

Forensic Psychiatry Advanced Training Programme Guide Health Education South West, Severn



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1. Welcome

Welcome to the Severn School of Psychiatry Forensic Psychiatry training scheme. This document will introduce forensic psychiatry as a specialty, it will outline the details of our local training scheme and give you details of who to contact should you like to visit us or gain further information.

We hope you find it a useful document, and welcome feedback about how to develop this guide to make it even more useful to both current trainees and potential trainees in the future.

2. Introduction to Forensic Psychiatry

Forensic psychiatry is a specialty which works with mentally disordered individuals who are a risk to the public.

It includes the assessment and treatment of mentally disordered offenders; investigation of complex relationships between mental disorder and criminal behaviour; working with criminal justice agencies to support patients and protection of the public.

Forensic psychiatrists work closely with a number of other agencies such as the police, probation service, Courts, Crown Prosecution Service, and prisons.¹

Forensic psychiatrists working in low, medium and high secure hospitals mostly manage inpatients, although some medium-secure forensic psychiatrists do also have a community case load or provide advice and liaison services to community colleagues.

The work of forensic psychiatrists, as for all doctors, covers many areas including clinical and managerial roles as well as teaching. Forensic psychiatrists lead strong multidisciplinary teams. Some specific aspects of the work of forensic psychiatrists include:

- strong focus on risk assessment
- careful collection of in-depth information
- good documentation
- helping patients to understand and reduce their risk
- helping patients to understand their illness
- helping with anger control, stress management, assertiveness training, employability
- addressing problems of substance misuse
- helping patients to understand the impact of their action on victims
- good-quality relapse prevention plans
- careful rehabilitation back into society
- supporting carers, family and friends
- supporting and leading clinical teams
- strong liaison with general psychiatry services and criminal justice agencies²

¹ Royal College of Psychiatrists, Forensic Faculty Information

² Royal College of Psychiatrists, Forensic Faculty Information

3. Overview of the Severn School of Psychiatry Forensic training scheme

Forensic training is managed and quality assured by the Severn Postgraduate School of Psychiatry, and principally delivered by Avon and Wiltshire Partnership Mental Health Trust (AWP). As a result of this there are close working links between the two organisations.

The main bases for forensic training in Severn Postgraduate Medical Education are Fromeside Medium Secure Unit and Wickham Low Secure Unit. These share a site at Blackberry Hill Hospital, in North Bristol. Fromeside is an 80 bedded regional secure unit which houses a range of subspecialties and serves a population ranging from Somerset, Bristol, Bath, Swindon, Gloucester and Wiltshire. Wickham is a 29 bedded low Secure Unit principally serving the population of AWP. The women's service at Fromeside serves a wider population across the South West including Devon and Cornwall.

The forensic psychiatry advanced training scheme is usually of three years duration, leading to a single CCT, although there are potential opportunities to pursue a longer dual training scheme in forensic psychotherapy, forensic learning disability or forensic CAMHS. Any trainees considering training in a dual programme are encouraged to contact the relevant TPDs prior to express their interest and receive advice around what may be possible at that time.

During forensic training in Severn you will be expected to get the range of experiences described in the Forensic Curriculum both by working with a number of different teams, and by way of judicious use of special interest sessions. You will have the opportunity to engage in service evaluation, audit, research and teaching tailored to your educational needs.

Forensic psychiatry training includes a requirement to gain experience working in a high secure setting. Our link high secure hospital is Broadmoor Hospital, but access to alternative High Secure placements can also be arranged according to trainee requirements.

4. Curriculum

The School of Psychiatry follows the curriculum laid out by the Royal College of Psychiatrists. This can be found [here](#).

