## 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.

<table>
<thead>
<tr>
<th>Date:</th>
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<tbody>
<tr>
<td>Mentee Name:</td>
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<td>Career Mentor Name:</td>
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<td>Research Advisor Name:</td>
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<table>
<thead>
<tr>
<th>Major clinical interest:</th>
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<tr>
<td>Major research focus:</td>
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<tr>
<td>Child? Yes No</td>
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### Advanced training:

<table>
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<tr>
<th>PhD Yes No Area</th>
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<tr>
<td>MPH Yes No Area</td>
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<td>MS Yes No Area</td>
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<tr>
<td>Other Yes No Area</td>
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[Note: The table is not fully visible in the image provided, but it contains the fields for PhD, MPH, MS, and other advanced training areas with options for Yes or No.]
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 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:
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 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?
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).

3. Goal:

   Expected outcome:

4. Goal:

   Expected outcome:

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.

3. Goal:

   Expected outcome:

4. Goal:

   Expected outcome: