Psychiatry training in Wessex
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The drive to value mental health equally with physical health has never been greater, which means NOW is a great time to train to be a psychiatrist. Parity of esteem is essential. Mental illness is more common than people might think. One in four people will experience some kind of mental health diagnosis in the course of a year. For people under 65, nearly half of all ill health is mental illness. Psychiatrists play a key role in helping and caring for people with mental health problems. They say that the best thing about their careers is connecting with their patients, the enormous variety, the great team-working, and the opportunities for flexible working.

In Wessex we value all our trainees. Protected study time, free programmes, leadership development and regular meetings with tutors and fellow trainees are all part of training in Wessex. In speciality training we ensure integrated training in stimulating environments which results in consistently higher than average Royal College of Psychiatry (RCPsych) exam pass rates.

What’s more, the majority of psychiatrists finishing their training in Wessex take up consultant posts in the region, thanks to the great quality of life.

Find out more in this prospectus and online at www.hee.nhs.uk/wes. Better still, come and visit us at a taster day or an individual visit.

We look forward to meeting you.

Dr Simon Plint – Postgraduate Dean
Dr Amanda Taylor – Head of School of Psychiatry

Why choose Wessex?

1. Wessex is a great location. It is a compact area with good connections and easy to travel around for placements. Quality of life is high, with buzzing cities, rolling countryside and sunny beaches.

2. Quality of Training. Carefully thought-through integrated programmes combine placements, academic learning and innovative education leading to consistently high exam pass rates (Royal College of Psychiatrists Papers A and B and Clinical Assessment of Skills & Competencies, CASC).

3. Variety of training. Social context varies from urban deprivation to rural isolation providing an excellent range of training opportunities. This includes psychiatric intensive care, crisis resolution, forensic psychiatry, liaison psychiatry and perinatal psychiatry to name a few. There are also opportunities for dual accreditation.

4. Support for trainees. Wessex Core Psychiatry Programme and higher Professional Programme is free for trainees – this is not standard across the country. We insist on protected study time for weekly supervision, multi-disciplinary case conferences and seminars. We also provide free leadership and personal development programmes.

5. Committed Educators. There is a high level of enthusiastic senior support and a collaborative approach to your training that follows your interest and needs. A dedicated psychotherapy tutor works across all programmes.

6. Great reputation. The Wessex Core Psychiatry Programme has twice been presented at the RCPsych Educational Conference and has been adopted in other regions. Notable psychiatrists work in our region and we have an excellent partnership with the University of Southampton.

7. Opportunity. Whether your goal is an overseas fellowship, an academic career, or a work/life balance so that you can pursue another passion, we provide amazing opportunities to help you achieve your ambition and fulfil your potential.
Location, Lifestyle and Living

Wessex is a vibrant, diverse region with great culture, adventure, sport, and leisure opportunities – here is just a selection...

Poole Harbour – Europe’s largest natural harbour – is a great place to try water sports thanks to waist deep waters and long sandy beaches. Kitesurfing is the world’s fastest growing watersport (allegedly) while stand up paddle boards, windsurfing, wake boarding and kayaking are all fresh and fun.

Cycle the 100 miles of the South Downs Way from Winchester to Eastbourne, go rough on mountain bike trails at Queen Elizabeth Country Park near Petersfield, or take a leisurely winter ride along the promenade between Poole and Bournemouth.

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Run at 5k Park Runs across the area, or challenge yourself with the flat 10 mile Great South Run in Portsmouth or the notoriously hilly Basingstoke half marathon.

The New Forest National Park offers superb walking and 55 miles of cycle routes through open forest, heathland and grassland, plus wonderful wildlife.

Quirky independent cinemas take on the multiplexes at The Point, Eastleigh; Sacred Cinema, Isle of Wight; Electric Palace Cinema, Bridport; Plaza Cinema, Dorchester; Harbour Lights, Southampton; Regent Cinema, Lynne Regis and No.6 Cinema, Portsmouth.

Culture and Arts abound with hubs for visual art, theatre, comedy and music at the Cultural Centre in Southampton, Salisbury Playhouse, The Lighthouse, Poole and Arnd in Basingstoke. Events across the region include Bournemouth’s Arts by the Sea and Winchester’s Festival of Arts.

Sailing and water sports in The Solent and the Isle of Wight are perfect for novices wanting to learn the ropes and experienced yachtsies keen to race in Cowes Week and dream big at the Southampton Boat Show.

Let your hair down at some of the UK’s best summer music festivals: Bestival, Isle of Wight; Camp Bestival, Lulworth Cove and Blissfields, Basingstoke. Enjoy different vibes at CarFest, Laverstock; Purbeck Valley Folk Festival, Wareham; the Winchester Hat Fair or Common People, Southampton.

Impress your visitors with world class heritage sights; Stonehenge near Salisbury, HMS Victory and the Mary Rose in Portsmouth or King Arthur’s Round Table and the cathedral in Winchester.

The South of England climate tends to be drier, sunnier, warmer and less windy than other regions. (The Met Office)

Great choice of eating with food from around the world, rustic cafes, fresh and friendly local places, well-known names and chains plus special places for treats such as the Michelin Stars shining above The Black Rat, Winchester and The Montagu Arms in Beaulieu near Southampton.

The Metallic Train in Wessex

Average House Prices*

- Newport, Isle of Wight, £200,081
- Portsmouth, £204,384
- Southampton, £259,963
- Basingstoke, £303,074
- Salisbury, £321,008
- Poole, £321,554
- London, £630,398

*Property website, April 2016

Travel and connections

- Basingstoke to London by train (fast) – 45 minutes
- Southampton to London by train (fast) – 1 hour 12 minutes
- Salisbury to London by train (fast) – 1 hour 28 minutes
- Portsmouth to Cherbourg by ferry – 3 hours
- Poole to Cherbourg by ferry – 4.5 hours
- Southampton Airport and Bournemouth Airport fly to a range of exciting European cities and holiday destinations as well as across the UK.
Excellent posts to take your training further

A selection of the placement opportunities in Wessex

1. Pebble Lodge, Bournemouth
   Adolescent inpatient services supporting a range of mental health problems including obsessive compulsive disorder and post-traumatic stress disorder and phobias.

2. Alderney Hospital, Poole
   Comprehensive inpatient based service for older people with organic mental health problems such as dementia.

3. Fountain Way Hospital, Salisbury
   A psychiatric intensive care unit and base for a range of community services.

4. Parklands House, Basingstoke
   Psychiatric intensive care unit for people with acute mental health needs, as well as other inpatient and community services.

5. Melbury Lodge, Winchester
   Mother and baby mental health services with specialist inpatient unit as well as the centre for co-ordinating treatment and support in the community.

6. Leigh House, Winchester
   Adolescent inpatient services with specialist provision for people with eating disorders.

7. Bursledon House, Southampton
   A unique joint paediatric child and adolescent mental health service (CAMHS) residential unit for children with chronic, medically unexplained symptoms, feeding disorders and mental disorders attributable to diseases of the nervous system (neuropsychiatric symptoms).

8. Willow Assessment and Treatment Unit, Southampton
   A unique therapeutic service for adults with a learning disability who also have complex and difficult to manage behaviours and who can’t be assessed or treated safely in community-based settings.

9. College Keep, Southampton
   Comprehensive general adult outpatient services for the local community. Members of University of Southampton School of Medicine based in the same building.

10. Ravenswood House, Fareham
    Medium secure unit providing assessment, care and treatment for adults with serious mental illness. Most patients have either committed a criminal offence, or have challenging behaviour.

11. Parkway Centre and Elmleigh, Havant
    Outpatient and inpatient facilities with access to electroconvulsive therapy (ECT) services.

12. Tatchbury Mount, Calmore, Southampton
    Inpatient forensic services including adolescent, learning disability and adult low security services.

13. St Mary’s Hospital, Isle of Wight
    General adult psychiatry placement with specific involvement in the Early Intervention in psychosis model.
Training Programmes

what you can expect

Foundation Training
The Wessex Foundation School has an excellent reputation for good clinical and educational supervision within varied programmes. This is backed by good educational resources and a supportive culture for trainees from induction onwards. From August 2017 all our two year Foundation Programmes will have a community post and over 22% of these will be in a variety of psychiatry settings at both F1 and F2. We have posts in general adult, old age, liaison and child and adolescent psychiatry as well as perinatal, eating disorders and substance misuse. There is the opportunity to attend regular teaching and Balint groups. These posts are regularly evaluated and provide excellent experience.

