



## Trainee Spotlight

### Cassidy Cooper, DO

Adult Psychiatry Resident

#### **What is your role in the department?**

My name is Cassidy, and I am one of the third-year psychiatry residents in the adult track of the psychiatry training program. I was recently chosen for the chief resident position for the upcoming year and my final year of training. I feel grateful and honored to have the opportunity to fulfill this leadership role, as it has been one of my aspirations since I started training. In fact, I remember telling Dr. Benjamin that being a program chief was one of my goals on my interview day at UMass...which was probably overzealous, but thankfully I still matched here. In addition, I am lucky to be the psychotherapy chief resident next year. In this role I will be able to combine my interest in psychotherapy with my passion for education through an administrative lens.

#### **What are the favorite aspects of your training experience?**

I appreciate how highly this program values balance in training, both in clinical experience and in our work culture. We are trained in an impressive array of clinical settings, and we are given the flexibility to take opportunities to focus in depth on subspecialty areas within mental health care. I have benefitted from the notable balance between psychotherapy and psychopharmacology training, which I believe is essential to becoming an effective psychiatrist. Most of all, I am lucky to be a part of a program that emphasizes balance between its residents' work and personal lives. We are simultaneously exposed to many extracurricular research, educational and leadership opportunities, yet there is very little external pressure to participate in such opportunities if we would rather prioritize leisure time.

#### **What do you like to do in your free time/days off?**

I like to eat at local restaurants, drink tea in coffee shops, hang out at breweries and laugh with my friends and family. I also enjoy doing yoga, going on hikes and reading on the weekends. I am currently trying to learn to knit, but it isn't going particularly well.