

2-6-23

To: Association for Academic Psychiatry

Re: 2023 Psychiatric Education Award

I am very pleased to provide this letter of support for the nomination of Robert E. Feinstein MD for the 2023 Psychiatric Education Award from the Association for Academic Psychiatry. Dr. Feinstein has a long-established national reputation in psychiatric education, and I am writing to describe the leadership and innovation he has provided during the 2022-2023 academic year as Teichner Scholar for the University of Central Florida (UCF)/HCA Orlando Psychiatry Residency Program. The Teichner Award is cosponsored by the American Association of Directors of Psychiatry Residency Training and the American Academy of Psychodynamic Psychiatry and Psychoanalysis and is awarded annually to one or two residency programs nationally to promote the teaching of psychodynamic principles to psychiatrists-in-training.

As Teichner Scholar at the UCF/HCA residency program this past year, Dr. Feinstein has made outstanding contributions to the growth and development of both our didactics and clinical training of residents and faculty, including in all forms of psychotherapy. His breadth of knowledge, experience, and expertise have been of great benefit to us through his direct teaching: Grand Rounds; a didactic for PGY4 residents on “Incorporating Psychotherapy into Your Practice”; a 12-session course on “Personality Disorders” for PGY3 residents; and a 6-session course on “Case Formulation” for PGY2 and PGY3 residents. Feedback from our residents in these courses has been universally positive, and all have greatly enjoyed Dr. Feinstein’s passion and his seeming endless supply of energy and enthusiasm for psychiatric education. Based on Dr. Feinstein’s materials, our faculty members plan to continue these presentations in future years so that future generations of trainees will also benefit.

To further assist with the growth of our residency training program, Dr. Feinstein provided individual consultations with: the co-directors of our residency’s Psychotherapy Track (for residents with a special focus on psychotherapy skills); the coordinator of our Group Therapy didactics and training; and the coordinator of our Family and Couples Therapy didactics and training. Dr. Feinstein also provided a series of consultations with our faculty members at the Orlando Veterans Administration to promote faculty development of psychodynamic psychotherapy supervisors. In each of these consultative processes, faculty members were extremely impressed at the range of Dr. Feinstein’s experience and knowledge of psychotherapies and psychiatric training in general.

Dr. Feinstein’s contributions as Teichner Scholar provided an extra benefit in that two Orlando residency programs benefitted. Our UCF/HCA Orlando Psychiatry Residency collaborates extensively with the Psychiatry Residency of Nova Southeastern University/Dr. Kiran C. Patel

College of Osteopathic Medicine here in Orlando; for example, both residencies share many faculty and didactics. Dr. Feinstein's exemplary teaching of psychiatric residents and faculty of both these programs will have a long-term, sustained impact on psychiatric education in central Florida.

I wholeheartedly support the nomination of Dr. Robert Feinstein for the 2023 Psychiatric Education Award. As a national leader in psychiatric education, he is very deserving. Our residency programs in Orlando have been greatly enriched by his consultations as Teichner Scholar.

Please let me know if there are questions or if I can be of further assistance.

Sincerely,

A handwritten signature in black ink that reads "Martin Klapheke MD". The signature is written in a cursive style with a large, stylized "M" and "K".

Martin Klapheke, MD
Psychiatry Chair for Education
Professor of Psychiatry
Director of Psychiatry Residency Psychotherapy Training
Director of Psychiatry Clerkship
University of Central Florida College of Medicine
Orlando FL 32827
407-266-1183



University of Colorado
Anschutz Medical Campus

School of Medicine
Department of Psychiatry
Noa Heiman, PhD.
Associate Professor
Office phone: (303) 724-8109
Email: noa.heiman@cuanschutz.edu

February 3, 2023

To Iljie Fitzgerald, M.D.
Education Awards Committee Chair
the Association of Academic Psychiatry

Re: Nomination of Dr. Robert Feinstein for the APP Educator Award

It is with great pleasure that I write this letter of nomination for Dr. Robert Feinstein for the APP Educator Award. I have known Dr. Feinstein since 2013, when he hired me to be the assistant director of the psychotherapy scholar track he founded and directed, at the psychiatry department at the University of Colorado.

