

The Scotland Deanery

North Region

ST4-6 DUAL TRAINING IN MEDICAL PSYCHOTHERAPY AND GENERAL ADULT PSYCHIATRY

This is a new ST4-6 training post in Medical Psychotherapy and General Adult Psychiatry. On successful completion of the training the trainee will be eligible to apply for Certificates of Completion of Training in both Medical Psychotherapy and General Adult Psychiatry, and consequently, posts as a Consultant Medical Psychotherapist or as a Consultant General Adult Psychiatrist. The post is based at the Royal Cornhill Hospital, Aberdeen.

The Mental Health Services Clinical Management Board of NHS Grampian is responsible for the provision of psychiatric services to Aberdeen City, Aberdeenshire, Moray and Orkney. In-patient psychiatric care is provided for the population of Shetland. The population covered by the Mental Health Services is 528,400 of whom approximately 40 % live in Aberdeen.

In NHS Grampian community adult mental health, older adult mental health, learning disability and substance misuse services are integrated within the three Health and Social Care Partnerships (HSCPs). All inpatient services (except Moray), other specialist services and Child and Adolescent Mental Health Services (CAMHS) are managed by the Health Board as a Hosted Mental Health and Learning Disability Services (MH&LDS). The Hosted MH&LDS and the 3 HSCPs are working very closely to ensure that patient pathways and good governance is maintained and there is a joint focus on delivering high quality patient centred care service. This includes minimising access times to care.

The Royal Cornhill Hospital is a Psychiatric teaching hospital, which includes acute and continuing care wards, Day Hospitals, Central treatment complex (Physiotherapy, Occupational Therapy and ECT suite) and Forensic and Intensive Psychiatric Care Unit. There are four Clinical directorates – Adult Mental Health (including Adolescent and Child & Family Mental Health Services), Old Age Psychiatry, Specialisms (incorporating Rehabilitation, Forensic Psychiatry, Liaison Psychiatry, Eating Disorders, Psychotherapy, Substance misuse) and Intellectual Disabilities. Services in Moray are managed jointly by the relevant Directorates and a local management team. Child and Family Psychiatry service is located on the acute services site at Foresterhill. The MH services also support provision of specialist input into HMP Grampian health services based at Peterhead.

PSYCHOTHERAPY SERVICE

The Psychotherapy Department is situated on the upper floor of Garden Villa within the Hospital grounds. The Psychotherapy Department provides specialist Psychotherapy services facilities to Grampian and Moray Regions, Orkney and Shetland. The Moray site is at the Pluscarden clinic in Elgin, and has its own line management, though is regarded as part of the whole Grampian Specialist Psychotherapy service and certain activities are shared. The clinical service offers individual and group psychodynamic psychotherapy as well as Mentalization-Based Therapy to adults referred from Mental Health Services. Staff in the unit offer assessment, consultations, treatments and expert advice on these referrals. The department also plays a key role in delivering psychological therapies training and educational opportunities across the Mental Health service.

The Department offers psychodynamic psychotherapy training for ST4-6 in Medical Psychotherapy and other specialties, and all Core trainees (CT1-3) in Psychiatry within NHS Grampian. The clinical service and the training programme are linked together. Referrals are seen for assessment by a senior member of the department or by a suitably experienced trainee under the close supervision of a senior staff member. Thereafter cases are offered therapy as appropriate or the referrers may be offered skilled psychotherapy consultation or case management. Both individual and group psychotherapy form a part of the training programme.

GENERAL ADULT PSYCHIATRY

General Adult Psychiatric services are provided for patients aged 18-65 years under the relevant Aberdeen City or Aberdeenshire Mental and Social care partnerships. All in-patient services are based in Royal Cornhill Hospital for this post. Currently there are three admission wards including Crathes, Fraser and Huntly wards for acute psychiatric care. The post provides opportunities to gain experience in all aspects of General Adult Psychiatric care including in-patient, out-patient experience, working with Multidisciplinary teams, ECT, urgent psychiatric care as well as experience of number of more specialised placements available including Substance Misuse, Eating Disorders, Liaison Psychiatry, Rehabilitation Psychiatry and Perinatal Psychiatry. In appropriate cases, trainees may choose to undertake a year in Liaison, Rehabilitation or Substance Misuse and gain an Endorsement from the Royal College of Psychiatrists in that specialty.

2. DESCRIPTION OF HOSPITALS AND RELATED FACILITIES

Royal Cornhill Hospital (Aberdeen) has a bed complement of 416 and provides a comprehensive range of general and specialist psychiatric services. A new Nursery for the children of members of staff is located on this site.

Community Rehabilitation Unit (Polmuir Road, Aberdeen) has five two-bedroom flats for patients undergoing rehabilitation.

Great Western Lodge (Aberdeen) is a “halfway” residential facility located near the centre of Aberdeen. It provides for eight forensic in-patients who are preparing for discharge.

Dr. Gray’s Hospital (Elgin, approximately 65 miles from Aberdeen) has a 25 bedded ward serving Moray.

Elmwood Intellectual Disability services, including a forensic service, are provided from this facility.

(b) **Staffing of Psychiatric Services**

Consultants (National Health Service) -

Dr A. Gopala	General Adult Psychiatry
Dr. A. Shand	General Adult Psychiatry
Dr. A. Robinson	General Adult Psychiatry
Dr S. Wilson	Rehabilitation Psychiatry
Dr. Priti Singh	General Adult Psychiatry
Dr. J. Callender	General Adult Psychiatry
Dr Stephan Dax	General Adult Psychiatry (Locum)
Dr Joseph Anyaoha	General Adult Psychiatry (Locum)
Dr Jeremy Hyde	General Adult Psychiatry (Locum)
Dr M.Khan	General Adult Psychiatry (Locum)
Dr F Asunmo	General Adult Psychiatry (Locum)
Dr S. Hay	Unscheduled Care Service/ Substance Misuse Service
Dr. A. Palin	General Adult Psychiatry
Dr. M Colyer	Intellectual Disability
Dr A. Onder	Older Adult Psychiatry
Dr. J. Warrington	Older Adult Psychiatry (part-time)

Dr. R. Arnold	Older Adult Psychiatry (part-time)
Dr. S. Dhadwar	Older Adult Psychiatry
Dr. T. MacEwan	Older Adult Psychiatry
Dr. J. Murdoch	Older Adult Psychiatry (part-time)
Dr. S. Barton	Older Adult Psychiatry (part-time)
Dr. A. Lawrie	Older Adult Psychiatry
Dr K. Joshi	Child and Adolescent Psychiatry
Dr. T. Gunarathne	Child and Adolescent Psychiatry
Dr. C. Gilmour	Child and Adolescent Psychiatry (part-time)
Dr. A. Rasalam	Child and Adolescent Psychiatry (part-time)
Dr S. Tadi	Child and Adolescent Psychiatry
Dr. L. Johnstone	Eating Disorders Service, Eden Unit (part-time)
Dr. P. Crockett	Eating Disorders Service/Psychotherapy
Dr D. Bennett	Forensic Psychiatry
Dr G. Fleming	Forensic Psychiatry
Dr A. Forrest	Forensic Psychiatry/Psychotherapy
Dr M. McLoughlin	Psychotherapy (part-time)
Dr. M. Smith	Liaison Psychiatry
Dr. Michael Turner	Substance Misuse
Dr S. Anderson	Alcohol Service (Aberdeen City)

Dr Gray's Hospital, Elgin

Dr. M. Doherty	General Adult Psychiatry and Liaison Psychiatry
Dr. C. Hart	Child and Adolescent Psychiatry
Dr. A. Hodges	General Adult Psychiatry and Learning Disabilities
Dr. T. Parrott	General Adult Psychiatry
Dr. G. Jones	General Adult Psychiatry
Dr. J. Todd	Old Age Psychiatry

Dr. A. Osunrinade

Old Age Psychiatry

Honorary Consultants (University)

Professor Claude Wischik (Department of Old Age Psychiatry)

Dr. Justin Williams (Department of Child Health)

There are two Associate Specialists, four full-time and six part-time Staff Grade/Specialty Doctors in Aberdeen. There are two Associate Specialists (one full time and one part-time) and one part-time Staff Grade Doctor in Elgin. There is an establishment of Specialty Registrars, four GP Specialty Registrar slots and six Foundation House Officer 2s in Aberdeen. There is one Specialty Registrar, one GP Specialty Registrar and one Foundation House Officer 2 in Elgin.

There is a team system linked to Primary Care within the Psychiatric Service.

