The following Individualized Training Plan template is a product of the Research Resident Training Program, Department of Psychiatry, University of California, San Francisco, School of Medicine.
Individual Training Plan (ITP)
UCSF Psychiatry Research Resident Training Program (RRTP)

Instructions to Mentees:
Please complete this form yearly and give a copy to your career mentor before your mentoring session. Please attach a copy of your CV, with relevant publications, presentations, and awards.

Instructions to Mentors:
Please review the mentee’s CV and this form prior to meeting your mentee.

Date:

Mentee Name:

Career Mentor Name:

Research Advisor Name:

Major clinical interest: ____________________________________________

Major research focus: ____________________________________________

Child? Yes____ No____

Advanced training:

PhD Yes___ No___ Area______________________________

MPH Yes___ No___ Area______________________________

MS Yes___ No___ Area______________________________

Other: Yes___ No___ Area______________________________
Future Professional Goals

Short Term Goals (e.g., post doc, K award, etc)
List your professional goals for the next 5 years. Be as specific as possible.

1. Goal:

2. Goal:

3. Goal:

Long Term Goals (Academic research career, industry, % time in research vs clinical, etc)
List your long term (e.g., next 10 years) professional goals. Again, be specific.

1. Goal:

2. Goal:

3. Goal:

Work Life Balance Considerations (e.g., family, location, etc)
PGY 2 year:

Time Allocation as determined by RTP/RRTP:

Research home clinic at VA=4 hrs/wk research time
Delaying family therapy to 4th year=4 hrs/wk research time (optional)

Clinical needs:

VA 1st half of year Y_____ N_______

Home clinics (choose one in addition to PTSD and SA):

PTSD required
Substance Abuse required
HIV/AIDS
Mood Disorders
Telepsychiatry
Women’s Health
Geriatric Mood Assessment
Community
Addictions
Research

Family therapy in this year? Y_____ N_______

Research home clinic? Y_____ N_______

Research needs:

Training in Clinical Research (TICR) course?

Yes______ No_______ N/A_________

Ethical conduct of research (CITI course) taken? (required)

Ethical treatment of animals Yes______ No_______ N/A_________

Other:
Apply to RRTP in spring (Usually January)

RRTP Goals
List your professional goals for the coming year. Be as specific as possible, and indicate how you will assess if the goal was accomplished (expected outcome).

1. Goal:

   Expected outcome:

2. Goal:

   Expected outcome:

Long Term Goals
List your professional goals for the RRTP (next 2-3 years). Again, be specific, and indicate how you will assess if the goal was accomplished.

1. Goal:

   Expected outcome:

2. Goal:

   Expected outcome:
PGY 3 year:

Time Allocation as determined by RTP/RRTP:

30% Research  
70% Clinical Care/Didactics  

Based on a 40 hour week of scheduled activities (not counting administrative time such as paperwork) 

All day Monday and Friday afternoon blocked for research time 

Clinical needs:

Specialty clinics:

Anxiety  
Depression  
WMH  
Geriatrics  
Psychosis  

Research needs:

TICR course?  Yes_______  No_______  N/A__________  

Ethical conduct of research (CITI course) (required) taken? 

Ethical treatment of animals  Yes_______  No_______  N/A__________  

Training needs (be specific and also identify how you will achieve these training needs, specific courses, etc): 

Statistics:

Clinical research methods:

Technical or other research skills needed:

Travel?  Y_____  N_______  

Timing/length:
RRTP Goals
List your professional goals for the coming year. Be as specific as possible, and indicate how you will assess if the goal was accomplished (expected outcome).

1. Goal:

   Expected outcome:

2. Goal:

   Expected outcome:

Long Term Goals
List your professional goals for the RRTP (next 1-2 years). Again, be specific, and indicate how you will assess if the goal was accomplished.

1. Goal:

   Expected outcome:

2. Goal:

   Expected outcome:
PGY 4 year:

Time Allocation as determined by RTP/RRTP:

75-90% Research
10-25% Clinical Care/Didactics (including family therapy if delayed)

Clinical needs:

Family therapy in this year? Y______  N______

Training needs (be specific and also identify how you will achieve these training needs, specific courses, etc):

Statistics:

Clinical research methods:

Technical or other research skills needed:

Travel?

Presentations?

RRTP Goals
List your professional goals for the coming year. Be as specific as possible, and indicate how you will assess if the goal was accomplished (expected outcome).

1. Goal:

   Expected outcome:

2. Goal:

   Expected outcome:
Long Term Goals
List your professional goals for the next 3-5 years. Again, be specific, and indicate how you will assess if the goal was accomplished.

1. Goal:
   
   Expected outcome:

2. Goal:
   
   Expected outcome: