

June Resident Physician of the Month

DR. BETHANY OSTROWERKA

Psychiatry

University of Alberta

I feel so proud to have received my undergraduate education at the University of Alberta, where I also completed medical school, and now, find myself in the final weeks of my Psychiatry residency. As I look toward July, I am excited to begin a clinical staff position in the city, but additionally, to continue to foster my passion for medical education by starting a Masters of Education in the Health Professions at Johns Hopkins University.

When I'm not in the hospital or on a physical distant walk in the river valley, you can find me UberEats-ing Destination Donuts, on a spin bike (working off said donuts), or watching my beloved New England Patriots.

As I reflect on my last five years – chalk this up to my Psychiatry training – I am overcome with gratitude. Gratitude for the extraordinary mentors who have indelibly impacted me as a clinician and caregiver. Gratitude for my family, friends, and partner who have been unwavering in their love, understanding, and on-call dinner drop-offs. And overwhelmingly, gratitude for the opportunity that I have been given to come to know, and support, my patients as people, travelling along their own paths of life.

Thank you to PARA, and to the peers who nominated me for this award. I am honoured and humbled!



A colleague had this to say about Dr. Ostrowerka:

“Dr. Bethany Ostrowerka goes above and beyond to live the traits we look for in physicians. She is a strong leader and driven advocate and educator who infuses compassion in all that she does. Bethany has been dedicated to resident physicians and the medical community at many levels from her involvement with mentoring junior resident physicians, finding creative and innovative ways to educate others about psychiatry, involvement in the Residency Programming Committee, and through her work with RDoC on the Board of Directors and PARA Executive Board. Clinically, Bethany has been recognized for excellence in various areas with awards in cognitive-behavioural and psychodynamic psychotherapy, forensics, and child and adolescent psychiatry. Even with all these roles, Bethany ensures that she has time for her others. In psychotherapy, we show patients to balance validation, compassion, accountability, and recognition of personal capacities – Bethany ensures that we extend those same values to ourselves with kindness. As a junior resident physician, Bethany has helped shape me into the psychiatrist I aspire to become in the future. She has been an amazing mentor and anchor and we have been unbelievably fortunate to have her in our program.”