

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.



Core Curriculum PGY4 lectures

Topic	Time	Recommended Presenters	CaNMEDS objectives:	References	Tutor Signature
Week 1 (02/10/2025)					
<u>Orientation Day</u>	8-10.30 am	Program Director and Faculty	Collaborator 1, 2 Leader 1	Resident and Tutor Manual 2019	
<u>Feedback to Program Director</u>	10.30-11 am				
<u>Resident to Resident Feedback</u>	11-11.30 am				
Week 2 (10/10/2025)					
<u>Introduction to DBT 1</u>	8:00 - 9:00am	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 (16/10/2025)					
<u>Introduction to DBT 2</u>	8:00 - 9:00am	Dr Athari Hyat Dr Waleed Murad	Medical Expert 4.1.5.2		



<u>Depression in Medical Settings</u> <u>+ Case - The Shriveling</u>	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 (23/10/2025)					
<u>Introduction to DBT 3</u>	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 (30/10/2025)					
<u>Introduction to DBT 4</u>	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 pm	Dr. Waleed Wasfy	Medical Expert 4.1.7. UpToDate – Serotonin Syndrome, Neuroleptic Malignant Syndrome		



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



- <u>Neuropsychiatric Syndromes</u> - <u>HIV and AIDS</u> - <u>Rapidly Progressive Dementias</u> - <u>Encephalitis</u>	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 (04/12/2025)					
<u>DBT Therapy 5</u>	8:00 - 9:00a m	Dr Athari Hyat Dr Waleed Murad	Medical Expert 4.1.5.2		
<u>Psychopharmacology in the Medically Ill</u>	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 (11/12/2025)					
<u>DBT Therapy 6</u>	8:00 - 9:00a m	Dr Athari Hyat Dr Waleed Murad	Medical Expert 4.1.5.2		
- <u>Cardiac Psychiatry</u> - <u>Psychiatric Consultation for Diabetes</u> - <u>Psychiatric Care for Bariatrics and Obesity</u>	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	

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



<u>Self-study:</u> <u>The</u> <u>Psychology</u> <u>Behind New</u> <u>Year's</u> <u>Resolutions</u> <u>That Work</u>	8-11am		Scholar 1,2,3,4	Psychology Today; December 30, 2022 https://shorturl.at/ehmtM	
Week 15 (15/01/2026) Isra Wa Miraj					
Week 16 (22/01/2026)					
<u>DBT Therapy 10</u>	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 (29/01/2026)					
<u>DBT Therapy 11</u>	8:00 - 9:00a m	Dr Athari Hyat Dr Waleed Murad	Medical Expert 4.1.5.2		
<u>Somatoform</u> <u>Disorders, Body</u> <u>Dysmorphic</u> <u>Disorder,</u> <u>Factitious</u> <u>Disorder, and</u> <u>Malingering</u> <u>Psychoegenoc</u> <u>NonEplielptic</u> <u>Seizures and</u> <u>how to manage</u> <u>them</u>	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	



Week 18 (05/02/2026)					
<u>DBT Therapy 12</u>	8:00 - 9:00am	Dr Athari Hyat Dr Waleed Murad	Medical Expert 4.1.5.2		
<u>Transplant Psychiatry</u> <u>Psycho-oncology</u>	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 (12/02/2026)					
<u>DBT Therapy 13</u>	8:00 - 9:00am		Dr Athari Hyat Dr Waleed Murad	Medical Expert 4.1.5.2	
- <u>Suicide Risk Assessment in the Medical Hospital</u>	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 (19/02/2026) Ramadan Schedule					
<u>DBT Therapy 14</u>	9-10am		Dr Athari Hyat Dr Waleed Murad	Medical Expert 4.1.5.2	

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



Week 25 (26/3/2026)				
<u>Introduction to ECT</u>	10-11	PGY5 (Theory) + Dr Mohammad Bin Ali	Medical Expert 1.3.26.1.	Kaplan and Sadocks synopsis Ch 22
<u>Implementing ECT: A Practical Approach</u>	11-12	(Practical)		CANMAT 2016 Section 4 Neurostimulation Treatments CANMAT 2023 Update
Week 26 (2/4/2026)				
ECT- 1	8:00- 9:00am	ECT team	Medical Expert 5.2.2.	Observation
Other Neuromodulation Therapies; rTMS	10-12pm	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 (9/04/2026)				
ECT- 2	8:00- 9:00am	ECT team	Medical Expert 5.2.2.	Resident 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 (16/04/2026)				
ECT- 3	8:00- 9:00am	ECT team	Medical Expert 5.2.2.	Resident 2



Pharmacological 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 (23/04/2026)					
ECT- 4	8:00- 9:00am		ECT team	Medical Expert 5.2.2.	Resident 1
Pharmacological 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 (30/04/2026)					
ECT- 5	8:00- 9:00am		ECT team	Medical Expert 5.2.2.	Resident 2
<u>Feedback to residents and faculty</u>	9-10 am	Faculty			
Case Challenge: The Anomaly	11-12p m	Dr. Noura AlNouri			



Week 31 (07/05/2026)					
ECT- 6	8:00- 9:00am		ECT team	Medical Expert 5.2.2.	Resident 1
<u>Feedback to residents and faculty</u>	9-10 am	Faculty			
<u>Psychosocial Models of Treatment for Substance Use Disorders</u>	10-12pm	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.2007.06111851	
Week 32 (16/05/2026)					
ECT- 7	8:00- 9:00am		ECT team	Medical Expert 5.2.2.	Resident 2
- <u>Perinatal psychiatry I (Overview and Depression)</u> - <u>Perinatal Psychiatry II (Bipolar Disorder and Opiate Disorder)</u>	10:00 - 12:00 pm	Dr Aseel Al-Ibrahimi	Medical Expert 2.1.1.7.	- Kaplan and Sadocks synopsis Chapter 25	

Week 33 (21/05/2026)				
ECT- 8	8:00- 9:00am	ECT team	Medical Expert 5.2.2.	Resident 1
<u>Case Challenge:</u> The Charmer (Bipolar)	10:00 - 12:00	Dr Ammar Alsayegh		
Week 34 (28/05/2026) Eid Al-Adha				
Week 35 (04/06/2026)				
ECT- 9	8:00- 9:00am	ECT team	Medical Expert 5.2.2.	Resident 2
- <u>Perinatal sychiatry III (Premenstrual dysphoria, postmenopausal depression)</u> - <u>Domestic Violence</u>	10:00 - 12:00 pm	Dr Aseel Al-Ibrahim	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.	Resident 1



<u>SPMI (Severe Persistent Mental Illness):</u> <u>-LAIs, treatment-resistance, clozapine</u> <u>Case Challenge:</u> <u>The Nihilist</u>	10-12pm	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.	Resident 2
<u>SPMI (Severe Persistent Mental Illness):</u> <u>Bipolar Disorder Pharmacological and Psychosocial Treatments</u>	10-12pm	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- 9:00am		ECT team	Medical Expert 5.2.2.	Resident 1



<u>SPMI (Severe Persistent Mental Illness): Managing Side Effects, Measurement Based Care</u>	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 (09/07/2026)					
ECT- 13	8:00- 9:00am		ECT team	Medical Expert 5.2.2.	Reside nt 2
<u>SPMI (Severe Persistent Mental Illness): Depression (TRD), Esketamine</u>	10-12p m	Dr. Ammar AlSayegh	Medical expert 1.3.20.4.	- Kaplan and Sadocks synopsis (Ch 7) - CANMAT Ketamine Guidelines 2020	
Week 41 (16/07/2026)					
<u>SPMI (Severe Persistent Mental Illness): Negative and Cognitive Symptoms</u> <u>Recovery-oriented Care</u> <u>Psychosocial Interventions: EL, ACT, CTO's</u>	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	

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 (30/07/2026)					
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)					
Attend day care program				Health Advocate 4.5. Collaborator 1.5.	
Week 47 (27/08/2026)					
<u>Extra Lecture</u>					