The psychotherapy scholar track is a track offered to few residents who anticipate devoting a substantial portion of their professional activities to the conduct of psychotherapy; they receive extra training and supervision in psychodynamic therapy, behavioral therapies, group therapy, family therapy and more. The track is a three year training program, in which interested residents join in their second year of residency. As part of the track, they have a core seminar that teaches introductory modules in the first year, on the different modalities stated, intermediate modules second year, and advanced modules third year. In addition, the residents receive one on one supervision with a supervisor specializing in each of these modalities throughout their training. By their third year in the track, the residents also help to teach and supervise the newer scholars, as we found it to be a helpful tool for them to consolidate and master their learning. The track also offers a two year long course "100 Classic papers" in which the scholars read original works of psychoanalytic thinkers such as Freud, Klein, Winnicott, Ogden, Mitchell and many more.

A majority of the classes and training practices of the track are new and innovative curriculums developed by Dr. Feinstein. Many of them were also published to allow others to utilize them. For example, a common factors curriculum for first year track residents was developed to address the increasing and dizzying number of therapy modalities that constantly seem to appear, and the overwhelming sense of confusion this

creates among trainees. Through the common factors' module, we offer a curriculum that simplifies and eases the beginning therapist's first steps at learning and practicing the "trade" (Feinstein R, Heiman N, Yager J. *Common factors affecting psychotherapy outcomes: some implications for teaching psychotherapy. J Psychiatr Pract. 2015 May;21(3):180-9; Yager J, Feinstein RE. Tools for Practical Psychotherapy: A Transtheoretical Collection (or Interventions Which Have, At Least, Worked for Us). Journal of Psychiatric Practice. 2017 Jan 1;23(1):60-77).*

In our joint paper "From Doctor to Therapist" (Heiman N, Feinstein R. *From Doctor to Therapist. Academic Psychiatry. 2015 Oct;39(5):590-4*) we discuss our finding that the process of integration for psychiatry residents is best done by allowing them to compare and contrast diagnosis versus formulation, as well as biomedical treatment as opposed to psychological treatment. The paper presents a curriculum we developed that enables the residents to obtain an overarching integrative understanding of the psychological aspects of psychiatry and medicine in general.

Dr. Feinstein has also developed the apprenticeship model as a training tool, and has presented and published it in a variety of settings (Feinstein RE, Yager J. *Advanced psychotherapy training: psychotherapy scholars' track, and the apprenticeship model. Academic Psychiatry. 2013 Jul 1;37(4):248-5; Feinstein RE, Huhn R, Yager J. Apprenticeship Model of Psychotherapy Training and Supervision: Utilizing Six Tools of Experiential Learning. Academic Psychiatry. 2015 Oct;39(5):585-9; Feinstein, R.E., Descriptions and reflections on the cognitive apprenticeship model of psychotherapy training and supervision. The journal of contemporary psychotherapy 2020 November pp. 1- 10).* Residents report that apprenticeship cases have been one of the more helpful learning experiences they have had in residency. Dr. Feinstein has also given three 90 minute presentations on the track and its related subjects at the Association for Academic Psychiatry's Annual Meetings in 2011, 2015 and 2017.

The track has been incredibly successful since its establishment. When Dr. Feinstein founded the track in 2012, he had to ask residents to volunteer to try it out. As the track gained traction, we have seen an exponential interest among the residents in applying for the track. Over the past two years, 50% of the residents in each class have applied and interviewed for the track (we can only accept 25% of residents). Several of the classes

initially offered exclusively to residents in the track have become so popular that we now offer them to all residents through the general residency didactics. Similarly, many of the residents we were unable to formally accommodate in the track due to limited time and supervision resources ultimately join track classes if their schedules permit. Since the psychotherapy scholar track was established, more than a dozen residents subsequently went on to receive a certificate in psychodynamic training or psychoanalytic training at the Denver Psychoanalytic Institute. This to us, is an indication of the residents' increased interest and desire to specialize in psychotherapy, in numbers that we have not seen prior to the development of the track.

The psychotherapy scholar track also acts as a recruitment tool for our residency program, attracting many applicants who want to join our department because they hope to participate in the track.

All of this was made possible due to Dr. Feinstein's vision and hard work in establishing, developing, and executing the psychotherapy scholar track. This endeavor, along with his many years of service and teaching, make him a worthy candidate of the APP educator award.

Please feel free to contact me if you have further questions.

Sincerely,

A handwritten signature in cursive script that reads "Noa Heiman".

Noa Heiman, PhD



GRADUATE MEDICAL EDUCATION

Feb 23rd, 2023

To whom it may concern:

It is a great pleasure to write this letter of support for Dr. Robert Feinstein for the Association of Academic Psychiatry Education Award. I am delighted to discuss the many contributions that Dr. Feinstein has made for psychotherapy education in our program.

