## Current number of training posts:

<table>
<thead>
<tr>
<th>Posts</th>
</tr>
</thead>
<tbody>
<tr>
<td>63 CT1 -3</td>
</tr>
<tr>
<td>9 ST4 + Child &amp; Adolescent Psychiatry</td>
</tr>
<tr>
<td>5 ST4+ Forensic Psychiatry</td>
</tr>
<tr>
<td>26 ST4+ General Adult Psychiatry</td>
</tr>
<tr>
<td>3 ST4+ Learning Disability</td>
</tr>
<tr>
<td>11 ST4+ Old Age Psychiatry</td>
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## Based in the following Trust locations:

- Throughout Wessex

## General information on the training opportunities

Core training in Psychiatry is of three years duration made up of six month posts. For the first 18 months or two years, everyone is rotated through General and Old Age Psychiatry in a limited geographical area with more complex posts in the second year. Then in the third year, trainees are expected to do some traveling away from their initial locality to broaden their educational experience and learn more specialised skills.

It is important to note that trainees join the scheme, and not a particular post or Trust and therefore should be prepared to accept any post on the scheme.

The various trusts involved in the rotation offer comprehensive psychiatric care to their catchment populations, allowing trainees to experience the full range of modern psychiatric services. The social context of these services varies from the inner city deprivation of Southampton & Portsmouth to the affluent Shires and the units vary from locked secure inpatient provision to innovative community based services. The CT2 & CT3 level posts specialise in inpatient and/or community adult psychiatry, liaison psychiatry, peri-natal psychiatry, child and adolescent psychiatry, learning disabilities, forensic psychiatry, rehabilitation, substance misuse and eating disorders. Trainees will not necessarily undertake all of these specialties.

The psychiatric curriculum was revised in 2010. The first three years are almost entirely concerned with obtaining the competencies laid down in the “Core curriculum”, although some fundamental skills from the specialties of psychiatry are also required. The syllabic content of the curriculum is taught through ground-breaking fortnightly membership examination course.
### General information on the training opportunities

Components of the core training education programme include:

- **a)** Trainees entering Psychiatry for the first time are mandated to attend a 4 day Core Skills course (or local equivalent) to be completed within one month of their starting date.

- **b)** The trainee will be released to attend the fortnightly Postgraduate course for Psychiatry in preparation for the MRCPsych examination. 70% attendance at the course is required. This is based on an adult learning model in learning sets rather than a passive didactic model. Wessex has a higher than national average pass rate for all elements of the MRCPsych exam.

- **c)** Attendance is expected at the local weekly academic meetings and multidisciplinary case conferences as well as a programme of seminars. There is a structured Psychotherapy development programme which runs throughout training.

- **d)** A minimum of an hour weekly is set aside for educational/clinical supervision in protected time. Particular posts may have more than one clinical supervisor & the educational supervisor may not be the clinical supervisor.

- **e)** The educational supervisor will produce reports required for ARCP which will cover the needs for revalidation.

- **f)** The Trainee will be encouraged to make appropriate use of the Study Leave entitlement.

Trainees are expected to:

- **a)** Obtain training in psychotherapy during their appointment.

- **b)** Liaise with their consultant to ensure they have experience of deliberate self harm assessment and liaison psychiatry during their training.

- **c)** Keep an electronic portfolio of experience to ensure they have the necessary evidence of progression to satisfy the annual ARCP panel.

### Key Contacts and Useful Websites:

- **Head of School** – Dr Vicky Banks
- **Programme Director (CT1-3)** – Dr Amanda Taylor
- **Programme Director (ST4+ Child & Adolescent Psychiatry)** – Dr Suyog Dhakras
- **Programme Director (ST4+ Forensic Psychiatry)** – Dr David Morton
- **Programme Director (ST4+ General Adult Psychiatry)** – Dr Megan Roberts
- **Programme Director (ST4+ Psychiatry of Learning Disability)** – Dr Jennifer Dolman
- **Programme Director (ST4+ Old Age Psychiatry)** – Dr Martin Brown
- **Programme Manager** – Miss Karen McCarthy

www.rcpsych.ac.uk

www.wessexdeanery.nhs.uk/specialty_schools/wessex_school_of_psychiatry.aspx

www.southernhealth.nhs.uk/departments-and-directories/postgraduate/mrcpsych/?locale=en