

PGY 3 Schedule – core curriculum

- 1. Academic day on Thursdays, unless mentioned otherwise (time can be adjusted with the tutor for better convenience).**
- 2. Residents are expected to attend all activities as the aim of the lectures is to provide a comprehensive foundation in general psychiatry, for developing psychiatric residents.**
- 3. All residents attending the core curriculum lectures will be expected to have read the appropriate chapters written in the references. Chapters may overlap and get repeated due to importance of subject. Electronic access will be provided to residents via the board website. The main reference is Kaplan and Sadocks synopsis edition 12. Articles and other references will be provided in PDF documents.**
- 4. On the day of the lectures, you will be expected to complete a Tutor's Evaluation Form for each lecture.**
- 5. Attendance will be monitored via tutors. Attendance rates below 70% may result in an "unsatisfactory" rating and will become part of your academic file and will be reviewed by the program director.**
- 6. In case of unavailability of supervisors or presenting resident, the curriculum coordinator must be notified to arrange a substitute.**
- 7. In case of academic day schedule change, it is expected that the residents will resume their work duty on that day.**
- 8. Residents are asked to arrange their on-call schedules and duties. Avoid (if possible) night duty on Wednesdays for better preparation for academic day.**
- 9. Self -study is conducted monthly and would include an article or chapter with references available in website library**
- 10. Per month, a clinical interview will be conducted by residents with supervision of designated tutors alternating between pediatrics and geriatrics population. Interview to be organized with the tutor according to both the residents and tutor convenience (aim of interview to practice interviewing special populations).**

Core Curriculum PGY3 lectures

Topic	Time	Recommended Presenters	CaNMEDS objectives:	References	Tutor Signature
First Month- second week of the month (09/10/2025)					
Child developmental theories	9 - 9:45	Dr. Kostas	Expert 2.1.1.3, 2.1.1.5	Kaplan and Sadock Chapter 2	
Introduction to pediatric psychiatry and approach to child assessment	10 - 10:45	Dr. Bibi Al-Amiri	Expert 1.1, 3	Kaplan and Sadock Chapter 31.1 and 31.2	
Pediatric global assessment from pediatrician view	11- 11:45	Dr Kostas/ Dr Shaima Othman	Expert 1.3.7., 2.1.1.3. 2.1.2.1.7. Communicator 1, 4	Uptodate “Developmental-behavioral surveillance and screening”	
Child Protection and Children's Aid Reporting	12 - 12:45	Dr. Wael Abo Al-Aez	Expert 2.1.1.2, 1.3.16.1, 2.1.1.1.9 Collaborator 1.4	Kaplan and Sadock Chapter 31.19c	

Self study: 8- The Developing Brain - <https://www.ncbi.nlm.nih.gov/books/NBK225562/>

Rutter's Child and Adolescent Psychiatry, sixth edition

Part III: Approaching the clinical encounter- A: The clinical assessment

Second Month – first week of the month (06/11/2025)

Introduction to Geriatric psychopharmacology	9:00 - 9:45	Dr. Mamdouh AlJamal	Expert 2.1.1.7, 4.1.2, 4.1.7, 2.1.1.4. 2.1.2.7	Kapland and Sadock Chapter 33 Introduction, Biology of Aging, Psychopharmacological treatment of Geriatric Disorders	
Mood Disorders in Elderly	10 - 10:45	Dr. Salem AlWatyan	Expert 1.3.2, 2.1.1.1.3, 2.1.1.1.2	Uptodate “Diagnosis and management of late-life unipolar depression” Geriatric bipolar disorder: Epidemiology, clinical features, assessment, and diagnosis” Geriatric bipolar disorder: General principles of treatment	
Medical issues in Geriatric population	11 - 11:45	Dr. Batol AlWazzan	Expert 3.6.1, 6 Communicator 4.5, 4.3, 5.4 Collaborator 4.6	UpToDate articles -Overview of treatment of insomnia in adults	

Self study: The American Psychiatric Association Publishing Textbook of Geriatric Psychiatry –
Chapter 2: Physiological and clinical considerations in Geriatric Patient Care
Chapter 4: The Psychiatric interview of Older Adults
Chapter 9 and 10: Mood disorders



Third Month – first week of the month (04/12/2025)