More details about the posts we offer can be found on our website at www.wessexdeanery.nhs.uk/foundation_school/rotations.aspx

Core Psychiatry
In Wessex we run a very clear programme to take you from CT1 to CT3.

In general, your first year of core training will be spent in adult mental health. The second year you’ll be able to spend time in specialties as well as time in a developmental post. The third year will focus on further specialty posts as well as another adult mental health post. To gain the density of experience you will need to travel around the region.

Core Psychiatry Programme
This exceptional research-based course was developed in Wessex and is now being adopted in other regions. Trainees meet fortnightly and work in small sets to facilitate learning. The learning objectives and modules for each specialty match the core curriculum. Core trainees really appreciate the opportunity to meet on a regular basis.

“Be creative

Be creative

Be creative

PSYCHIATRY TRAINING in Wessex

Professional Programme for higher trainees
Higher trainees continue their development through the highly-acclaimed Professional Programme. Trainees meet fortnightly and through exercises and external speakers consider such topics as leadership, reflective practice and the management of incidents. Through the programme, trainees develop skills and expertise and consider the role and requirements to become a consultant.

Psychotherapy
In Wessex we believe that being psychotherapeutically literate and informed is key to being a holistic and effective psychiatrist. Our dedicated psychotherapy tutor provides expert tuition and works with your local tutor to help you make the most of your training. There is protected time for psychotherapy training throughout your time in Wessex.

We provide an introduction to a variety of modalities with the opportunity to gain practical experience in a range of psychotherapies. There are regular opportunities for supervision and case based discussion groups run throughout core and higher training. In higher training particularly, trainees are supported and encouraged to follow their own interests.

Core Psychiatry in Wessex

Academic Psychiatry
We have strong links with the University of Southampton and offer a number of Academic Clinical Fellowships in both general adult and old age psychiatry. This programme runs CT1 to ST6 with opportunities for out of programme time to complete postgraduate qualifications (see also page 13).

More information is available on our School of Psychiatry webpages through:
www.hee.nhs.uk/wes.
Or directly through:
bit.ly/wessexpsychiatry

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“Foundations of Psychiatry training programme has been phenomenal. The teaching and experience is excellent and the clinical tutors are all extremely supportive. Overall I would wholly recommend this scheme to any psychiatrist-to-be.”
CT3 Trainee

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Key features

Child and Adolescent Psychiatry

We offer a range of unique opportunities. In addition to the three-year specialist training, we also offer dual CCT training in child and adolescent mental health services (CAMHS) and Forensic Psychiatry or Learning Disability. The rotation is well resourced with a variety of clinical experiences through CAMHS placements in: embedded paediatric key worker services, learning disability and community Forensic CAMHS. In addition, trainees can gain specialist experience in working with Looked After Children and in Family Court proceedings and the Family Drug and Alcohol Court.

We have close links with Southampton University School of Psychology: the home of the Family Forest Parenting Programme, one of the best evidence-based parenting programmes for children with ADHD. Other strong research areas are Developmental Disabilities and conduct problems – thanks to connections with Youth Offending Services. Comprehensive psychotherapy experience is through a rolling three-year academic programme and a fortnightly Balint group facilitated by a Consultant Child Psychotherapist. There is opportunity for extensive involvement in medical student training, supervision of junior trainees and strong links to the Masters course in Medical Education.

General Adult Psychiatry

Higher specialist training is usually three posts of one year each. A great range of experience is available in Wessex from innovative and developing community services to secure services.

Trainees will normally spend two years in one area of the scheme and followed by a year in a different area. This will ensure that you get experience of different clinical settings and different organisations.

We take great care to ensure that trainees can pursue their own special interests. The education and support programme includes meeting regularly with your training programme director and with other trainees to share tips and compare experiences.

Learning Disability Psychiatry

Specialist learning disability services are provided for people (and their carers) organised around six areas of clinical practice: mental health, challenging behaviour, autism, forensic, epilepsy and complex health needs.

