



Dr. Ainsley Alexander R1

Educational background: I spent four years completing my undergraduate degree in Arts and Sciences at McMaster University. Afterwards I realized that I wanted to pursue medicine so I enrolled in the Biology program at Queen's University to complete my prerequisites before being accepted to Queen's Medical School, where I obtained my medical degree.

Hometown: I am born and raised in Kingston and I love it here. Aside from going to university in Hamilton, I've spent my whole life in the city. My family and close friends are still around town, which I am really happy about. I get to go to all the places I used to go, and I'm still in between Toronto, Ottawa, and Montreal!!

Research/Academic interests: I don't have previous research experience but the idea of research really appeals to me. When I did my rotations in Psychiatry as a medical student, I saw how stigmatized ECT is and I would like to change that and help other people see how great of a treatment it can be for some people. I suppose that overall, I am interested in mood disorders, though I am also interested in exploring Child and Adolescent Psychiatry as well.

Hobbies/Personal interests: I'm really into sports; my favourite team is the Raptors. I'm very involved in intramural soccer, and play basketball and tennis too. I love hanging out with my friends. I'm a huge Game of Thrones fan; I've read the books and watch the show. My favourite restaurant in Kingston is probably the Rustic Spud, but there are a lot of great options!!

What would you like to tell prospective applicants to our program?

The biggest draw is how tight knit our community is. Our year (R1s) is very close; we text, talk, and hang out all the time. I've been really fortunate to be here. R1 can be hard, and you will be supported here. Our community of residents is probably the greatest strength of this program.

If you weren't a psychiatry resident, what other speciality (or occupation) would you have done?

Family Medicine, probably so that I could incorporate a good amount of psychiatry into my practice. I would have also enjoyed the ability to see undifferentiated symptoms in patients. I would have also considered Law.... or tried to be a professional athlete ;)

What is your favorite sound?

I love the sound of laughter. It means that people are happy and the sound of laughter always makes everyone feel good.

What is your most treasured possession?

A cross from my first Communion. I always wear it!!

Describe the color yellow to somebody who has never seen the colour.

It looks like sunlight.

Which superpower would you most like to have?

Telepathy