

**Specialist Higher Training in Psychotherapy East Scotland (Tayside)**  
**Major Model: Cognitive Behavioural Therapy**  
**Service: Multidisciplinary Adult Psychotherapy Service**  
**Location: Alloway Centre (Dundee) & Perth Royal Infirmary (Perth)**  
**Educational Supervisor: Dr Deepa Tilak**  
**Clinical Supervisor: Dr Deepa Tilak**

This is a 5 year Dual Training post will lead to CCTs in Psychotherapy+General Adult Psychiatry. The trainee will be required to undertake external training to qualify as a Cognitive Behavioural Therapist and become accredited with the British Association of Cognitive and behavioural Therapists (BABCP).

By the end of training, trainees will be expected to demonstrate achievement of the competencies/learning outcomes set out in the RCPsych Curriculum for Advanced Training in Medical Psychotherapy.

## **Introduction**

NHS Tayside serves a population of just under 420,000 and includes local authority areas of Angus, Dundee Perth & Kinross. There is a strong academic focus in the region through Dundee Medical School and Ninewells Hospital in Dundee, both enjoying an excellent reputation worldwide. Furthermore, the region encompasses both urban as well as rural areas and the trainee will encounter a variety of clinical and social settings, to better prepare for future career challenges.

Tayside is rich in natural beauty and offers lochs, rivers, beaches and hills of interest, not just to nature and sport enthusiasts, but also to those wanting to live and work in surroundings offering a good quality of life. There are also golf courses, affordable housing and good primary and secondary schools in the area. For those keen on travel and city attractions, there are excellent transport links to Edinburgh and Glasgow and also to other parts of Scotland. These include both road and rail networks and Dundee is also served by an airport offering flights to London and beyond.

### **1. Royal College Approved Trainers within the department**

Dr Deepa Tilak  
Dr James Mackie

### **2. Other members of the Team**

Dr Michelle Ramage  
Dr Alastair Hull  
Dr Maggie Brierton  
Dr James Chamberlain  
Ms Sharon Thorburn  
Ms Bernadette Laidlaw  
Mr Jon Webster  
Ms Karen Henderson

## **Specialist Placement in Cognitive Behavioural Therapy**

This will form the main basis for the higher trainee's core psychotherapy experience and training. In addition to CBT, experience in third wave Cognitive Behavioural Therapies, such as Cognitive Analytic Therapy (CAT), Interpersonal Therapy (IPT), Acceptance and Commitment Therapy (ACT), Cognitive Behavioural Analysis System of Psychotherapy (CBASP) and Eye Movement Desensitisation and Reprocessing is also available.

Mindfulness based skills within a CBT framework are extensively used and practiced within the team.

### **Psychodynamic Psychotherapy**

Training in individual Psychodynamic Psychotherapy is available within the department provided by Dr James Mackie.

### **Systemic Training**

This is provided through CAMHS, based currently at Dudhope Terrace in Dundee and takes the form of Family Work.

### **Training Experience for the Higher Trainee**

1. The trainee would be expected to partake in regular multidisciplinary team meetings, where referrals are discussed. This is also the primary venue where new assessments are discussed to ensure patients are placed appropriately on our waiting list, on one of our three pathways. The pathways identified as being most helpful to focus therapy work are Depression, Anxiety and Trauma. This is a good place to advance the trainee's skills in regard to suitability for treatment as well as the treatment model that might best suit the client. The trainee is also expected to partake in liaison work with referring agencies and formulate ideas for 'pre therapy' work when required.
2. The trainee will participate in a rota for clinical case presentations within MAPS and within the wider Tayside Training Programme. At present, these take place on a Thursday morning on a rotational basis and include clinical case presentations together with formal teaching, attended by Consultant Psychiatrists, Core and Higher Trainees.
3. It would be expected that the trainee will take on a suitable case load incorporating a variety of clinical disorders, under supervision. Different durations of treatment, including short and longer term cases will be encouraged.
4. The trainee would also offer assessments to determine suitability for therapy, exploring with the client their level of motivation and capacity to engage in a collaborative model. The trainee would over the course of the placement, provide teaching and supervision to junior trainees attached to the department. They would also co-facilitate the Balint group run for Core Trainees on a Wednesday afternoon.

### **Academic Training in CBT**

Training in Cognitive Behavioural Therapy – South of Scotland Cognitive behavioural Therapy Programme (SOSCOG).

The trainee will undertake this external training provided outside of the NHS, as a requirement for their training. The Post Graduate Diploma is part-time, undertaken as a day release programme that runs over 24 months. After the completion of this training, the trainee will be able to deliver high intensity CBT for a complex range of clinical conditions. The programme is BABCP Level-2 accredited. It is recommended that applications for this programme are made in good time – the application can be made in advance of the start date in training, so that the training is started as soon as possible.

Financial support is provided to cover 2/3 of the training. Details of the funding process will be made available to the trainee once they have been accepted onto the training programme.

The trainee will have full support with setting up placements and receive supervision to meet with the requirements of this external training. The trainee may also choose to progress to undertake the MSc over 18 months.

The main focus of the training includes:

1. Working with common mental health disorders in adulthood including anxiety disorders, depression, eating disorders and addictions within a CBT framework.
2. The programme includes classroom teaching as well as workshops, to strengthen CBT skills and develop competencies using CBT in different clinical settings.
3. A study programme is laid out and followed over the period of each module which needs to be completed to satisfactory standard before moving to the next module.

The aim is to enable students to be competent in CBT skills to a standard deemed appropriate for accreditation by the British Association for Behavioural and Cognitive Therapies (BABCP).

