | Area | |

Future Professional Goals

| Short Term Goals (e.g., post doc, K award, etc) List your professional goals for the next 5 years. Be as specific as possible. |
|---|
| 1. Goal: |
| 2. Goal: |
| 3. Goal: |
| Long Term Goals (Academic research career, industry, % time in research vs clinical, etc) List your long term (e.g., next 10 years) professional goals. Again, be specific. |
| 1. Goal: |
| 2. Goal: |
| 3. Goal: |
| Work Life Balance Considerations (e.g., family, location, etc) |

| PGY 2 year: | | | | | |
|--|---------|----------------------|----------------|--------------|--|
| Time Allocation as deter | mined | by RTP/RI | RTP: | | |
| Research home clinic at V Delaying family therapy to | | | | e (optional) | |
| Clinical needs: | | | | | |
| VA 1st half of year | Y | | N | | |
| Home clinics (choose one | in addi | tion to PTS | SD and SA): | | |
| PTSD Substance Abuse HIV/AIDS Mood Disorders Telepsychiatry Women's Health Geriatric Mood Assessment Community Addictions Research | nt | required required | | | |
| Family therapy in this year | ? Y | | N | | |
| Research home clinic? | Y | | N | | |
| Research needs: | | | | | |
| Training in Clinical Resear | ch (TIC | CR) course | ? | | |
| Yes No | | N/A | ١ | | |
| Ethical conduct of researc | h (CITI | course) tal | ken? (required | i) | |
| Ethical treatment of anima | ls | Yes | No | _ N/A | |
| Other: | | | | | |

Apply to RRTP in spring (Usually January)

| R | R. | TΡ | G | oal | s |
|---|----|----|---|-----|---|
| | | | | | |

List your professional goals for the coming year. Be as specific as possible, and indicate how you will assess if the goal was accomplished (expected outcome).

| indica | te now you will assess if the goal was accomplished (expected outcome |
|---------|--|
| 1. | Goal: |
| | Expected outcome: |
| 2. | Goal: |
| | Expected outcome: |
| List yo | Term Goals our professional goals for the RRTP (next 2-3 years). Again, be specifical dicate how you will assess if the goal was accomplished. |
| 1. | Goal: |
| | Expected outcome: |
| 2. | Goal: |
| | Expected outcome: |
| | |

| PGY 3 year: | | | |
|---|----------------------|-----------------------------|---------------------|
| Time Allocation as | s determined by R | TP/RRTP: | |
| 30% Research 70% Clinical Care/[| Didactics | | |
| Based on a 40 hour time such as paper | | d activities (not coun | ting administrative |
| All day Monday and | l Friday afternoon l | blocked for research | time |
| Clinical needs: | | | |
| Specialty clinics: | | | |
| Anxiety Depression WMH Geriatrics Psychosis | | | |
| Research needs: | | | |
| TICR course? | Yes | No | N/A |
| Ethical conduct of r | esearch (CITI cour | se) (required) taken | ? |
| Ethical treatment of | animals Yes | No | _ N/A |
| Training needs (be training needs, sp Statistics: | | o identify how you v c): | will achieve these |
| | | | |
| Clinical research m | ethods: | | |
| Technical or other r | esearch skills need | ded: | |
| Travel? | Y | N | |
| Timing/length: | | | |

RRTP Goals

List your professional goals for the coming year. Be as specific as possible, and indicate how you will assess if the goal was accomplished (expected outcome).

| indica | te how you will assess if the goal was accomplished (expected outcome |
|---------|---|
| 1. | Goal: |
| | Expected outcome: |
| 2. | Goal: |
| | Expected outcome: |
| List yo | Term Goals our professional goals for the RRTP (next 1-2 years). Again, be specific idicate how you will assess if the goal was accomplished. |
| 1. | Goal: |
| | Expected outcome: |
| 2. | Goal: |
| | Expected outcome: |
| | |

| PGY 4 year: |
|--|
| Time Allocation as determined by RTP/RRTP: |
| 75-90% Research 10-25% Clinical Care/Didactics (including family therapy if delayed) |
| Clinical needs: |
| Family therapy in this year? Y N |
| |
| Training needs (be specific and also identify how you will achieve these training needs, specific courses, etc): |
| Statistics: |
| Clinical research methods: |
| Technical or other research skills needed: |
| Travel? |
| Presentations? |
| RRTP Goals List your professional goals for the coming year. Be as specific as possible, and indicate how you will assess if the goal was accomplished (expected outcome). |
| 1. Goal: |
| Expected outcome: |
| 2. Goal: |
| Expected outcome: |

Supplemental digital content for Tsai AC, Ordóñez AE, Reus VI, Mathews CA. Eleven-year outcomes from an integrated residency program to train research psychiatrists. Acad Med. 2013;88(7).

Long Term Goals

List your professional goals for the next 3-5 years. Again, be specific, and indicate how you will assess if the goal was accomplished.

| 1. | Goal: |
|----|-------------------|
| | Expected outcome: |
| 2. | Goal: |
| | Expected outcome: |