# Mayo Clinic Psychosomatic Medicine Fellowship – Rotation Schedule for Fellows (13 blocks of 4 weeks)

## Sample yearly schedule

### Block rotations – daily, usually mornings

<table>
<thead>
<tr>
<th>Block</th>
<th>Rotation</th>
<th>Site %</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>OP Behav Med</td>
<td>1 60%</td>
</tr>
<tr>
<td>2</td>
<td>IP C/L</td>
<td>2 60%</td>
</tr>
<tr>
<td>3</td>
<td>OP Behav Med</td>
<td>1 60%</td>
</tr>
<tr>
<td>4</td>
<td>Elective 1</td>
<td>1-3 60%</td>
</tr>
<tr>
<td>5</td>
<td>IP C/L</td>
<td>2 60%</td>
</tr>
<tr>
<td>6</td>
<td>IP Med Psych</td>
<td>3 60%</td>
</tr>
<tr>
<td>7</td>
<td>Elective 2</td>
<td>1-3 60%</td>
</tr>
<tr>
<td>8</td>
<td>IP C/L</td>
<td>2 60%</td>
</tr>
<tr>
<td>9</td>
<td>IP/OP Trans Psych</td>
<td>1-2 60%</td>
</tr>
<tr>
<td>10</td>
<td>Elective 3</td>
<td>1-3 60%</td>
</tr>
<tr>
<td>11</td>
<td>IP C/L</td>
<td>2 60%</td>
</tr>
<tr>
<td>12</td>
<td>OP Behav Neuro</td>
<td>1 60%</td>
</tr>
<tr>
<td>13</td>
<td>Elective 4</td>
<td>1-3 60%</td>
</tr>
</tbody>
</table>

### Continuity experiences and dedicated educational time – weekly, four afternoons per week (40% total)

- **Continuity care** – (1) Collaborative primary care team – Integrated Behavioral Health, 10% (site 1)
- **Continuity care** – (2) Collaborative tertiary care teams – Behavioral Medicine Program, 10% (site 1)
- **Dedicated academic time** – didactics, global supervision, and self-directed learning, 10% (site 1)
- **Scholarly activity/quality improvement project**, 10% (site 1)

## Sample weekly schedule

<table>
<thead>
<tr>
<th>Day</th>
<th>Mon</th>
<th>Tues</th>
<th>Weds</th>
<th>Thurs</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td>AM 8am-12pm or 8am-1pm</td>
<td>AM assignment from above</td>
<td>AM assignment from above</td>
<td>AM assignment from above</td>
<td>AM assignment from above</td>
<td>AM assignment from above</td>
</tr>
<tr>
<td>PM 1-4pm or 2-5pm</td>
<td>IBH 1° care continuity</td>
<td>BMP 3° care continuity</td>
<td>Dedicated academic time</td>
<td>Elective 5</td>
<td>Scholarly activity (QI/research)</td>
</tr>
<tr>
<td>Late PM 4-5pm</td>
<td>AM follow-up (hospital services)</td>
<td>AM follow-up (hospital services)</td>
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<td>AM follow-up (hospital services)</td>
<td>AM follow-up (hospital services)</td>
</tr>
</tbody>
</table>

### Rotation codes:
- **OP Behav Med**: Behavioral Medicine Program
- **IP C/L**: Inpatient Psychiatric Consultation-Liaison Service
- **IP Med Psych**: Inpatient Medical Psychiatry Unit
- **OP Beh Neuro**: Outpatient Behavioral Neurology
- **IP/OP Trans Psych**: Psychiatric Transplantation Service

### Site codes:
- 1: Mayo Clinic – outpatient clinics
- 2: Mayo Clinic Hospital – Rochester (St. Mary’s and Methodist campuses)
- 3: Mayo Clinic Hospital – St. Mary’s campus, Generose Building
Mayo Clinic Psychosomatic Medicine Fellowship – Elective options

*Psychosomatic medicine / Clinical health psychology*
- Pain Rehabilitation Center
- Psycho-oncology – Cancer Stress Management Program
- Transgender/Gender Identity Clinic
- Weight Management/Obesity – Endocrinology, Surgery, and Clinical Health Psychology Clinics
- Women’s Health

*Clinical neurosciences*
- Neuropsychological and Psychological Testing
- Neuroradiology

*Other psychiatric subspecialities*
- Addiction psychiatry
- Child and adolescent psychiatry
- Depression Center
- Geriatric psychiatry
- Neuromodulation (electroconvulsive therapy, transcranial magnetic stimulation, deep brain stimulation)

*Other medical services*
- Chronic Fatigue and Fibromyalgia Program
- Functional GI Disorders – GI Clinic, Motility Laboratory, and Pelvic Floor Training Program
- Functional Neurologic Spells – Epilepsy Clinic, EEG Laboratory, Epilepsy Monitoring Unit
- Functional Movement Disorders – Movement Disorders Clinic, Movement Disorders Laboratory and Behavioral Shaping Therapy Program
- Functional Vestibular Disorders – Neuro-otology Clinics, Vestibular Laboratory, Vestibular Rehabilitation
- Palliative Care & Hospice Service
- Physiatry – Inpatient Rehabilitation Unit (brain rehabilitation and general physical medicine services)

*Related non-medical services*
- Ethics Consultation Service (generally combined with Palliative Care)
- Chaplain’s Consultation Service

*Research*
- Research education: Introductory and advances courses in statistics, project design, etc.
- Research experience: Year-long basic science, clinical, or health sciences research project

*Individualized electives*
- Other medical or surgical specialty or subspecialty setting (approved by training committee)