



June 5, 2020

Dr. Rachel Grimminck
Psychiatrist
University of Calgary
Calgary, AB

Re: 2019-2020 PARA Clinical Teaching Award Honourable Mention – University of Calgary

Dear Dr. Grimminck:

The Professional Association of Resident Physicians of Alberta (PARA) is pleased to inform you that you have received an Honorable Mention for the 2019-2020 *PARA Clinical Teaching Award* for the University of Calgary. This award recognizes physician preceptors who have shown excellence in resident physician education.

This is what your nominators shared about your commitment to medical education:

“Dr. Grimminck consistently goes above and beyond for her patients and serves in multiple realms of psychiatry, including in the settings of inpatient units, the emergency department, and in psychotherapy. She treats all patients with respect, dignity, and unconditional positive regard which results in a therapeutic alliance that promote positive changes in their lives and mental wellbeing. She is also an avid and dedicated lifelong learner and it shows in her ability to provide well-rounded, high quality care to her patients in a competent manner despite inter-sectional vulnerabilities.

Dr. Grimminck routinely takes on residents and medical clerks in acute psychiatry rotations and consistently and positively challenges them to reach new levels of knowledge, comfortability interacting with patients, and become advocates for higher standards of care for those living with mental illnesses. She is highly involved in resident education, including giving the psychiatry emergency summer series preparing new first year residents for call, and steps up to the plate in novel and adaptive ways, such as providing academic day teaching on telepsychiatry and disaster psychiatry in light of the COVID-19 pandemic. She has also been incredibly innovative in dedicating countless hours to creating an impressive simulation program for acute and rare cases in psychiatry. She is a trail blazer in many respects of academic teaching within psychiatry and medicine as a whole.

Dr. Grimminck has personally mentored each individual psychiatry resident trainee as she works with them on rotation and through being highly involved in academic day curriculum and teaching. She is open to hearing feedback from residents and promotes wellbeing in all those who work with her. She leads multiple sessions regarding resident wellness that are full of professional pearls and realistic methods in which to develop ourselves whilst still maintaining important facets of ourselves throughout our training and early careers. She was also highly involved in the global mental health project teaching medical students the psychiatry curriculum

in Tanzania for several years and as such acted as a mentor for residents in their own ability to teach and complete educational projects such as a collaborative podcast initiative between the CUHAS University in Tanzania and the University of Calgary.

Dr. Grimminck sits on the curriculum committee and is highly involved with the transition to competency by design residency training. She is also innovative and pushes the boundaries of status quo psychiatry training by developing and implementing simulation training, as well as indigenous and culturally competent education seminars to our residency body.

She is an avid reader and dedicated lifelong learner and really inspires her learners to be as well. She is very dedicated to making learners the best clinicians they can possibly be with very detailed feedback and structured learning objectives and reading materials for each rotation. The gestalt of her philosophy of education is to always serve our patients and pursue being the best clinician we can be by continuing to develop our skills, whilst also promoting that we take care of ourselves and remember self compassion during the difficult years of residency training."

Again, congratulations on receiving this Honourable Mention for the 2019-2020 PARA Clinical Teaching Award.

Sincerely,



Dr. Francesco Rizzuti
PARA President

cc: Dr. Jon Meddings, Dean, Cummings School of Medicine
Dr. Lisa Welikovitch, Associate Dean, Postgraduate Medical Education Office