### **Academic Expectations of the Programme**

Examination is by continuous assessment; a combination of essays, case studies, clinical exams and supervisor's reports of clinical work, which are evaluated and monitored to judge overall progress and competence. Basic competencies in interpersonal skills and evaluation of client problems, together with specific competencies in the CBT model are evaluated through audio/video recordings throughout the training.

### **Maintaining Training Standards**

The training programme is designed to meet the standards set by the BABCP in their document 'Minimum Training Standards' released in 2006.

The trainee will be expected to complete the CBT course at least up to diploma level.

The timetable will allow for attendance at the course as well as for seeing cases and receiving supervision.

MAPS will provide a clinical base, training cases, supervision as well as secretarial support. The trainee will have a specified Educational Supervisor who would be an Approved Trainer within the MAPS team. At present this is provided by Dr Deepa Tilak.

The library at Carseview is available for purposes of academic study and research. There are also library facilities at Murray Royal Hospital.

### **Research**

The Department of Psychiatry of the University of Dundee has a long and well recognised history of academic and clinical research under the leadership of Professor Keith Mathews.

The department comprising of researchers as well as clinicians, who have a keen interest in affective disorders as well as OCD and provide outpatient and inpatient treatment for these conditions.

The University of Dundee Academic section of Psychiatry and Behavioural Sciences forms part of the Centre for Neuroscience. The current academic staffing consists of three professors, Keith Matthews (Head of Section and Deputy Head of Division), Douglas Steele and David Balfour.

Professor Matthews is a general Adult Psychiatrist and directs the national specialist service- the Advanced Intervention Service (AIS).

Professor Steele holds the Chair for Neuroimaging and is also an honorary Consultant Psychiatrist with AIS.

Professor Balfour is a non-clinical Professor of Neuropharmacology.

Major funding has been made available from the MRC, the Wellcome Trust, The Alzheimer's Research Trust, The Scottish Government Health Departments Chief Scientist's Office, the European Union and industrial partners.

## **Teaching**

The higher trainee will be expected to participate in teaching of medical undergraduates at the University of Dundee and offer basic professional training to Core Trainees in Psychiatry.

The trainee will also be expected to supervise the Student Selected Module offered to 4<sup>th</sup> year medical students, which allows them to study a selected topic in depth over a 2-4 week period.

## **Management Experience**

The trainee will be able to gain general management experience through participation in team meetings and more specifically in our Business meetings.

In addition, the trainee will have the opportunity to shadow the Clinical Lead for the service at relevant management meetings where appropriate.

## **Participation in on-call rota**

The higher trainee will participate in the on call rota. At present it is one in eight.

## **Peer Group**

The higher trainee will be supported by a peer group locally and may wish to be part of a more nationwide peer group that meets at intervals. These are designed to keep trainees informed of new advances in patterns of working and get updates on clinical and research activity. The group provides a forum to network with other trainees from different parts of the country.

**ST post in GAP & Medical Psychotherapy (Dual Training)  
General Adult Psychiatry Component**

Dr Judith English, GAP Higher Training Programme Director, East Deanery  
November 2020

Trainees will be expected to complete a minimum of 2 years in GAP, covering a mixture of in- and out-patient work.

**ST4** - may be spent usefully in GAP to upskill in Mental Health Act work, necessary for working on-call. ST4 placements are available in Perth, Dundee and Angus, with (non- resident) on-call covering Tayside as a whole. Special interest sessions could be used for psychotherapy, with supervision offered by our Psychotherapy Tutor Dr Deepa Tilak.

**ST5** - is likely to be spent in Psychotherapy, whilst SI sessions could be used for GAP related activities e.g., Perinatal Psychiatry, Eating Disorders, Autism Specialist Team

**ST6** - Within the Tayside Training Scheme, ST6 placements are available in General Adult, or in each of Rehabilitation, Liaison and Substance Misuse, ultimately leading to an endorsement on your CCT.

**ST7** – Psychotherapy

**ST8** – depending on career plans, ST 8 may offer a combination of e.g. one day a week in GAP/3 days in Psychotherapy/1 day SI and Research.

**Sample ST4 year**

Expectation is that you would work towards meeting all of the Intended Learning Outcomes for the R C Psych Higher GAP Curriculum, evidencing this via your e-portfolio and successful completion of WBPAs. Special leave is available to complete s20 Approval Training, and Study Leave is encouraged and funded to a value of £500 annually.

You would be encouraged to deliver tutorials to 4<sup>th</sup> and 5<sup>th</sup> year medical students, and to supervise and complete WBPAs for CT1-3, GPSTs and FY2 doctors on the service.

Research sessions can be supported by our Research Tutor Dr Ashleigh Duthie, Consultant Psychiatrist

**Sample ST4 Timetable**

	Monday	Tuesday	Wednesday	Thursday	Friday
am	9am Moredun Ward – Rapid Run Down  Patient interviews/ 11am CMHT Meeting , MS Teams (every other week)	OPC MRH	9am Moredun Ward - RRD  Patient interviews  12 noon Educational Supervision	Post-graduate teaching Programme (MS Teams)	9am Moredun Ward - RRD  Patient interviews
pm	Research Session	Ward work/ prep for MHAct work	Special Interest Session/Balint Group	OPC MRH	Admin/ e-portfolio

**Sample GAP Supervisor Timetable**

	Monday	Tuesday	Wednesday	Thursday	Friday
am	OPC	OPC	12 noon – Clinical Supervision	Post graduate teaching	OPC
pm	CMHT work	MHAct prep	Teaching	OPC	Clinical Admin