Trainees in Wessex usually undertake at least two posts in the community, each lasting up to a year. The rest of your training will be made up of three to six months placements depending on your interests and educational objectives, the needs of the service and national and local initiatives.

Our programme supports special interest and placements from trainees in other psychiatric specialties.

Forensic Psychiatry

In Wessex, we offer some exceptional training opportunities. Across the region, we have low and medium secure places in two prisons in the region giving the opportunity for a six-month prison psychiatry post at HM Winchester and HM-IP of Wight. In addition, trainees benefit from close links to Broadmoor high-security psychiatric hospital in Berkshire.

Trainees can undertake special interest placements at an adolescent medium-security unit and with the Forensic CAMHS services.

A new community personality disorder service offers trainee special interest sessions. Our trainees are also gain experience in court diversion programmes and the medicolegal aspects of forensic psychiatry.

Old Age Psychiatry

We offer special interest sessions in geriatric medicine, neurology, end-of-life care, psychotherapy, forensic psychiatry and liaison psychiatry.

As a senior trainee, you’ll become a key part of the multidisciplinary community mental health team. Integrated working with colleagues from primary care, physical health and social care offers you the chance to work closely with GPs, geriatricians and social workers on complex cases.

Weekly educational supervision is timetabled and we make sure that where clinical sessions are split between inpatient and community services, you have proper clinical supervision by the relevant consultants.

Trainee involvement in all our programmes

We constantly strive to improve the training experience through involving trainees. There is an active trainee committee who arrange an annual academic meeting. Trainees are invited to all School meetings to ensure their voice is heard. We regularly ask trainees how we can improve the programme and ask for their support to create innovative new opportunities.

Your next steps to a great career in psychiatry

Visit our website for a more comprehensive overview of our Foundation and School of Psychiatry programmes: www.hee.nhs.uk/wes or directly through: bit.ly/wesssexpsychiatry

Arrange a visit or a taster session in Wessex.
Contact the postgraduate medical education team in Wessex: Email: psychiatry@wesssex.hee.nhs.uk
Or phone: 01962 718422 / 01962 718431
Contact details for all our programme directors are on our website.

Medical Students and Foundation Doctors

Join the Royal College of Psychiatrists free as a student associate and start to develop your interest and exposure to psychiatry: www.rcpsych.ac.uk
Contact our foundation school by email: wesssexfs.enquiries@wessex.hee.nhs.uk or phone: 01962 718565 / 01962 718438

“Psychiatry is a fulfilling profession because patients frequently allow you to access the most private and sensitive parts of their lives and this is an incredible privilege not afforded to many.”

Dr Tom Barton, ST4, Forensic Psychiatry
Fellowships, Academic, Education and Research – a rich mix of opportunity and experience

Develop your quality improvement skills

We support a number of Fellowships to help improve patient care while at the same time developing your project management and leadership skills.

Quality Improvement Fellowships – for individuals and teams

Our programmes have developed over a number of years and are led by individuals with energy and vision. Fellows who participate in these programmes rate them very highly, reporting that they learn a huge amount from the experience and gain the confidence to continue to use the skills learned in their subsequent roles.

Improving Global Health Fellowships – six months overseas placement

This programme involves six month overseas in a resource-poor setting: Cambodia, South Africa or Kenya. Participants develop leadership skills through project work using quality improvement methods. The projects, contribute to improving healthcare in the local area in a sustainable way at the same time as developing leaders who are able to use new skills and confidence on their return to the UK.

Your role as an educator

We encourage and support all trainees to be involved with teaching and education. This includes supporting medical students, teaching on the local MRCPsych course and running mock exams for core trainees.

Wessex offers a series of education programmes and support networks to help trainees develop skills as educators and perhaps become the future leaders in education. These include the Tomorrow’s Teachers course, Medical Education Mentorship Programme and Medical Education Fellowship.

The Medical Education Fellow role has been developed to help professionalise educational activities and develop people who are able to take up Lead Educator positions at the end of training.

Research and Academic Opportunities

Wessex benefits from close links with the University of Southampton.