5. Overview of potential training posts and educational opportunities

At Fromeside and Wickham there are currently seven potential trainers for advanced trainees. These are:

- ❖ Rosanne Macgregor-Morris
- ❖ Peter Wood
- ❖ Paul Cantrell
- ❖ Theresa Tattan
- ❖ Nicola Claxton
- ❖ Dharjinder Rooprai
- ❖ Dan Beales

You will be allocated to a trainer aligned to one particular team, but will also have access to the full range of core educational opportunities throughout the different unit settings including:

- medium secure acute wards (Bradley and Ladden Brook)
- medium secure long stay (Kennet)
- medium secure rehabilitation (Wellow and Avon)
- female medium secure services (Teign)
- learning disability, Autistic Spectrum Disorder and Acquired Brain Injury services (Cary and the FIND team)
- low secure acute (Fairfax)
- low secure rehabilitation (Cromwell and Hopton)

Trainees are generally encouraged to spend their first placement within male medium secure services, in order to develop core skills before moving on to gain more specialist experiences according to their self identified training needs.

Specialist Services

One advantage of training in Severn is the number of specialist services available either onsite, or within easy commuting distance of our base at Fromeside. These services include the following:

Women's Medium Secure Services (Fromeside)

This is a gender specific medium secure service for women. It provides specialist training in the attachment model of care, sexual trauma, deliberate self injury and the management of challenging behaviour including use of the RAID approach. Trainees can spend up to a year with this service, or spend special interest sessions with this team.

Supervisor: Theresa Tattan

Pathfinder (Fromeside)

This is a specialist team working with individuals in the community with personality disorder who present a high risk of harm to others. They have close links with probation, local prisons and IRiS, a multiagency team who work with people who are deemed a high risk to the public or their previous victims.

Supervisor: Dan Beales

Learning Disability, Autistic Spectrum Disorder and Acquired Brain Injury (Fromeside)

This is a relatively new team at Fromeside, with inpatients based on Cary Ward. The team also has responsibility for gatekeeping low and medium secure forensic learning disability placements for its core catchment area.

Supervisor: Dharjinder Rooprai

Low Secure Services (Wickham)

Wickham is a 29 bedded male low secure unit which shares the Blackberry Hill site with Fromeside. It has a focus on rehabilitation and risk reduction, and gate keeps male and female low secure beds for the region.

Criminal Justice Liaison Services (Various locations)

This service includes the Court Assessment and Referral Team, and the prison mental health teams at HMP Bristol (male cat B prison) and HMP Eastwood Park (female remand prison).

Supervisor: Charlotte Illingworth

Educational opportunities

The following list details some of the additional educational experiences which will be available to you. This is by no means an exhaustive list and educational experiences can be found and tailored to your individual interests.

- Court work
- Parole Board work
- Tribunals and managers hearings
- Cat A male prison (HMP Long Lartin)
- Cat B male prison (HMP Bristol)
- Cat C male prison (HMP Erlestoke)
- Female remand prison (HMP Eastwood Park)
- Category D open Prison (HMP Leyhill)
- Community and prison Learning disability services
- Liaison, out of area placement or special interest in High Secure Services
- Drug and alcohol Services
- Acquired brain injury services and neuropsychiatry
- Court Assessment and Referral Services
- S12 experience via liaison with the local AMHP desk

There are two academic programmes of relevance to higher trainees, details of which can be found in section 8.

Research Opportunities

We are able to facilitate trainees accessing a range of research opportunities. The Forensic department is particularly known for its high quality systematic reviews, and other interests can also be accommodated and supported in house. Additionally there are a number of opportunities for trainees to gain experience of audit, quality improvement projects and service evaluation under the supervision and guidance of experienced senior staff.

Example Timetable

The timetable below is an example, and fixed commitments vary between sector teams. There is flexibility with trainees being able to negotiate Prison, Special Interest and Research times. The on call required is 1:15, and advanced trainees are second on call and cover local medium and low secure services only.

	AM	PM
Monday	Supervision	Special interest session/prison clinic
Tuesday	Team Business Meeting, ward round	CPAs
Wednesday	Assessments	Clinical Governance
Thursday	Research	Research
Friday	Educational meeting and peer supervision	Special Interest

The programme is flexible and allows for attendance at a full range of conventional weekly supervision with educational supervisors, journal clubs, reflective practice and group supervision, and structured training days organised across both the local service and the wider Trust.

