



Dr. Jamey Adirim R3

What is your educational background? I spent the first year of my undergraduate degree at the University of Victoria, before transferring to McGill for the next three years. I completed my Bachelor of Arts degree, majoring in Psychology and double minoring in Philosophy and English Literature. I completed my medical education at the University of Queensland in Brisbane, Australia.

What is your hometown? I was born and raised in Vancouver, B.C.

What are your research/academic interests? At the moment, it's important for me to think about what might be going on underneath whatever DSM diagnoses that get thrown around. I'm academically and emotionally interested in how and why we become what we become. My research interests are broad and I've so far been involved in projects on Quality Improvement, Education, Child Psychiatry, and Addictions.

What are your hobbies/personal interests? I enjoy reading novels, listening to podcasts, and playing guitar. The last book I read was 'The Narrow Road to the Great White North,' and my favourite book is probably 'The Possibility of an Island.' Both are pretty heavy on raw emotion that cuts to the heart. **What would you like to tell prospective applicants to our program?**

This is a small program but the residents are all really tight and close, which is a good thing. Five years of psychiatry residency is confronting, and being in a supportive residency program helps with the process of confronting oneself. That, and we have lots of fun together!

What does your ideal day look like?

I wake up, I'm in a strange country, and I don't know anyone and I go to a coffee shop and I read a book and I see what the day brings.

What is your favourite sound?

A little rock being dropped into the water in the morning before anything has touched it and/or Bob Dylan's voice.

If there was a movie produced about your life, who would play you and why?

Zach Galifianakis...I used to be skinnier...

How would you describe the color yellow to someone who has never seen it before?

I wish I could say something poetic - it's the color of the sunset.

What is your greatest accomplishment?

I have yet to reach my full potential...maybe?