

Position Statement on the Provision of Psychotherapy for Psychiatric Residents

Approved by the Board of Trustees, September 2009

Reaffirmed by the Board, December 2014

Approved by the Assembly, May 2009

Reaffirmed by the Assembly, November 2014

"Policy documents are approved by the APA Assembly and Board of Trustees...These are...position statements that define APA official policy on specific subjects..." – *APA Operations Manual*.

The American Psychiatric Association affirms that training programs have a responsibility to advocate to ensure psychiatric residents have access, within the limits of what is available in the community, to affordable, private and confidential psychiatric services, including individual psychotherapy, on a par with all other medical services. If provided within the resident's training program, such therapy should not be carried out by a therapist with a supervisory or evaluative role. Without reducing training or clinical care requirements, residents should have protected time to pursue psychotherapy, while facing no stigmatizing or discriminatory consequences.