



Welcome from the Residency Program Director Jason Curry, DO

“Should I apply to the University of Arizona College of Medicine – Tucson Psychiatry Residency?” That is a fair question. Perhaps the question can be better. Because the quality of our lives is not dictated by the quality of our answers, but rather by the quality of our questions.

Consider the difference between the following two questions:

- *What does it take to be a good psychiatrist?*
- *What am I doing to perform psychiatry exceptionally well?*

These questions query the same content, but they can be contextualized very differently. The context of the first question is framed as if the answer is outside of us and that something must be taken, rather than given, to be worthy. Whereas the second question places the ability to be influential and exceptional firmly within us. Asking ourselves the second question rather than the first improves the quality of the outcome because it empowers us to understand that we are the prime movers creating exceptional outcomes.

Training in residency is hard. Not because it *must* be hard; it is not necessary that the work is challenging. Instead, it is naturalistically hard. Quite naturally when the work is done with passion, purpose and intention — it is hard. Quite naturally in the service of the healing of others and dealing with problems of profound proportions, like matters of life and death — the work is hard.

The role of a residency program is not to make the work easy. Instead, it is to help our trainees understand they can meaningfully do hard things. I believe this because:

1. I believe our residents can be great in what they aspire to do, and one gets to be great through meeting adversity with openness and vigor.
2. I know our educational community will support one another, so none of us need to face hard things alone.

Our community at the University of Medicine College of Medicine – Tucson understands: *The healthier the physician, the healthier the community they serve. The more we better ourselves, the greater benefit we can provide to others.*

This is why our residents, staff and faculty actively take on roles as political advocates, community builders and volunteers, selected members in organizational medical, ethical and operational committees, and champions in quality improvement and collective wellness projects. Further, this philosophy of self-betterment in the service of helping others is exemplified by the following excerpt from our program’s training manual:

“The culture of the program is such that certain elemental truths are held and honored. In all facets of your life, you, the resident, are a human being first. The wise, gratifying, healthy and sustainable pursuit of physician training toward the practice of psychiatry must be a mindful and soulful expression of your humanity and performed in this order — not in its reverse. You are a human being first, performing psychiatry as an expression of your humanity. You are not a physician first and a human being second. We understand that being a resident is a difficult and, at times, stressful journey. Resources and mechanisms are in place to help you care for your personal needs, to promote your successful development as a competent, skillful and caring physician.”

In living this philosophy, the program’s goal is to enable residents to develop expansive skills to effectively practice psychiatry in a multitude of settings. Residents develop these skills through caring for diverse patients across numerous clinical rotations. These settings include academic, community, federal, private, residential, emergency, tribal health care, collaborative care and subspecialty care. Also, there is the ability to further one’s residency training in subspecialty or practice specific tracks, such as: perinatal care, health care disparities, child & adolescent psychiatry, research and medical education, and through our supplemental training programs, including geriatric psychiatry, addiction medicine, integrative psychiatry and medical leadership. This approach is designed to teach residents the fundamental skills required for [American Board of Psychiatry and Neurology](#) (ABPN) certification and practice in general psychiatry, while encouraging residents to develop their own unique style of excellent medical care.

As a result, immediately following residency, our graduates end up in diverse and desirable jobs and competitive fellowship positions. Many graduates stay in the local community; some even remain in our department — either as a fellow or are hired as faculty. Our graduates utilize their skills to practice not only as physicians, but as leaders, educators, entrepreneurs, administrators, policymakers, volunteers, patient advocates, artisans and more.

Our residency continues to strive, together, in the hard work and we continue to welcome new people — with new ideas and new questions — to our community. Please review our residency website for more information about the program and how to apply.

*Now, instead of asking yourself, “What am I waiting for?”
ask yourself: “What commitment will I make to pursue my
passions in a community that welcomes me?”*

Thank you for your consideration. May life continue to bring you better questions and abundant blessings.

— Jason Curry, DO

A handwritten signature in black ink that reads "Jason Curry" followed by a stylized "DO" in a circle.

Associate Clinical Professor, Psychiatry
Vice Chair, Education
Program Director, Psychiatry Residency Program
University of Arizona College of Medicine – Tucson