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 Name:

Career Mentor Name:

Research Advisor Name:

Major clinical interest:_____

Major research focus:_____

Child? Yes_____ No_____

Advanced training:

PhD **Yes____** **No____** **Area_____**

MPH **Yes____** **No____** **Area_____**

MS **Yes____** **No____** **Area_____**

Other: **Yes____** **No____**
Area_____

Future Professional Goals

<u>Short Term Goals (e.g., post doc, K award, etc)</u>
List your professional goals for the next 5 years. Be as specific as possible.

    1. Goal:

    2. Goal:

    3. Goal:

<u>Long Term Goals (Academic research career, industry, % time in research vs clinical, etc)</u>
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 determined by RTP/RRTP:

Research home clinic at VA=4 hrs/wk research time
Delaying family therapy to 4th year=4 hrs/wk research time (optional)

Clinical needs:

VA 1st half of year   Y_____   N_____

Home clinics (choose one in addition to PTSD and SA):

PTSD   required
Substance Abuse   required
HIV/AIDS
Mood Disorders
Telepsychiatry
Women's Health
Geriatric Mood Assessment
Community
Addictions
Research

Family therapy in this year? Y_____   N_____
Research home clinic?   Y_____   N_____

Research needs:

Training in Clinical Research (TICR) course?

Yes_____   No_____   N/A_____

Ethical conduct of research (CITI course) (required) taken?

Ethical treatment of animals   Yes_____   No_____ N/A_____

Other:

Apply to RRTP in spring (Usually January)

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:

Long Term Goals
List your professional goals for the RRTP (next 2-3 years). Again, be specific, and indicate how you will assess if the goal was accomplished.

1. Goal:

   Expected outcome:

2. Goal:

   Expected outcome:

PGY 3 year:

Time Allocation as determined by RTP/RRTP:

30% Research
70% Clinical Care/Didactics

Based on a 40 hour week of *scheduled* activities (not counting administrative time such as paperwork)

All day Monday and Friday afternoon blocked for research time

Clinical needs:

Specialty clinics:

Anxiety
Depression
WMH
Geriatrics
Psychosis

Research needs:

TICR course?   Yes_____   No_____   N/A_____

Ethical conduct of research (CITI course) (required) taken?

Ethical treatment of animals   Yes_____   No_____ N/A_____

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?   Y_____   N_____

Timing/length:

<u>RRTP Goals</u>
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:

<u>Long Term Goals</u>
List your professional goals for the RRTP (next 1-2 years). Again, be specific, and indicate 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?

<u>RRTP Goals</u>
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).

3. Goal:

Expected outcome:

4. Goal:

Expected outcome:

<u>Long Term Goals</u>
List your professional goals for the next 3-5 years . Again, be specific, and indicate how you will assess if the goal was accomplished.

3. Goal:

Expected outcome:

4. Goal:

Expected outcome: