Kuwait Institute for Medical Specialization





Faculty of Psychiatry

كلية الطب النفسي

PGY4 Schedule - core curriculum

- 1. Academic day (every Thursday, unless mentioned otherwise) starts at 8 am in the resident's room (time can be adjusted with the tutor for better convenience). Every other week is followed by self-study and clinical interview skills.
- 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. The residents are expected to present the lectures under the supervision of the designated tutors. (CANMED scholar 3 and 4, leader 1.1)
- 4. Tutors can provide additional slides or summaries when appropriate when it serves the academic subject.
- 5. 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 the importance of subject. Electronic access will be provided to residents via the board website. The main reference is Kaplan and Sadock's synopsis edition 12. Articles and other references will be provided in PDF documents.
- 6. On the day of lectures, you will be expected to complete a Tutor's Evaluation Form for each lecture.
- 7. 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.
- 8. In case of unavailability of supervisors or presenting resident, the curriculum coordinator must be notified to arrange a substitute.
- 9. In case of academic day schedule change, it is expected that the residents will resume their work duty on that day.
- 10. Residents are asked to arrange their on-call schedules and duties. Avoid (if possible) night duty on Wednesdays for better preparation for academic day.

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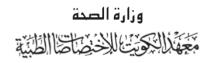
كلية الطب النفسي

Core Curriculum PGY4 lectures

Торіс	Time	Recommended Presenters	CaNMEDS objectives:	References	Tutor Signat ure
Week 1 (02/10	0/2025)				
Orientation Day	8-10.30 am				
Feedback to Program Director	10.30-1 1 am	Program Director and Faculty	Collaborator 1, 2 Leader 1	Resident and Tutor Manual 2019	
Resident to Resident Feedback	11-11.3 0 am	J			
Week 2 (10/10	0/2025)				
Introduction to DBT 1	8:00 - 9:00a m	Dr Athari Hyat Dr Waleed Murad	Medical Expert 4.1.5.2		
- Delirium, Acute Agitation in CL	10:00 - 12:00	Dr. Waleed Wasfy	Medical Expert 1.3.14 2.1.2.1.11 2.1.2.7 Collaborator	Kaplan and Sadocks synopsis Chapter 25.1 Chapter 3.1, Chapter 21 APA Practice Guideline Delirium 2025	
Week 3 (16/10	0/2025)				
Introduction to DBT 2	8:00 - 9:00a m	Dr Athari Hyat Dr Waleed Murad	Medical Expert 4.1.5.2		

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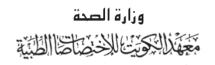




Faculty of Psyc	hiatry	J. K	I.M.S.	لية الطب النفسي	کا
Depression in Medical Settings + Case - The Shriveling	10:00 - 11:00 Am	Dr Najah AlEnezi	Medical Expert 1.3.14 2.1.1.7 2.1.1.8	- Kaplan and Sadocks synopsis Chapter 25	
Week 4 (23/10	0/2025)				
Introduction to DBT 3	8:00 - 9:00a m	Dr Athari Hyat Dr Waleed Murad	Medical Expert 4.1.5.2		
Post stroke syndrome	10 – 12 pm		Dr. Athari Salmeen	Medical Expert 1.3.14., 2.1.1.1.4.,3.5.3. 7.3.,3.7.4 UpToDate - Complications of stroke: An overview	
Week 5 (30/10	0/2025)				
Introduction to DBT 4	8:00 - 9:00a m	Dr Athari Hyat Dr Waleed Murad	Medical Expert 4.1.5.2		
Serotonin syndrome and Neuroleptic malignant syndrome	10 – 12 p	om	Dr. Waleed Wasfy	Medical Expert 4.1.7. UpToDate – Serotonin Syndrome, Neuroleptic Malignant Syndrome	

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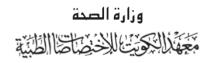


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Week 6 (06/1	1/2025)				
DBT Therapy 1	8:00 - 9:00a m	Dr Athari Hyat Dr Waleed Murad	Medical Expert 4.1.5.2		
R5 leadership residency experience and wellbeing	9:00 -10:00 Am	Dr Talal Sayed	Scholar 1 Professional 3.1, 3.2 Leader 2		
Week 7 (13/1	1/2025)				
DBT Therapy 2	8:00 - 9:00a m	Dr Athari Hyat Dr Waleed Murad	Medical Expert 4.1.5.2		
"The Difficult Patient" Attachment theory in the medically ill	10:00 - 12:00	Dr Mohammed AboZaid	Medical Expert 2.1.1.8.	- Kaplan and Sadocks synopsis Chapter 32	
Week 8 (20/1	1/2025)				
DBT Therapy 3	8:00 - 9:00a m	Dr Athari Hyat Dr Waleed Murad	Medical Expert 4.1.5.2		
Bedside Psychotherapy	11:00 – 12 Am	Dr Mohamed Mostafa	Medical Expert 1.3.14 2.1.1.7 2.1.1.8	- Kaplan and Sadocks synopsis Chapter 25	
Week 9 (27/11/2025)					
DBT Therapy 4	8:00 - 9:00a m	Dr Athari Hyat Dr Waleed Murad	Medical Expert 4.1.5.2		

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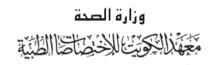




Faculty of Psyc	hiatry	K	I.M.S.	كلية الطب النفسي
 Neuropsychiat ric Syndromes HIV and AIDS Rapidly Progressive Dementias Encephalitis 	10:00 - 12:00	Dr. Abdullah Alozairi Dr Hussain AlSarraf	Medical Expert 2.1.1.1.7.	- Kaplan and Sadocks synopsis Chapter 3.2, 3.3, 3.4
Week 10 (04/	12/202	5)		
DBT Therapy 5	8:00 - 9:00a m	Dr Athari Hyat Dr Waleed Murad	Medical Expert 4.1.5.2	
Psychopharm acology in the Medically III	10:00 - 12:00	Dr Hamad AlSaffi	Medical Expert 2.1.1.7. 4.1.2., 4.1.7.	Kaplan and Sadocks synopsis Chapter 25
Week 11 (11/	12/202	5)		
DBT Therapy 6	8:00 - 9:00a m	Dr Athari Hyat Dr Waleed Murad	Medical Expert 4.1.5.2	
- Cardiac Psychiatry - Psychiatric Consultatio n for Diabetes - Psychiatric Care for Bariatrics and Obesity	10:00 - 12:00	Dr. Abdullah Alozairi Dr Hussain AlSarraf	Medical Expert 2.1.1.7.	Kaplan and Sadocks synopsis Chapter 25 UpToDate - Approach to managing increased risk for cardiovascular disease in patients with severe mental illness

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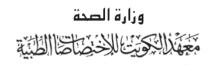


Faculty of Psychiatry

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Week 12 (18/	12/2025	5)			
DBT Therapy 7	8:00 - 9:00a m	Dr Athari Hyat Dr Waleed Murad	Medical Expert 4.1.5.2		
- Psychiatric Care of the Renal Patient - Psychiatric Care in Liver Disease	10:00 - 12:00	Dr Mohammed Mustafa	Medical Expert 2.1.1.7.	Kaplan and Sadocks synopsis Chapter 25	
Week 13 (25/	12/2025	5)			
DBT Therapy 8	8:00 - 9:00a m	Dr Athari Hyat Dr Waleed Murad	Medical Expert 4.1.5.2		
Neuropsychiatr y of TBI	10:00 - 12:00	Dr Al- Bahrani	Medical Expert 1.3.14.	- Kaplan and Sadocks synopsis Chapter 25	
Week 14 (08/	1/2026)				
DBT Therapy 9	8:00 - 9:00a m	Dr Athari Hyat Dr Waleed Murad	Medical Expert 4.1.5.2		
Feedback to residents and faculty	9:00 -10:00 am	Faculty			

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Faculty of Psychiatry KIMS				كلية الطب النفسي
Self-study: The Psychology Behind New Year's Resolutions That Work	8-11am		Scholar 1,2,3,4	Psychology Today; December 30, 2022 https://shorturl.at/ ehmtM
Week 15 (15/0	01/2026	6) Isra Wa M	iraj	
Week 16 (22/0	01/2026	6)		
DBT Therapy 10	8:00 - 9:00a m	Dr Athari Hyat Dr Waleed Murad	Medical Expert 4.1.5.2	
Behavioral changes with epilepsy	10 – 12 pm	Dr. Mohammad Ashkanani (PGY5 to join)	Medical Expert 1.3.14., 2.1.1.1.4.,3.5. 3.7.3.,3.7.4	UpToDate - Comorbidities and complications of epilepsy in adults
Week 17 (29/0	01/2026	5)		
DBT Therapy 11	8:00 - 9:00a m	Dr Athari Hyat Dr Waleed Murad	Medical Expert 4.1.5.2	
Somatoform Disorders, Body Dysmorphic Disorder, Factitious Disorder, and Malingering Psychoegenoc NonEplielptic Seizures and how to manage them	10:00 - 12:00	Dr Najah AlEnezi (PGY5 to join)	Medical Expert 2.1.2.1.11 2.1.1.7.	- Kaplan and Sadocks synopsis Chapter 25

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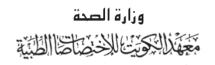
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Week 18 (05/0	02/2026	6)			
DBT Therapy 12	8:00 - 9:00a m	Dr Athari Hyat Dr Waleed Murad	Medical Expert 4.1.5.2		
Transplant Psychiatry Psycho- oncology	10:00 - 12:00	Dr. Abdullah Alozairi Dr. Hussain AlSarraf	Medical Expert 2.1.1.1.7.	Kaplan and Sadocks synopsis Chapter 25 UpToDate - Patients with cancer: Overview of the clinical features and diagnosis of psychiatric disorders	
Week 19 (12/0	02/2026	6)			
DBT Therapy 13	8:00 - 9:00am		Dr Athari Hyat Dr Waleed Murad	Medical Expert 4.1.5.2	
- Suicide Risk Assessment in the Medical Hospital	10:00 - 12:00	Dr Noura AlNouri	Medical Expert 1.3.8 4.4. 1.3.16	- Kaplan and Sadocks synopsis Chapter 28	
Week 20 (19/0 DBT Therapy 14	9-10am	6) Ramadan	Dr Athari Hyat Dr Waleed Murad	Medical Expert 4.1.5.2	

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Substance Use Disorders: The Psychological Theory	10-12	Dr Ammar Alsayegh	Medical Expert 2.1.1.1.8	- Kaplan and Sadocks synopsis Chapter 4	
Week 21 (26/0	02/2026	6) National a	nd Liberation	Day	
Week 22 (05/3	3/2026)				
DBT Therapy 15	9-10am		Dr Athari Hyat Dr Waleed Murad	Medical Expert 4.1.5.2	
Motivational Interviewing	9:00 - 10:00 am	Dr Hussain Alshatti	Medical Expert 4.1.5.3	-Kaplan and Sadocks synopsis -Motivational Interviewing, Third Edition:	
Week 23 (12/0	03/2026	6)			
DBT Therapy 16	9-10am		Dr Athari Hyat Dr Waleed Murad	Medical Expert 4.1.5.2	
Case Challenge: The Supernormal	10-12	Dr Ammar Alsayegh			
Week 24 (19/0	03/2026	6) Happy Eid			

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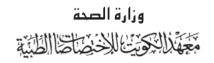
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Faculty of Psychiatry

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Week 25 (26/3	3/2026)				
Introduction to ECT Implementing ECT: A Practical Approach	10-11 11-12	PGY5 (Theory) + Dr Mohammad Bin Ali (Practical)	Medical Expert 1.3.26.1.	Kaplan and Sadocks synopsis Ch 22 CANMAT 2016 Section 4 Neurostimulation Treatments CANMAT 2023 Update	
Week 26 (2/4/	/2026)				
ECT- 1	8:00- 9:0	0am	ECT team	Medical Expert 5.2.2.	Observ ation
Other Neuromodula tion Therapies; rTMS	10-12p m	Dr. Aseel AlIbrahim	Medical Expert 1.3.26.2	Kaplan and Sadocks synopsis Ch 22 CANMAT 2016 Section 4 Neurostimulation Treatments CANMAT 2023 Update	
Week 27 (9/04	4/2026)				
ECT- 2	8:00- 9:0	0am	ECT team	Medical Expert 5.2.2.	Reside nt 1
Assessment of addiction and concurrent disorders	10:00 -12:00	Dr. Hussain Al- Shatti	Medical Expert 2.1.1.1.8.,1.3. 7.	UpToDate - substance use disorders: Clinical assessment	
Week 28 (16/0	Week 28 (16/04/2026)				
ECT- 3	8:00- 9:0	0am	ECT team	Medical Expert 5.2.2.	Reside nt 2

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Pharmacologi cal treatment of addiction: Alcohol Use Disorder	10:00 -12:00 am	Dr. Noura AlNouri	Medical Expert 2.1.1.1.8.,1.3.7.	Kaplan and Sadocks synopsis (Chapter 4, Section 4.2) - APA Practice Guidelines: Pharmacological Treatment of Patients with Alcohol Use Disorder (2018)	
Week 29 (23/0	04/2026	6)			
ECT- 4	8:00- 9:00am		ECT team	Medical Expert 5.2.2.	Reside nt 1
Pharmacologi cal treatment of addiction: Opioid Use Disorder	10:00 -12:00 am	Dr. Hussain Al-Shatti	Medical Expert 2.1.1.1.8.,1.3.7.	UpToDate - Substance use disorders: Training, implementation, and efficacy of treatment with contingency management, Opioid use disorder: Treatment overview	
Week 30 (30/0	04/2026	5)			
ECT- 5	8:00- 9:0	0am	ECT team	Medical Expert 5.2.2.	Reside nt 2
Feedback to residents and faculty	9-10 am	Faculty			
Case Challenge: The Anomaly	11-12p m	Dr. Noura AlNouri			

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Faculty of Psychiatry KIMS کلیة الطب النفسي					
Week 31 (07/05/2026)					
ECT- 6	8:00- 9:00am		ECT team	Medical Expert 5.2.2.	Reside nt 1
Feedback to residents and faculty	9-10 am	Faculty			
Psychosocial Models of Treatment for Substance Use Disorders	10-12p m	Dr Hamad AlSaffi + Addiction Psychologist	Medical Expert 2.4.11	- ASAM Criteria (Levels of Care) - Meta-Analytic Review of Psychosocial Interventions for SUD https://doi.org/10.1176/appi.ajp.2007.061	
Week 32 (16/0	05/2026	5)			
ECT- 7	8:00- 9:00am		ECT team	Medical Expert 5.2.2.	Reside nt 2
- Perinatal sychiatry I (Overview and Depression) - Perinatal Psychiatry II (Bipolar Disorder and Opiate Disorder	10:00 - 12:00 pm	Dr Aseel Al- Ibrahi m	Medical Expert 2.1.1.7.	- Kaplan and Sadocks synopsis Chapter 25	

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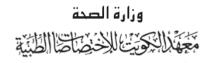
وزارة الصحة مَعِهُ لَالْكُونَيُّ اللِّذُنِيَّا الطَّلِيَّةِ

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Week 33 (21/05/2026)					
ECT- 8	8:00- 9:00am		ECT team	Medical Expert 5.2.2.	Reside nt 1
Case Challenge: The Charmer (Bipolar)	10:00 - 12:00		Dr Ammar Alsayegh		
Week 34 (28/05/2026) Eid Al-Adha					
Week 35 (04/0	06/2026	5)			
ECT- 9	8:00- 9:00am		ECT team	Medical Expert 5.2.2.	Reside nt 2
- Perinatal sychiatry III (Premenst rual dysphoria, postmenop ausal depression) - Domestic Violence	10:00 - 12:00 pm	Dr Aseel Al- Ibrahi m	Medical Expert 2.1.1.7.	- Kaplan and Sadocks synopsis Chapter 25	
Week 36 (11/06/2026)					
ECT- 10	8:00- 9:00am		ECT team	Medical Expert 5.2.2.	Reside nt 1

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SPMI (Severe Persistent Mental Illness): Schizophrenia -LAIs, treatment- resistance, clozapine Case Challenge: The Nihilist	10-12p m	Dr. Noura AlNouri	Medical expert 1.3.20.8, 1.3.24.1.	- Kaplan and Sadocks synopsis (Ch 5, 21.1) -Clozapine (Kane 1988) Guideline/ Checklist Clozapine (Correll 2022) https://doi.org/ 10.1007/ s40263-022-00932- 2 - TRS (Tihonen 2022) - AACP Clozapine	
Week 37 (18/06/2026)					
ECT- 11	8:00- 9:00am		ECT team	Medical Expert 5.2.2.	Reside nt 2
SPMI (Severe Persistent Mental Illness): Bipolar Disorder Pharmacological and Psychosocial Treatments	10-12p m	Dr. Ibrahim AlMazeedi	Medical expert 1.3.20.8, 1.3.24.1.	- Kaplan and Sadocks synopsis (Ch 5, 21.1) STEP-BD ~ clozapine and bipolar (Costa 2017) - Efficacy and tolerability of pharmacological interventions in Bipolar depression (Yildiz 2023)	
Week 38 (25/6/2026) New Hijri Hear					
Week 39 (02/7/2026)					
ECT- 12	8:00- 9:0	0am	ECT team	Medical Expert 5.2.2.	Reside nt 1

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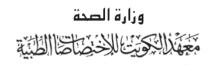


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Faculty of Psychiatry النفسي Faculty of Psychiatry					کا	
SPMI (Severe Persistent Mental Illness): Managing Side Effects, Measurement Based Care	10-12p m	Dr. Waleed Wasfy	Medical expert 4.1.4.,	- Kaplan and Sadocks synopsis (Ch 21.1, 21.2,21.3, 21.6) Antipsychotics weight gain (Stogies 2023) https://doi.org/10.1007/s11920-023-01458-0 Canadian Guidelines for TD (2019)		
Week 40 (09/0	Week 40 (09/07/2026)					
ECT- 13	8:00- 9:00am		ECT team	Medical Expert 5.2.2.	Reside nt 2	
SPMI (Severe Persistent Mental Illness): Depression (TRD), Esketamine	10-12p m	Dr. Ammar AlSayegh	Medical expert 1.3.20.4.	- Kaplan and Sadocks synopsis (Ch 7) - CANMAT Ketamine Guidelines 2020		
Week 41 (16/0	07/2026	5)				
SPMI (Severe Persistent Mental Illness): Negative and Cognitive Symptoms Recovery- oriented Care Psychosocial Intevrentions: EI, ACT, CTO's	10-12p m	Dr. Noura AlNouri	Medical expert 1.3.12., 2.3	- Negative Symptoms in Schizophrenia (Correll 2020) - MHCC Guidelines for Recovery- oriented practice		

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Week 42 (23/07/2026)					
Sleep medicine	10- 12 pm	Dr. Suilman Khadada	Medical Expert 2.1.2.1.10.	UpToDate - Approach to abnormal movements and behaviors during sleep, Overview of circadian rhythm sleep-wake disorders	
Week 43 (30/0	07/2026	5)			
Attend day care program				Health Advocate 4.5. Collaborator 1.5.	
Week 44 (06/08/2026)					
Attend day care program Health Advocate 4.5. Collaborator 1.5.					
Week 45 (13/08/2026)					
Attend day care program				Health Advocate 4.5. Collaborator 1.5.	
Week 46 (20/08/2026)					
				Health Advocate 4.5. Collaborator 1.5.	
Week 47 (27/08/2026)					
Extra Lecture					