Undergraduate and postgraduate teaching is an integral part of the service. Higher trainees will be involved in teaching undergraduates and core trainees, including (in RCH) weekly departmental term-time case conferences and journal club presentations. Undergraduate teaching can also involve half-day structured tutorial sessions involving group discussions, didactic teaching and role-play consultations using professional actors as patients.

Clinical research is encouraged by the Board and is supported by the Clinical Research Centre and an on-site library. The appointee will have access to the NHS e-Library. The hospital is a short distance from Aberdeen University Medical School on the Foresterhill site which has a full medical library and other research facilities.

In Royal Cornhill Hospital there are designated seminar rooms with full audio-visual and video teleconferencing facilities supported by an audio-visual technician.

THE POST

The ST4-6 dual training in Medical Psychotherapy and General Adult Psychiatry post will lead to a Dual CCT in Medical Psychotherapy and General Adult Psychiatry and offer a possibility of qualifying as Group Analyst or Psychoanalytic Psychotherapist and accreditation with UKCP/BPC respectively. Both the Psychotherapy Department and the General Adult Psychiatry service already provide the accredited specialist training necessary to obtain a Certificate of Completion of Training (CCT) in their respective specialties. The dual training in Medical

Psychotherapy and General Adult Psychiatry takes 5 years in order to complete the requirements of the training and the trainee will spend 4 sessions each per week in both General Adult Psychiatry and Psychotherapy throughout the 5 year programme.

THE MEDICAL PSYCHOTHERAPY TRAINING PROGRAMME

The orientation of the post is psychodynamic psychotherapy, with a focus on psychodynamic psychotherapy individually or in groups. Experiences provided exceed the mandatory requirements of the Royal College of Psychiatrists.

CLINICAL PLACEMENTS ON THE MEDICAL PSYCHOTHERAPY SCHEME

1. The Department of Psychotherapy, Upper Garden Villa, RCH

Training staff: **Dr Marina McLoughlin**, Consultant Psychiatrist in Medical Psychotherapy, Psychoanalytic Psychotherapist, MBT Practitioner

Dr Phil Crockett, Consultant Psychiatrist in Medical Psychotherapy and Eating Disorders, Group Analyst

Psychotherapists and Nurse-therapists (qualified in individual and group psychodynamic work, MBT, and IPT)

Training in:

- a) Individual psychodynamic psychotherapy
- b) Group analytic psychotherapy
- c) IPT
- d) Research, audit, teaching and supervision

The Department is the main base for the ST 4-6, providing office accommodation and secretarial support.

2. The Eating Disorders Service

Training staff: **Dr Phil Crockett**, Consultant Psychiatrist in Eating Disorders (part-time)

Mrs Sally Hill, CBT therapist

Multidisciplinary team of nursing staff, psychologists and dieticians

Training in:

- a) CBT
- b) Systemic therapy

3. Training - in Group Analysis (Institute of Group Analysis (IGA))

The external training course provided by the IGA is an integral part of the training programme for the ST4-6 in Psychotherapy. This external course runs approximately for 7 years, depending on the individual training progress, and provides:

- a) Clinical training in group analysis.
- b) Theoretical seminars in group analysis.
- c) Personal training analysis in a group setting.

During the 5 years of Higher Training (ST4-6) the course fees and costs of supervision are funded on 1/3 basis, e.g. the trainee is funding 1/3 of the cost with 2/3 being funded by NES. Completion of the course above entitles the trainee to become accredited with the United Kingdom Council for Psychotherapy (UKCP).

MEDICAL PSYCHOTHERAPY TRAINING SCHEME

1. Clinical Experience

- Training in Individual Psychodynamic Psychotherapy

Supervised experience in psychodynamic psychotherapy with individuals is provided at the Psychotherapy Department. The ST4-6 will be trained in brief and long-term

(weekly) psychodynamic psychotherapy and in the assessment of individuals for individual psychotherapy.

- Training in Group Psychotherapy

Supervised experience of analytic group therapy is provided at the Psychotherapy Department. The ST4-6 will be trained in long-term psychoanalytic group work. The ST4-6 will also be trained in the assessment of individuals for group psychotherapy.

- Training in Mentalization-Based Therapy

Training in MBT is provided at the Psychotherapy Department. The ST4-6 will participate in assessments of patients for MBT as well as lead groups within the MBT Hub Day for patients with a diagnosis of personality disorder.

- Training in Interpersonal Therapy (IPT)

Supervised experience in IPT is provided at the Psychotherapy Department. The ST4-6 is trained in assessment and individual work with patients in IPT model.

- Training in Cognitive Behavioural Therapy

Supervised experience in cognitive therapy is provided at the Eating Disorders Service. The ST4-6 is trained in CBT with individuals and in the assessment of individuals for CBT.

- Training in Systemic therapy

Supervised experience in Systemic therapy may be provided at the Eating Disorders Service. The ST4-6 is trained in assessment and systemic therapy with patients and their families.

The placements will allow achieving the competencies in Medical Psychotherapy as set out by the Royal College of Psychiatrists.

CLINICAL PLACEMENTS IN GENERAL ADULT PSYCHIATRY

Clinical placements in General Adult Psychiatry will be based in core placements including in-patient and Community care, based in various parts of the service including Aberdeen City and Aberdeenshire. It will be expected for trainees to be placed in various geographical areas of Grampian to gain extensive experience of both city and rural experience in General Adult Psychiatry. There are also exciting opportunities for placements in specialisms within General Adult Psychiatry including Liaison Psychiatry, Rehabilitation Psychiatry, Unscheduled Care team and Addictions Psychiatry. There are also many opportunities to develop special interests in ECT, Perinatal Psychiatry, Medical leadership and management, research and teaching.

Trainees will be expected to gain Section 22 approval to gain AMP certification for the Mental Health (Care and Treatment) (Scotland) Act 2003.

Teaching

The ST4-6 will be expected to contribute to the teaching of psychiatric trainees and staff from non-medical disciplines through tutorials, journal clubs, and small group discussions. Such a range of teaching experiences will be part of the experience available in all of the clinical attachments in the scheme. The ST4-6 will also be expected eventually to take a part in the supervision of the psychotherapeutic work of core psychiatric trainees as a means of developing own practice and facilitating others' professional development.

The ST4-6 will also be asked to contribute to the programme of teaching of psychiatry to undergraduates at the University of Aberdeen Medical School.

There is a two year MRCPsych post graduate course for psychiatric trainees at the Royal Cornhill Hospital and it is expected that the ST4-6 will contribute to this course.

Management

The ST4-6 is expected to develop their Management skills through both on-line learning and face-to-face training. In addition to the opportunities for developing management skills available as a team member of both Psychotherapy and General Adult Psychiatry services, the trainee will be able to shadow Senior Managers and to undertake a supervised management project.

Audit

The ST4-6 will be given the opportunity to contribute to the existing programme of clinical audit and to initiate their own short-term projects. Training in audit skills and methodology, and help with data analysis can be provided.

Academic Research and Training

The training programme provides excellent opportunities for academic training. It is expected that the ST4-6 will pursue their own research project and is allowed one session each week to do so. They are encouraged to attend the University Department of Psychiatry Research group, which provides expertise in the design of research projects in an informal and supportive setting. Supervision of individual projects can be negotiated with members of the University Department or NHS colleagues. The research project may be done in either General Adult Psychiatry or Psychotherapy.

There is an active programme of postgraduate educational activities including a case conference and journal club in the Psychotherapy Department as well as a weekly Journal Club and case conference in the Royal Cornhill Hospital.

Study Facilities

The ST4-6 appointee will have access to the University of Aberdeen Medical Library and the Royal Cornhill Hospital Library. There is internet access for literature searching and the Psychotherapy Department has a small library of essential up to date texts.

Dual Training in General Adult Psychiatry and Medical Psychotherapy

The timetable for the ST4-6 appointee undertaking dual training in Medical Psychotherapy and General Adult Psychiatry is arranged on a basis of weekly requirement of eight sessions of clinical work (including supervision and supervising time) and one session of research/audit and special interest respectively. Special interest session is mostly utilised for attending the external psychotherapy training.

Year 1

General Adult Psychiatry – 4 sessions per week. The trainee will be initially based in posts including both in-patient and out-patient services within General Adult psychiatry services in Royal Cornhill Hospital (RCH).

Medical Psychotherapy – 4 sessions per week. The external psychotherapy training commences in the Autumn. The trainee will attend the Department of Psychotherapy academic activities and participate in assessments of patients for psychotherapy as well as seeing patients for Mentalization-Based Treatment and psychodynamic psychotherapy.

Research/audit – 1 session

Special Interest – 1 session (this will be utilised to allow attendance of external psychotherapy training).