Autism Spectrum Disorders	9:00 - 9:45 AM	Dr. Kostas	Communicator 1.1.1, Expert 3.7.1., 3.8, 4.1.5.1, 2.1.2.1.7, Collaborator 1	Kaplan and Sadock Chapter 31.5	
Communication Disorders	10 - 10:45	Dr. Shaima Othman	Communicator 2.2, Collaborator 1, Expert 2.1.2.1.7	Kaplan and Sadock Chapter 31.4	
Intellectual disorders	11 - 11:45	Dr. Shaima Othman	Communicator 2.2, Expert 3.7.1, 3.8, 4.1.5.1, 2.1.2.1.7, Collaborator 1	Kaplan and Sadock Chapter 31.3	
Behavioral Interventions in Autism spectrum disorder	12- 12:45	OT Therapists Sara AlAli		Uptodate - Autism spectrum disorder in children and adolescents: Behavioral and educational interventions	

Self study: Rutter's Child and Adolescent Psychiatry, sixth edition

Part IV: Clinical syndromes: neurodevelopmental, emotional, behavioral, somatic/body-brain

A. Neurodevelopmental – Autism spectrum disorder, disorders of speech, language and communications, disorders of reading, mathematical and motor development, and intellectual disability



Fourth Month – second week of month (8/1/2026)

Alzheimers Dementia	9:00 - 9:45	Dr. Batool AlWazzan	Expert 2.1.1.1.4, 3.6.2, 3.8	Kaplan and Sadock Chapter 21.3 UptoDate -Clinical features and diagnosis of Alzheimer disease -Treatment of Alzheimer disease	
Vascular Dementia	10 - 10:45	Dr. Batool AlWazzan	Expert 2.1.1.1.4, 3.6.2.	Kaplan and Sadock Chapter 21.3	
Dementia with Lewy's body and Parkinson disease	11 - 11:45	Dr. Batool AlWazzan	Expert 2.1.1.1.4, 3.6.2.	Kaplan and Sadock Chapter 21.3	
Frontotemporal/ Huntington, other dementias	12- 12:45	Dr. Salem Al- Waytan	Expert 2.1.1.1.4, 3.6.2.	Kaplan and Sadock Chapter 21.3	

Self study: The American Psychiatric Association Publishing Textbook of Geriatric Psychiatry –
Chapter 8: Dementia

Fifth Month – first week of month (5/2/2026)

Gender Identity & Sexual Orientation	9:00 - 9:45	Dr. Aseel Alibrahim	Expert 2.1.2.1.5	Kaplan and Sadock Chapter 18	
Mood disorders in children	10 - 10:45	Dr. Bibi Al-Amiri	Expert 2.1.1.1.3, 4.1.4.1, 4.1.5.1, 4.1.4.2	Kaplan and Sadock Chapter 31.12a, 31.12b, 31.12c	
ADHD	11 - 11:45	Dr. Kostas	Expert 4.1.5.1, 2.1.2.1.7	Kaplan and Sadock Chapter 31.6	

Self study: The World Federation of ADHD International Consensus Statement: 208 Evidence-based Conclusions about the Disorder

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8328933/pdf/nihms-1707036.pdf>

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A. Neurodevelopmental: ADHD,

B. Emotional: Bipolar and depressive disorders

Sixth Month – first week of month (5/3/2026)					
Psychotherapy for elderly	9:00 - 9:45	Dr. Mamdouh Al Jamal	Expert 2.1.1.8, 4.1.6.1, 4.1.4.1	TBD	
Cognitive Enhancers	10 - 10:45	Dr. Batool AlWazzan	Expert 2.1.1.7, 2.1.2.7, 4.1.2, 4.1.7, 2.1.1	Kaplan and Sadock Chapter 29.14	
Behavioral and Psychological aspect of Dementia	11 - 11:45	Dr. Batool AlWazzan	Expert 2.1.1.1.4, 3.6.2.	Kaplan and Sadock Chapter 21.3 UptoDate -Management of neuropsychiatric symptoms of dementia	
Self study: The American Psychiatric Association Publishing Textbook of Geriatric Psychiatry – Chapter 20: Psychopharmacology					

Seventh Month – second week of month (09/4/2026)

Substance use disorders in children/adolescence	9:00 - 9:45	Dr. Eman AlBoloshi	Expert 2.1.1.1.8, 4.1.6.3	Kaplan and Sadock Chapter 31.16	
Psychotic disorders in children/adolescence	10 - 10:45	Dr. Ahmad Nagi	Expert 2.1.1.1.7, 3.8, 4.1.1, 1.3.2	Kaplan and Sadock Chapter 31.15	
Psychotherapy for children and youth	11 - 11:45	Dr. Amthal Al Mutairi	Expert 4.1.5, 4.1.6, 2.1.1.8,	Kaplan and Sadock Chapter 31.18a, 31.18b, 31.18c	
Assessment and Diagnosis of Learning Disorders and IQ testing	12- 12:45	Dr Amthal AlMutairi		Uptodate - Intellectual disability (ID) in children	

Self study: Self study: Rutter's Child and Adolescent Psychiatry, sixth edition

Part IV: Clinical syndromes: neurodevelopmental, emotional, behavioral, somatic/body-brain

A- Neurodevelopmental: Schizophrenia and psychosis

C-Behavioral: substance related and addictive disorders

Eight Month - second week of month (7/5/2026)

Delirium	9:00 - 9:45	Dr. Hussain Al Sarraf	Expert 3.6.2, 2.1.1.1.4	Kaplan and Sadock Chapter 21.2	
Psychotic disorders in elderly	11 - 11:45	Dr. Mamdouh ALGamal	Expert 3.6.2, 1.3.2	Kaplan and Sadock Chapter 33 - Schizophrenia, Delusional disorder	
Palliative care in dementia/ Bereavement	12- 12:45	Dr. Batool Al-Wazzan			

Self study: The American Psychiatric Association Publishing Textbook of Geriatric Psychiatry
Chapter 7: Delirium
Chapter 11: Schizophrenia
Chapter 15: Bereavement



Ninth Month - one week of month (4/6/2026)

Oppositional Defiant Disorder and Conduct Disorder	9:00 - 9:45	Dr. Eman AlBoloushi	Expert 2.1.1.1.6, 4.1.4.1	Kaplan and Sadock Chapter 31.12d and 31.12e	
Psychopharmacologic al considerations in children and youth	10 - 10:45	Dr. Kostas	Expert 4.1.2, 2.1.1.7, 4.1.7	Kaplan and Sadock Chapter 31.18d and 31.18e	
OCD and Tourette syndrome	11 - 11:45	Dr. Eman AlBoloushi	Expert 2.1.1.1.5	Kaplan and Sadock Chapter 31.14, 31.8	
Elimination disorders	12- 12:45	Dr. Duoaa Abdullah		TBD	

Self study: Self study: Rutter's Child and Adolescent Psychiatry, sixth edition

Part IV: Clinical syndromes: neurodevelopmental, emotional, behavioral, somatic/body-brain

B: Emotional – OCD/ PTSD

Part III: Considering treatments – Pharmacological/medically led and related treatments.

**Tenth Month - first week of month (2/7/2026)**

Substance use disorders in elderly	9:00 - 9:45	Dr. Hussain AlShatti	Expert 2.1.1.1.8	Kapland and Sadock Chatper 33 - Alcohol and other substance use disorder.	
Anxiety disorders in elderly	10 - 10:45	Dr. Salem AlWatyran	Expert 2.1.1.1.1	Kapland and Sadock Chatper 33 - Anxiety disorder, OCD	
COGNITIVE TESTING: BEYOND THE MMSE	11 - 11:45	Dr. Hussain Al Sarraf	Expert 2.1.2.5, 3.7.1., 3.7.3, 3.7.4	TBD	

Self study: The American Psychiatric Association Publishing Textbook of Geriatric Psychiatry –
Chapter 12: Anxiety disorders
Chapter 6: Neuropsychological assessment
Chapter 17: Substance use

Eleventh Month first week of month (11/8/2026)

Eating disorders	9:00 - 9:45	Dr. Aseel AlIbrahim	Expert 4.1.4.1, 4.1.4.2, 4.1.5.3,	Kaplan and Sadock Chapter 15	
Anxiety disorders in children	10 - 10:45	Dr. Eman Albloushi	Expert 2.1.1.1.1	Kaplan and Sadock Chapter 31.13	
Family therapy	11 - 11:45	Dr Amthal AlMutairi	Expert 2.1.1.8.	Kaplan and Sadock Chapter 28.4	
CBT for children/adolescence	12- 12:45	Dr. Amthal AlMutairi		TBD	

Self study: **Self study:** Rutter's Child and Adolescent Psychiatry, sixth edition

Part III: Considering treatments – Cognitive-behavioral therapy, Family interventions.

Part IV: D-Somatic/body brain – Feeding and eating disorders