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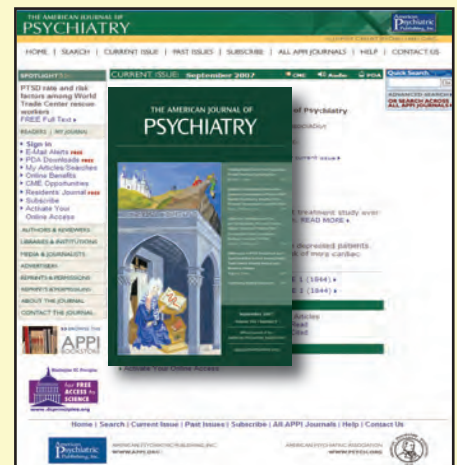
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The American Journal of Psychiatry and the APA Committee of Residents and Fellows
Residents' Journal
November 2008: Volume 3, Issue 11

Introduction
Three Views on Resident Wellness
Paul O'Leary, M.D.
Department of Psychiatry, University of Alabama at Birmingham

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Dr. O'Leary & Dr. Yasin: What motivated you to become involved with psychiatry education and administration?
Dr. Bernstein: In many ways, this was not a decision by design but a way for me to pursue what I enjoy doing: mentoring young people, helping them to develop their careers, and facilitating connections. Prior to medical school, I obtained an M.A. in teaching. When I finished residency training at Columbia, I had the good fortune to be able to integrate clinical work with my interest in education and training. I worked part-time in an outpatient clinic, served as a liaison for the inpatient service on which residents rotated, and taught a small group section for the medical student behavioral science course. The following year, the position of Assistant Director for Medical Education became available. I expressed interest and was offered the position. I worked for 4 years in this capacity and really loved it. I subsequently became the Associate Residency Training Director at Columbia, after which I came to NYU to run the Resident Training Program, a role that naturally led to my greater interest in graduate medical education as a whole.

Dr. O'Leary & Dr. Yasin: For many years, you were the Residency Training Director at NYU/Bellevue. How did you manage to balance the program's demands with resident wellness?
Dr. Bernstein: This reminds me of the old adage that life is 95% about "being there." For me, the most important part of my job as Training Director was to be in close communication with my residents at all times and to appreciate the struggles and challenges they encountered during training. I hope that my residents felt that my door was always open to them. Given the difficult demands placed on residents these days, I believe that a Training Director who is available and willing to listen

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Calendar, American Journal of Psychiatry, 1000 Wilson Boulevard, Suite 1825, Arlington, VA 22209-3901, jblair@psych.org (e-mail).

Because of space limitations, only listings of meetings of the greatest interest to Journal readers will be included.

FEBRUARY 2009

February 18–22, Annual Meeting of the American Neuropsychiatric Association (ANPA), San Antonio, TX. Contact: ANPA office; (614) 447-2077 (tel), (614) 263-4366 (fax), anpa@osu.edu (e-mail), www.anpaonline.org (web site).

February 25–March 1, American College of Psychiatrists Annual Meeting, Tucson, AZ. Contact: 122 South Michigan Avenue, Suite 1360, Chicago, IL 60603; (312) 662-1020 (tel), (312) 662-1025 (fax), angel@ACPsych.org (e-mail).

MARCH

March 5–8, 22nd Annual Meeting of the American Association for Geriatric Psychiatry, Honolulu. Contact: AAGP, 7910 Woodmont Ave., Ste. 1050, Bethesda, MD 20814-3004; (301) 654-7850 (tel), (301) 654-4137 (fax), www.aagpmeeting.org (web site).

March 27–29, 3rd International Conference of The International Society of Interpersonal Psychotherapy (ISIPT), New York City, NY. Contact: 2009 ISIPT Planning Committee; hv2009@columbia.edu (e-mail).

APRIL

April 22–26, Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Montreal, Quebec. Contact: Society of Behavioral Medicine, (414) 918-3156 (tel), (414) 276-3349 (fax), info@sbm.org (e-mail).

MAY

May 15–17, 5th International Conference on Alzheimer's Disease and Related Disorders in the Middle East, Limassol, Cyprus. Contact: Conference Secretariat;

1-773-784-8134 (tel), 1-773-782-6747 (tel), 1-208-575-5453 (fax), meetings@worldeventsforum.com (e-mail), www.worldeventsforum.com/alz.htm (web site).

May 16–21, 162nd Annual Meeting of the American Psychiatric Association, San Francisco, CA. Contact: Cathy Nash, APA Annual Meetings Dept., 1000 Wilson Blvd., Ste. 1825, Arlington, VA 22209; (703) 907-7822.

JUNE

June 16–20, 2nd Thematic Conference on Legal and Forensic Psychiatry, Madrid, Spain. Contact: World Psychiatric Association, Alfredo Calcedo Barba, forensicpsychiatry2009@gmail.com.

AUGUST

August 27–30, Canadian Psychiatric Association 59th Annual Meeting, St. Johns, Newfoundland, Canada. Contact: 260-441 MacLaren Street, Ottawa, ON K2P 2H3, Canada; (800) 267-1555 (tel), (613) 234-9857 (fax), conferene@cpa-apc.org (e-mail), www.cpa-apc.org (web site).

OCTOBER

October 8–11, 61st Institute on Psychiatric Services, American Psychiatric Association, New York, NY. Contact: Jill Gruber, APA Annual Meetings Dept., 1000 Wilson Blvd., Ste. 1825, Arlington, VA 22209; (703) 907-7815.

October 27–November 1, 56th Annual Meeting of the American Academy of Child and Adolescent Psychiatry, Honolulu, HI. Contact: AACAP, 3615 Wisconsin Avenue, N.W., Washington, DC 20016-3007; (202) 966-7300 (tel), (202) 966-2891 (fax), meetings@aacap.org (e-mail), www.aacap.org (web site).

MAY 2010

May 22–27, 163rd Annual Meeting of the American Psychiatric Association, New Orleans, LA. Contact: Cathy Nash, APA Annual Meetings Dept., 1000 Wilson Blvd., Ste. 1825, Arlington, VA 22209; (703) 907-7822.

OCTOBER

October 14–17, 62nd Institute on Psychiatric Services, American Psychiatric Association, Boston, MA. Contact: Jill Gruber, APA Annual Meetings Dept., 1000 Wilson Blvd., Ste. 1825, Arlington, VA 22209; (703) 907-7815.

OCTOBER

October 14–17, 57th Annual Meeting of the American Academy of Child and Adolescent Psychiatry, Boston, MA. Contact: AACAP, 3615 Wisconsin Avenue, N.W., Washington, DC 20016-3007; (202) 966-7300 (tel), (202) 966-2891 (fax), meetings@aacap.org (e-mail), www.aacap.org (web site).

MAY 2011

May 14–19, 164th Annual Meeting of the American Psychiatric Association, Honolulu, HI. Contact: Cathy Nash, APA Annual Meetings Dept., 1000 Wilson Blvd., Ste. 1825, Arlington, VA 22209; (703) 907-7822.

OCTOBER

October 18–23, 58th Annual Meeting of the American Academy of Child and Adolescent Psychiatry, Toronto, Ontario. Contact: AACAP, 3615 Wisconsin Avenue, N.W., Washington, DC 20016-3007; (202) 966-7300 (tel), (202) 966-2891 (fax),

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October 27–30, 63rd Institute on Psychiatric Services, American Psychiatric Association, San Francisco, CA. Contact: Jill Gruber, APA Annual Meetings Dept., 1000 Wilson Blvd., Ste. 1825, Arlington, VA 22209; (703) 907-7815.

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