Academic Old Age Psychiatry is based at the Memory Assessment and Research Centre (MARC) in Southampton, and you can apply for academic clinical fellowships in Old Age Psychiatry.

Trainees following Child and Adolescent Mental Health psychiatry higher training benefit from close links to Southampton University School of Psychology as well as the University Mental Health Group. Research into developmental disorders – especially attention deficit hyperactivity disorder (ADHD) and autistic spectrum disorder (ASD) – is a particular strength.

“I came to Wessex because the area is very pretty with a good quality of life and only a short distance from London. When I came I was impressed by the individual approach to trainee’s needs. One thing that stands out is the quality of teaching and management courses available. On a practical level, there are many opportunities for forensic trainees, such as work in medium and low secure units, Broadmoor Hospital, a stalking clinic and work with sexual offenders. There is a good link between courts and the secure service which means trainees have the opportunity to do court reports under supervision.”

Dr Michaela Rothu, ST4, Forensic Psychiatry
Be compassionate

PSYCHIATRY TRAINING in Wessex

Alfred the Great

Alfred was King of Wessex from 871 to 899. Alfred’s reputation has been that of a learned and merciful man who encouraged education and improved his kingdom’s legal and military structure. Though he successfully defended his kingdom against the Viking invasion, he is noted for his intellect rather than his warlike character. He is the only English monarch with the epithet “the Great”. Alfred’s statue takes pride of place in Winchester where he died and was buried.

Welfare, pastoral and professional support

Wessex has a strong network of education, career and pastoral care to support you during your training. First stop for most trainees seeking information are the trust-based, friendly, well-resourced and co-ordinated postgraduate medical education centres.

Educational supervisors and local careers leads are always available to help and if things are really going wrong, the Wessex Professional Support Unit is there to help you get back on track.

Less than full-time training

Some of our trainees wish to consider “Less than full-time training” for a range of reasons. We will support this wherever possible and ensure that our LTFT trainees are supported through their training and have the same, or similar, opportunities to full-time colleagues.

Master’s Programmes

Wessex is extremely keen to support any psychiatry trainees wanting to undertake a relevant master’s degree. Previous trainees have studied for master’s in:

• Medical Education
• Developmental Disorders
• Medico-legal practice
• Healthcare Leadership.

Leadership and Management Development

We provide a range of programmes from one-day masterclasses to long term programmes with the Leadership Academy. We also offer a range of shorter residential programmes.

Many of our programmes include:

• understanding good leadership styles and attributes
• exploring your impact on others and vice versa
• exploring what makes a good team and why it is important
• insights into the structure of the NHS and how it functions.

Our programmes are designed to help you take a leadership role in the NHS and prepare you for a future as a consultant.

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“T moved to Dorset from London a few years ago for quality of life for my children. We have been very happy here and I have never regretted the decision. I applied to do higher training in Learning Disability in Wessex. I have enjoyed my training very much as it has been varied and interesting. People have been friendly and very supportive. The training programme has been flexible and I have been able to follow my interests. It has been a really good experience.”

Dr Ana Thomas, ST6, Learning Disability Psychiatry
“Training in psychiatry in Wessex is pleasant, rewarding and challenging. I am fortunate to be an Academic Clinical Fellow alongside being a core trainee. The learning opportunities and support have all been excellent. Wessex offers an unrivalled ‘mock CASC’, fortnightly core training meetings and superb well-supported on-call experience. The weekly academic meetings are interesting, useful and engaging and they help trainees actively develop group discussion and appraisal skills. Wessex promotes training in psychotherapy offering numerous courses in DBT, CAT and CBT. I have been impressed by senior leaders of education actively meeting and listening to trainees to enhance and improve the quality of the learning experience.

Wessex boasts the New Forest, West Quay shopping centre, Southampton, in addition to the history and culture of cities such as Winchester and Salisbury. There are numerous places to learn to sail, enjoy a bike ride and to meet up with friends at various high quality restaurants and bars.

Having trained in London as a medical student, Wessex was my first choice and I am pleased to say that it remains the right one for me. I would thoroughly recommend it.”

Dr Robert Gordon, ST3, Core Trainee, Academic Clinical Fellow