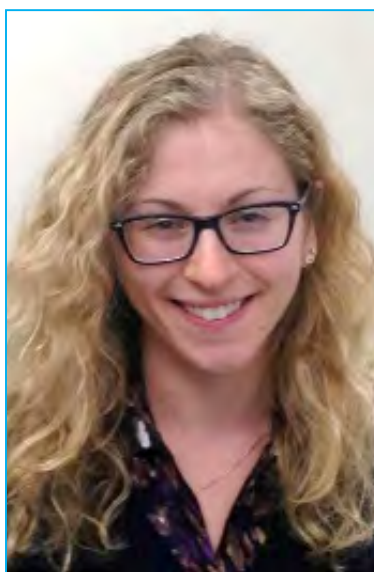


Illustrating Life at Mount Sinai as a Psychiatry Resident PGY-3



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My Background

Hello, applicants! My name is Linda, and I was raised in Orange, CT by my parents (a podiatrist and a Polish physicist), along with some sisters, dogs, and a flock of overweight backyard chickens. Most of my free time during childhood and adolescence was spent gallivanting around the U.S. and other countries with various singing groups. I went to college at the University of Connecticut, where I split my time between running a spunky women's a cappella group, playing with stem cells, and sometimes studying. I graduated from UConn summa cum laude with a B.S. in Molecular & Cell Biology. From there I decided to branch out beyond the great state of Connecticut, and I chose to attend medical school at the Mayo Clinic in blustery Rochester, MN. To stay balanced during medical school, I taught myself to play the ukulele and spent hours each week playing and singing for patients around the hospital. Some of these concerts took place in the psychiatric hospital, where I eventually discovered and fell in love with the field of psychiatry.

Why I Chose Mount Sinai

To be completely honest, I initially had no interest in coming to NYC for residency. I had never lived in a big city, and I thought there was no way I would enjoy or be able to afford living in THE big city. However, I knew about the strength of Sinai's Psychiatry residency from the professional grapevine, and I just had to apply. On the day of my interview, I emerged from the subway and saw beautiful Central Park right in front of me. Birds were chirping, children were playing...the only thing missing was a rainbow. This was not the NYC that I had imagined! The interview day confirmed the rumors that I had heard. Mount Sinai was an exceptional program. The residents I met appeared to be very happy, well-adjusted people, who worked hard but still found time to enjoy the city and maintain their hobbies. I found out that most of them lived in nice, affordable, subsidized housing, a concept akin to finding a unicorn in NYC. The program directors were kind and charismatic, cracking jokes that made them seem human despite formidable academic resumes. I found out that the curriculum allows for career exploration early on in residency – Forensics and Child Psychiatry are built into the intern year – and it especially caters to those interested in Child Psychiatry, giving the option of doing inpatient Pediatrics intern year instead of Internal Medicine. In the end I chose Sinai because I felt that I could develop my professional skills in a renowned, yet warm and supportive program. The icing on the cake was that Mount Sinai is located in (and I may be biased here...) the greatest city on earth.

My Schedule and Life as a Third-Year Resident

As a PGY-3, I get the benefit of working 100% in the outpatient setting (aside from call). I make my own schedule for the most part, and I get to work with patients in the child psychiatry clinic, the regular adult clinic, and the geriatric psychiatry clinic. That means I generally get to wake up slow, walk my dog in beautiful Central Park, enjoy some coffee while perusing patient charts from home to prepare for the day, and THEN go to work. As PGY-3's, my co-residents and I take overnight call in the Psychiatric Emergency Room, which is a great experience that allows us to practice our skills while having an attending on site to guide us as needed. Didactics are one full day per week, and in the PGY-3 year, the focus is on enhancing our knowledge of psychopharmacology and teaching us how to do different types of therapy. We have amazing therapy teachers who are experts in their fields, and we benefit from being systematically taught about CBT, DBT, and psychodynamic psychotherapy, among others. For those who are interested in learning more about psychodynamic therapy, Mount Sinai has a relationship with the New York Psychoanalytic Society & Institute, and we can do a free one-year fellowship as PGY-3's to learn more about this modality. Now that I am a PGY-3, I also get to participate in some electives. I have chosen to do extra training in couples and family therapy, as well as an elective with ABC News focusing on medical reporting. And, I had the wonderful experience of receiving a fellowship award from the APA recognizing future leaders of psychiatry. Overall I am enjoying broadening my psychiatric horizons and gathering as much knowledge as I can during residency! Would I choose this program again? Absolutely.