Year 2

General Adult Psychiatry – 4 sessions per week. The trainee will be initially based in posts including both in-patient and out-patient services within General Adult psychiatry services in Royal Cornhill Hospital (RCH).

Medical Psychotherapy – 4 sessions per week. Continuing as Year 1; external psychotherapy training – theoretical seminars and clinical work. The trainee will attend the Department of Psychotherapy academic activities and participate in assessments of patients for psychotherapy as well as seeing patients for Mentalization-Based Treatment and psychodynamic psychotherapy.

Research/audit – 1 session

Special Interest – 1 session (to allow attendance of external training).

Year 3

General Adult Psychiatry – 4 sessions per week.

Trainees can request rotations within specialisms in General Adult Psychiatry or placements in either in-patient, community or combined posts with General Adult Psychiatry. The community posts may be based in Aberdeen City or Aberdeenshire CMHT's.

Medical Psychotherapy – 4 sessions per week. The time will be utilised assessing the patients for suitability for psychotherapy as well as conducting once/week individual and group therapy. External training – theoretical seminars and clinical work. Attachment at the Eating Disorders Service for supervised experience in CBT and systemic therapy. IPT cases in the Department of Psychotherapy. The trainee will attend the Department of Psychotherapy academic activities.

Research/audit – 1 session

Special Interest – 1 session (to allow attendance of external psychotherapy training).

Year 4

General Adult Psychiatry – 4 sessions per week. As in year 3, trainees can request rotations within specialisms in General Adult Psychiatry or placements in either in-patient, community or combined posts with General Adult Psychiatry. The community posts may be based in Aberdeen City or Aberdeenshire CMHT's.

Medical Psychotherapy – 4 sessions per week. The time will be utilised assessing the patients for suitability for psychotherapy as well as conducting once/week individual and group therapy. Potential supervision of psychodynamic work of the Core trainee on placement in the department. External training – theoretical seminars and clinical work. Attachment at the Eating Disorders Service for supervised experience in CBT and systemic therapy. IPT cases in the Department of Psychotherapy. The trainee will attend the Department of Psychotherapy academic activities.

Research/audit – 1 session

Special Interest – 1 session (to allow attendance of external psychotherapy training).

Year 5

General Adult Psychiatry – 4 sessions per week. Trainees can request rotations within specialisms in General adult psychiatry or placements in either in-patient, community or combined posts with General Adult Psychiatry. The community posts may be based in Aberdeen City or Aberdeenshire CMHT's.

Medical Psychotherapy – 4 sessions per week. The time will be utilised assessing the patients for suitability for psychotherapy as well as conducting once/week individual and group therapy. Potential supervision of psychodynamic work of the Core trainee on placement in the department. External training – theoretical seminars and clinical work. The final year of training experiences and clinical attachments will be organised depending on the trainee's preferences and progress.

Research/audit – 1 session

Special Interest – 1 session (to allow attendance of external group analytic training).

Administration

Supervision

The trainee will have a named Clinical Supervisor in both General Adult Psychiatry and Psychotherapy at each stage in their training. The Educational Supervisors for both General Adult Psychiatry and Psychotherapy will have joint periodic reviews with the specialty registrar to support and plan their development.

Annual reviews

There is a process of Annual Reviews of Competence Progression (ARCP) for all trainees, as described by the Gold guide. This is administered by NHS Education for Scotland and will be conducted with an appropriately constituted panel from the national programmes in both General Adult Psychiatry and Medical Psychotherapy.

Study Leave/Annual Leave

The Specialty Registrar is entitled to 30 days study leave per year and 28/33 days of annual leave plus statutory holidays per year. Arrangements for leave should be discussed in advance with the Educational Supervisors.

On-Call

In Grampian there is a Specialty Trainee 4-6 on-call rota, where the ST4-6 is working as second on-call. Duties include senior reviews of patients admitted out-of-hours to the wards of the Royal Cornhill Hospital, performing assessments for potential detention of patients under the Mental Health (Care and Treatment) (Scotland) Act 2003 and providing supervision to core trainees and other staff in the Royal Cornhill Hospital. The on-call rota is 1:9 with prospective cover banded at 1B.

Further Information:

Dr Marina McLoughlin, Lead Educational Supervisor for Medical Psychotherapy,
marina.mcloughlin@nhs.scot

Dr Priti Singh, Training Programme Director (General Adult Psychiatry),
pritisingh1@nhs.scot