6. Expectations of Trainees

Trainees are expected to work with their supervisors and TPD to achieve the competences outlined in the Royal College Curriculum.

There is a requirement for trainees to complete a minimum of 12 workplace based assessments each year, of which around half should be with their clinical supervisor. They are required to keep an up to date e-portfolio, through the Royal College, which contains an outline of their experiences and reflections on training.

Trainees are expected to attend and contribute to local academic programmes, and keep themselves up to date with developments in forensic psychiatry by attending relevant conferences and peer group meetings. They are also expected to demonstrate development of audit, teaching, research and leadership/management skills across their three years of training.

Trainees are given significant freedom to choose clinical and non clinical special interests but they must be able to demonstrate that they are using their time wisely to gain relevant skills and competencies.

Progress is reviewed annually through the ARCP process. Trainees are encouraged to visit the Royal College and Severn School of Psychiatry website for up to date details of current assessment and ARCP requirements.

7. Expectations of Trainers

Trainers are expected to facilitate their trainees meeting of the curriculum requirements, and should be accessible and available to offer guidance and support in day to day clinical practice. Trainers should proactively encourage trainees to access educational opportunities as they arise and ensure they receive a broad range of relevant experience.

Trainers are expected to provide one hour a week of formal supervision, which should be trainee led, and all trainers are expected to have completed specific Severn Postgraduate Medical Education training for providing quality educational supervision to their trainees.

Trainers are required to support trainees who may be in difficulty, and they have a responsibility to report any significant concerns about trainees to Severn Postgraduate Medical Education to enable trainees to get whatever extra support may be required.

8. Academic Programmes

There are two academic programmes available to higher trainees, a specific forensic academic programme based at Fromeside, and a local academic meeting, covering all specialities, based at the Blackberry Centre.

The Forensic Academic Programme is overseen by TPD, Rosanne Macgregor-Morris, with administration from Helen Allen. This runs on alternative Friday mornings and covers areas of interest to forensic practice. Sessions are led by either a trainee or a consultant, with occasional input from external speakers.

The general academic programme, available to all trainees, staff grades and consultants working in the area, runs on Wednesday lunchtimes weekly, and is overseen by Clair Taylor, who is based at Wickham Unit. This programme covers a wide range of areas and provides trainees with the opportunity to present cases and journal articles, as well as meet with trainees working in other areas of psychiatry.

There is also an excellent academic programme based at Broadmoor Hospital, and trainees are welcome to attend any of these sessions which are of interest.

9. Raising Concerns and Trainee Support

We encourage any trainees who run into difficulties of any nature during their forensic training to raise concerns and gain support as required. Depending on the nature of the problem a number of different individuals may be approached.

Detailed information regarding the process of raising concerns and seeking extra support can be found in the generic guide for all advanced trainees.

10. How to arrange a visit to Fromside or find out more

We are happy to be contacted for further information and can arrange face to face meetings and site tours at request. If you are interested in finding out more we encourage you to contact the Training Programme Director via email. For useful contact details see below.

11. Useful contacts

Forensic Training Programme Director: Dr Rosanne Macgregor-Morris
rosanne.macgregor-morris@nhs.net

Forensic Trainee in post (happy to be contacted for peer information): Eleanor Hogarth
eleanor.hogarth1@nhs.net

Clinical director: Secure Services: Pete Wood
pete.wood7@nhs.net

Medical Education Administration
awp.medicaleducation@nhs.net

Director of Medical Education (AWP): Steve Arnott
stephen.arnott@nhs.net

School of Psychiatry Manager: Rebecca Williams-Lock
Rebecca.Williams-Lock@southwest.hee.nhs.uk

Head of School: Rob MacPherson
Rob.MacPherson@glos.nhs.uk

12. Useful links

[Forensic Faculty Page](#)

[Portfolio Online and WBPA Information](#)

[Forensic Curriculum](#)

[Severn School of Psychiatry](#)

[AWP website](#)