I have had the privilege of working closely with Dr. Feinstein from 2018 - 2021 when he served as the Vice Chair of Education here at the University of Texas Dell Medical School Department of Psychiatry. During that time, I worked with him closely in my role as the Program Director for the General Psychiatry Residency. When Dr. Feinstein first joined our department, I told him that it was one of my goals for the residency program to improve the psychotherapy training for our residents, as I felt that it was an incredibly important but often neglected area of training in residency. Many of our residents had interest in psychotherapy but lacked confidence in pursuing difficult cases and we were in need of a more robust group of psychotherapy supervisors. He set to work right away connecting with a robust cohort of Psychiatrists in our community who were skilled therapists. In addition, he shared with me the idea of forming a Psychotherapy Scholars Track in our program which I enthusiastically supported. Dr. Feinstein was able to model our psychotherapy track on the track he had implemented in his previous institution.

From the very first year, we had a significant number of residents who wished to participate in the psychotherapy scholars track, and we were able to accommodate them in having additional longitudinal time set aside across 3 years of training to carry more psychotherapy cases and have additional supervision time. One key element of supervision which was unique to the psychotherapy scholars track was the apprenticeship model of supervision. This was not something I was previously familiar with, but quickly proved to be incredibly valuable to residents who were taking part in the track. In this unique model of psychotherapy supervision, the supervisor and the trainee are both present with the patient for the first and second phases of the expected course of therapy. In the first phase, the supervisor leads the therapy session. In the second phase, the trainee leads the session, with the supervisor present to provide real time coaching during the session. In the final phase of therapy, the trainee is conducting the sessions on their own. This was novel to me and to the other supervisors in our department. The residents who took part in this type of supervision quickly gained outstanding confidence and skill and were incredibly positive about the experience.



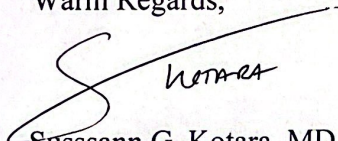
GRADUATE MEDICAL EDUCATION

Over the years that followed, we have consistently had strong resident interest in the psychotherapy scholars track, which continues to this day. We continue to employ many of the same elements of the track that Dr. Feinstein created here, and we continue to enjoy consistent participation in the track. We have continued to grow the track over time with the addition of more advanced and specialized psychotherapy didactics, and the addition of psychotherapy interest salons several times per year hosted by community psychotherapy supervisors who open their home to the residents in the track and the other psychotherapy supervisors and lead discussion on a specific topic for the group.

The feedback from the residents has been incredibly positive, and we have significantly more residents pursuing additional training in psychotherapy after graduation. We have had feedback that the psychotherapy track and provided some of the most valuable didactics that our residents have had. In addition, the track has provided our faculty, particularly our volunteer faculty, with an opportunity to strengthen their connection to the department and have a greater sense of camaraderie.

We have been incredibly grateful for the introduction of the Psychotherapy Scholars Track and the opportunity to learn the apprenticeship model of supervision. This has had a sustainable and lasting positive impact across our residency training program. Dr. Feinstein is incredibly deserving of the AAP Educator Award, and it is my honor to offer this letter in support of him for this.

Warm Regards,



Susssann G. Kotara, MD

Assistant Professor of Psychiatry

Dell Medical School | The University of Texas at Austin

dellmed.utexas.edu

(c)512-536-0236



The University of Texas at Austin Dell Medical School

D

To Iljie Fitzgerald, M.D. Education Awards Committee Chair the Association of Academic Psychiatry Feb 13, 2023

Re; Dr Robert Feinstein MD

Residency is a time of accelerated growth and learning, where newly minted physicians are transformed into independent and competent clinicians in their respective specialties—a change only made possible with the help of innovative and inspirational faculty. One such faculty member who had a significant impact in my training and development as a resident psychiatrist was Dr. Robert Feinstein. It is my pleasure and honor to nominate Dr. Feinstein for the Shine Academy's Innovations in Health Sciences Education award. In his short time at the University of Texas Dell Medical School, he has led the revamping of the academic programming, which has helped bolster our culture of learning and created an atmosphere reflective of our motto, "Rethink", through his use of innovation and creativity in residency education.

Shortly after joining UT Dell, Dr. Feinstein took on the task of updating the resident didactics curriculum by expanding on the current residents' strengths and interests. For example, the "Clinician as Educator" course was designed by Dr. Feinstein to cultivate the residents' passion for teaching by giving us the proper techniques to effectively convey information to others. By examining the latest educational theories, engaging in role-playing, and providing real-time feedback on our teaching styles, Dr. Feinstein helped residents hone their educator skills and feel empowered as teachers, thus further improving the residency experience.

