



Poynter Hall – Home of the Department of Psychiatry

W.I.S.E.

Department of Psychiatry Residency Program

Meet Our Team



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At UNMC, there are four pillars:

Wellness

Interprofessional Education

Subspecialty Clinical Experiences

Experiential Learning in Psychotherapy

These key pillars will distinguish our training and characterize our educational philosophy. Our WISE residents will not only have excellent clinical and didactic training but will also be able to work effectively in diverse healthcare delivery systems while managing personal well-being.



Wellness

We recognize the importance of wellness in the curriculum for trainees and the future care they provide patients. In the first-year curriculum, residents will receive formal didactics in Stress Management and Resiliency Training (SMART), a novel and evidence-based program from the Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital. Also, each class will select a faculty advisor and advocate who meets with the class for lunch once a month to discuss nonclinical issues and help further advocate for residents.

Interprofessional and Interconnected Education

Interprofessional education and public engagement define our training relationships. Future psychiatrists will undoubtedly work in multidisciplinary settings and teams. As such, training will be intentionally conducted with other learners and instructors from allied health, social work, psychology, nursing, and other specialties. Our training program will encompass clinical work in these areas along with serving our rural and underserved citizens.

Subspecialty Clinical Experiences

Residents will have ample opportunities to work with faculty who have subspecialty expertise in Reproductive Psychiatry, Anxiety Disorders, Geriatric Psychiatry, Child and Adolescent Psychiatry, and other areas. Specialized clinics are led by several board-certified faculty members, most with fellowship training in areas of expertise. Residents will also have an immersive experience in Community and Rural Psychiatry, Addiction Psychiatry, ECT, and numerous elective opportunities.

Experiential Learning in Psychotherapy

Residents in our program will have direct experience in the powerful and disease-changing properties of evidence-based psychotherapy. Beginning in the second year, trainees will enter a half-day Psychotherapy Clinic focused on Cognitive Behavioral Therapy (CBT) and Dialectical Behavioral Therapy (DBT) in individual and group settings. Our trainees will receive individual and group supervision to ensure growth in skills and mastery in delivering high-quality psychotherapy.

For information on the psychiatry residency program, visit unmc.edu/psychiatry

Email us at: psychresidency@unmc.edu

Or follow us on Twitter [@unmcpsychiatry](https://twitter.com/unmcpsychiatry)

