

Finding Supervision

In March 2023, the MPS held a virtual Early Career Psychiatrist (ECP) event focused on Finding Supervision.

Panelists included Drs. Joseph Andrews, Ilana Cohen, Kristen Gialo, and Christopher Morrow. Marissa Flaherty, M.D. served as moderator. Several pearls of information were offered to attendees, which are summarized below.

- Initially it may help to reach out to a respected attending from residency, who may either want to serve as supervisor or help with ideas. Reaching out to ECPs who share your interests and practice setting can also help and could result in organically forming a supervision group.
- A supervision group doesn't need to be limited to psychiatrists who are early in their career. Mid and late career clinicians may be interested in participating for different reasons. Usually, the group meets once a month to go over difficult cases, discuss articles, and share information.
- If nothing like what you want exists, it may be an opportunity to take the initiative and lead a supervision group. Don't let it get to you if you don't get a response, or if you're turned down. There are usually some people who are looking for the same thing but haven't reached out.
- Meeting regularly with co-residents who trained together can help not just with cases, but also with sharing different institutional perspectives and approaches now that people have moved on to various practice settings.
- Keep in touch with colleagues from training and with mentors and attendings. These connections can help you quickly get support with unexpected situations and difficulties. For example, you may need advice about learning how to supervise other clinicians or connecting with non-psychiatrists on the care team.