Dr. Feinstein's innovation in individual therapy supervision also set him apart and highlighted his creativity in teaching residents. I had the opportunity to be part of his "Apprenticeship Model" approach for psychotherapy supervision. This unique approach consisted of the resident seeing a therapy patient with Dr. Feinstein for a set number of visits. Dr. Feinstein would lead the interview in the initial sessions, allowing the resident to observe his technique and style. The role of therapy lead would transition to the resident in subsequent therapy sessions, with Dr. Feinstein providing real-time feedback during or after the session. Eventually, the resident would conduct one-on-one therapy with the patient, record the sessions with patient approval, and discuss the recorded session in supervision with Dr. Feinstein. This approach to supervision was highly popular among residents because of its effective and novel approach. It allowed residents to receive useful feedback that otherwise could not be obtained in a traditional supervision setting. The success of this approach was in large part due to Dr. Feinstein's approachability, honest and helpful feedback, and sincere desire to work with residents to further develop their skills.

Dr. Feinstein, without a doubt, has been an instrumental part of our program's resident education. I believe his efforts and approach to teaching at our program make him a worthy recipient of the Innovations in Health Sciences Education award. His guidance and passion for teaching have left a strong impression on his residents and inspire us to approaching health science education in my career with his level of enthusiasm and creativity.

Sincerely,

Victor M. Gonzalez Jr., MD

John Q. Young, MD, MPP, PhD
Senior Vice President, Behavioral Health
Chair, Department of Psychiatry, Zucker Hillside Hospital
Professor and Chair, Department of Psychiatry
Donald and Barbara Zucker School of Medicine at Hofstra/Northwell

Date 2/3/2023

Dear Iljie Fitzgerald, MD, Education Awards Committee Chair Association of Academic Psychiatry

I unreservedly support Robert E. Feinstein, M.D.,'s application for the ***Association of Academic Psychiatry (APP) Educational Award***. For 20 years, his devotion to keeping psychotherapy thriving is exemplified in the development and dissemination of his psychotherapy educational program, *Psychotherapy Scholars Tract* and *The Apprenticeship Model of Psychotherapy Training and Supervision*. His approach and many of its major elements have been implemented in 4 different psychiatry residencies training programs. His 5 peer reviewed articles on this topic, multiple presentations at AAP, many Grand Rounds presentations, and recent podcasts have reached thousands of psychiatry residents and medical students and has influenced hundreds of faculties. Our faculty at Northwell is just beginning to feel his welcomed influence.

I have known Dr Feinstein for over 15 years. We first met when he was invited to do a Grand Rounds on "*Violence Prevention in Outpatient Psychiatry Settings*" at LIJ/ Zucker Northwell Hofstra Medical School. His presentation was especially well received at a badly needed time and led to his development of a system wide safety plan for our outpatient clinics. I was thrilled, when in 2021, he moved back into the area and joined our faculty. As a Clinical Professor of Psychiatry, he is currently teaching, supervising psychotherapy, and mentoring our residents. Recently, he gave a Grand Rounds on *Psychotherapy for Personality Disorders*.

Dr. Feinstein has had many years of complex educational leadership over large psychiatric and educational systems in New York, Connecticut, Colorado, and Texas. He was Vice Chair of Psychiatric Education at the University of Colorado School of Medicine, and Associate Chair of Psychiatry Education at Dell Medical School in Texas. Previously, he was Director of Psychiatric Residency at New York Medical College in Westchester, New York. Dr. Feinstein is currently consulting with 2 psychiatric residencies on the development of their psychotherapy training. As an academic psychiatrist, he has received educational grants, totaling approximately 2 million dollars; has over 70 peer review publications; and has edited 3 books (2 by Oxford Publishing). Dr. Feinstein's educational leadership over 40 years has also included:



- Curriculum development at 6 different academic adult psychiatry residencies; 4 psychiatry fellowships; and one primary care residency training program
- Medical Student Education Program development for Psychiatry at 4 different academic institutions.
- 6 Teacher of the Year awards
2 Primary Care Teaching awards
Medical Student Teaching award
- 1st Psychiatrist to become *President's Teaching Scholar* (highest educational award given by the 4 campuses of all educational disciplines @ the University of Colorado)
- 2020 Dell Medical School Excellence in Teaching award
- 2x awarded (within the last 2 years) the Teichner Scholar Psychotherapy Award

For his lifetime of work in psychiatric education; and in particular, his approach with psychotherapy training, I whole heartedly and enthusiastically support Dr. Feinstein's application for the APP Educational Award.

Sincerely yours,



John Q. Young, MD, MPP, PhD