

**Medical Psychotherapy Advanced Training  
Programme Guide  
Health Education South West, Severn**

**September 2014**

## Contents

1. Welcome
2. Introduction to Medical Psychotherapy
3. Overview of the Severn School of Psychiatry Medical Psychotherapy Advanced Training Scheme
  - Curriculum
  - Overview of training posts and educational opportunities
4. Expectations of trainees
5. Expectations of trainers
6. Academic programmes
7. Trainee Support, and how to raise concerns
8. How to arrange a visit or find out more
9. Useful contacts and links

## Welcome

This document will introduce Medical Psychotherapy 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. It is intended that this guide is read in conjunction with the "Guide to Advanced training in Psychiatry at Severn postgraduate Medical Education" which covers all the generic aspects of advanced training.

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

## Introduction to Medical Psychotherapy

Medical Psychotherapy covers a broad range of psychotherapeutic practice within psychiatry.

"The Philosophy of the Faculty of Medical Psychotherapy" can be found on the College website: <https://www.rcpsych.ac.uk/pdf/The%20Philosophy%20of%20the%20Faculty%20of%20Medical%20Psychotherapy.pdf>

## Overview of Severn School of Psychiatry Medical Psychotherapy training

This three year scheme conforms to the Royal College of Psychiatrists' requirements for advanced training in Medical Psychotherapy and will lead to the award of a Certificate of Completion of Training (CCT) in Medical Psychotherapy. This will enable the post holder to apply for appointment as a Specialist Consultant Psychiatrist in Medical Psychotherapy within the National Health Service. The scheme is based in the Psychotherapy Services in Bristol with possibilities for attachments in Gloucester and Cheltenham (Dr Svetlin Vrabtchev and Dr Gill Bluck).

The major focus of clinical training on the scheme is in psychodynamic/group analytic psychotherapies. Year 1 provides a solid grounding in psychodynamic/group analytic assessment and treatment. Year 2, whilst continuing the psychodynamic component, will include attachments in systemic therapy and cognitive behaviour therapy. Year 3 will allow for the development of more specialist areas of interest according to the trainee's needs and interests. Trainees at this stage will be encouraged to supervise psychotherapy cases and facilitate Balint groups.

Upon completion of training, doctors will be eligible to apply to join the United Kingdom Council for Psychotherapy (UKCP) via the Accrediting Organisation for Medical Psychotherapy (AcOMP).

<http://www.rcpsych.ac.uk/workinpsychiatry/faculties/medicalpsychotherapy/acomp.aspx>

## Curriculum

The School of Psychiatry follows the curriculum laid out by the Royal College of Psychiatrists. This can be found here

## Overview of potential training posts and educational opportunities

### Year 1

Trainees are based with Dr Andrew Clark in the Psychological Therapies Service in South Gloucestershire. Trainees also spend one day a week with Dr Thanos Tsapas, Medical Psychotherapy consultant with the Bristol Complex Psychological Interventions team.

On-call work is as part of the local General Adult rota, in Year 1 this is the North Bristol rota, currently a 1:15 rota.

### Sample timetable Year 1

	AM	PM
Monday	Reading group  Team meetings including two Balint meetings	Psychodynamic group or individual work  Supervision with Andrew Clark
Tuesday	Assessments  Business meeting/ Clinical Governance  Personal therapy	Psychodynamic individual work  Supervision for individual work (depending on case)
Wednesday	Family therapy clinic	Special Interest
Thursday	Research or teaching  Group supervision at lunchtime	Research or teaching
Friday	Reading group  Individual work  Supervision from peer group for individual work	Assessments

## **Educational opportunities**

The following list details some of the additional educational experiences which are available but is not exhaustive; educational experiences can be found and tailored to individual interests.

- Experience (seeing patients and supervision) of the following therapeutic models:
  - Mentalisation Based Treatment
  - Cognitive Analytic Therapy
  - Dialectical Behaviour Therapy
  - Mindfulness meditation and mindfulness-based cognitive therapy
- Opportunities for Medical Psychotherapy consultation work, for example, with the Liaison Psychiatry Team at the Bristol Royal Infirmary, inpatient wards at Callington Road hospital and The Bristol Primary Care Consultation Service.
- Facilitation of Balint groups
- Experience supervising trainee cases
- Teaching opportunities specific to psychotherapy are numerous and varied. They include undergraduate and postgraduate teaching, for example, there are opportunities to teach medical students within the Bristol Medical Student Psychotherapy Scheme and opportunities to teach Core Trainees as part of the Core Psychiatry Course at Severn.

## **Research Opportunities**

Please see generic guide for details of general research opportunities. Psychotherapy trainees are encouraged to engage in research activity in keeping with their particular interest. The Psychotherapy trainers have a particular interest in and have published in the areas of Medical Student Psychotherapy, and working with specific clinical problems such as grief, guilt and shame.

## **Expectations of Trainees**

Trainees are expected to work with their supervisors and TPD to achieve the competencies 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 familiarise themselves with the relevant psychotherapy literature. Trainees are expected to keep themselves up to date with development in Medical Psychotherapy 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 Postgraduate Medical Education website for up to date details of current assessment and ARCP requirements.

### **Expectations of Trainers**

Trainers are expected to facilitate their trainees meet the curriculum requirement, and should be available to offer guidance and support in day to day clinical practice.

Trainers are expected to provide one hour a week of formal supervision, which should be trainee led.

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.

### **Academic Programmes**

Trainees are expected to attend the psychotherapy reading group which runs at Blackberry Hill Hospital at 8.15 on Monday mornings. There is also an opportunity to attend a reading group that runs in South Bristol on Friday mornings.

Timetable permitting, it is possible to attend the local academic meeting at the Blackberry Centre, this is on Wednesday lunch times and covers all specialities. Another option is the academic meeting at Callington Road Hospital, also on a Wednesday lunch time and again depending on timetable commitments.

### **Personal Therapy**

All Advanced psychotherapy trainees are expected to engage in personal psychotherapy appropriate to their individual needs and interest. There are many options for individual or group work with experienced psychotherapists in the Bristol/ Bath area. The trainers are committed to supporting the trainees in accessing what is right for them. The School of Psychiatry will reimburse one third of the costs of personal therapy.

### **Raising Concerns and Trainee Support**

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

For educational or training issues trainees where possible should discuss their concerns with their educational supervisor and/or training programme director. Concerns will be taken seriously and trainees should expect to be supported to resolve the issue. Trust related issues may be discussed with either the clinical director of the relevant locality services or the director of medical education. Should any trainee feel that their concerns are not being resolved satisfactorily trainees should approach the School of Psychiatry for support to seek a resolution.

Trainees should be aware that both AWP and the Royal College via the Psychiatrists Support service offer counselling and support around a number of issues and can be utilised free of charge.

Trainees within Severn have good access to peer group support. There is a biannual away day for Advanced trainees from all specialities. Trainees are also encouraged to attend the annual Deanery Day, usually in December, which offers an opportunity for Core and Advanced trainees from all specialities to meet. Peer support meetings often run for the General Adult on-call rota and trainees are encouraged to attend these as well. Within Severn there is an active Advanced Trainee Committee (ATC). Advanced trainees have input into a number of groups including the Advanced Training Group (ATG), Quality Assurance group (QA) and the Board, meaning that trainees have a strong voice in the delivery of their training.

### **How to arrange a visit to 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.

Medical Psychotherapy Training Programme Director: Dr Andrew Clark (andrew.clark13@nhs.net)

Medical Psychotherapy Trainees in post: Ginevra Read and Claire Davis

Medical Education Administrator: Shelley Smith

Director of Medical Education (AWP): Steve Arnott

School of Psychiatry Support Manager: Rebecca Williams-Lock

Head of School: Rob MacPherson

### **Useful link**

Medical Psychotherapy Faculty Pages

<http://www.rcpsych.ac.uk/workinpsychiatry/faculties/medicalpsychotherapy.aspx>