

5 Questions with... Dr. Brad Booth



uOttawa



1. Why did you pursue an academic promotion?

Frankly, I was pressured by our previous Chair (Dr. Kathy Gilles)! That said, I am grateful for her encouragement as well as the support of Dr. Pajer. It is nice to have your scholarly work recognised by your peers and in many parts of my practice, academic rank speaks to credibility. This can be helpful in my advocacy for patients and systems.

2. Is promotion really important?

Yes, it is. Sure, it feels good to earn a promotion in rank but it is really important for Psychiatry. Having Faculty engaged in scholarly work that is used, respected and translated on multiple levels emphasises the value and role of psychiatry in the University and the health care system. Our work is hard and, for me, there is something about promotion that re-fills my cup a bit - I am really grateful.

3. Is there anything unique about uOttawa with respect to promotion?

Well, academic promotion isn't a big part of our culture in psychiatry. When I do reviews at other institutions or in other faculties, it is clear that promotion is a valued component of clinical and leadership development. In some places, promotion is a critical part of the renewal of your academic and clinical appointment. There are so many people in our community doing world-class work in education and clinical care. I think it is important to recognise their talent and hard work - it inspires others to do the same.

4. Any tips or suggestions for others considering promotion?

First, those of us who have been promoted have a great opportunity to champion its value across the department. Simply put, we can advocate the value of recognizing each other's good work and spreading the value beyond the department.

Second, we have a wealth of resources to help - I had lots of support and advice from Drs. Gilles, Pajer, Gray and Swenson. I also found the promotion workshops offered by the Faculty of Medicine practical.

Third, for 'self-doubters' like me, I'd invite people to talk to me or anyone else who has been through the promotion process. We can demystify things and offer advice, guidance and feedback. I'd also encourage people to recognize that promotion helps advance the profession which, in turn, serves patients well. After all, everything we do is for the best interest of our patients, including seeking academic promotion.

5. Any other thoughts?

Well, I think it is important for us to remember that our work makes a difference. The vast majority of our patients do very well, in fact. It can be easy to forget our successes as we focus on our challenges. Keeping both in mind can be valuable.

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DR. BRAD BOOTH

is a forensic psychiatrist with the Royal Ottawa Health Care Group. He provides national leadership as the Chair of Forensic Psychiatry at the Royal College of Physicians and Surgeons of Canada (RCPSC), as a senior examiner in general Psychiatry at the RCPSC, and as the President of the Canadian Academy of Psychiatry and the Law. Brad provides frequent independent evaluations for the courts in both the criminal and civil realms, in addition to psychiatric treatment for individuals with psychosis, sexual issues, anxiety and depression. The Department is delighted that the Faculty of Medicine promoted him to the rank of Associate Professor.

This article was co-created by Drs. Derek Puddester and Brad Booth. We plan to celebrate members of our Faculty community in future issues of Mental Health Matters as part of the Joy in Work initiative. Feel free to suggest colleagues for a “Five questions with...” profile by sending a short note to Jesse.Ogle@TheRoyal.ca