

## The West of Scotland Region ST4-6 Single CCT training programme in Medical Psychotherapy (Psychodynamic)

This is a ST4-6 training post in Medical Psychotherapy. On successful completion of the training the trainee will also be eligible to apply for a Certificate of Completion of Training (CCT) in Medical Psychotherapy and consequently, posts as a Consultant Medical Psychotherapist. This programme includes placements in Glasgow and Lanarkshire.

There are four training psychotherapy departments in Greater Glasgow and Clyde and one in Lanarkshire:

### **Greater Glasgow and Clyde**

South Glasgow Psychotherapy Service  
Leverndale Hospital  
510 Crookston Road  
Glasgow, G53 7TU

Psychotherapy Service  
Dykebar Hospital  
Grahamston Road  
Paisley, PA2 7DE

Lansdowne Psychotherapy Service  
The Centre for Health and Care  
547 Dumbarton Road  
Glasgow, G11 6HU

North East Psychotherapy Department  
Springburn Health Centre  
Springburn Way  
Glasgow, G21 1TR

### **Lanarkshire**

North Lanarkshire Psychotherapy Service  
Carluke Community Health Centre  
40 Chapel St  
Carluke, ML8 4BA

There is also a GGC-wide Homelessness and Personality Disorder Service led by Dr Andrea Williams, Consultant Psychiatrist in Psychotherapy. Placements can be arranged in this service.

## Description of Hospitals and Related Facilities

Services in Glasgow & Clyde are divided into four geographical areas (Northeast, South, Northwest and South Clyde). There are four psychotherapy services, one each in Northeast, South, Northwest and South Clyde.

### South Glasgow

The mental health services in South Glasgow provide care for a total population of 350,000. Community adult services are based in six Resource Centres. The inpatient beds are at Leverndale Hospital with dedicated catchment area wards. There is a psychotherapy service, specialist inpatient- psychology and rehabilitative psychiatry service on the Leverndale Campus. There is also a regional Mother & Baby Unit. There are excellent clinical and non-clinical support services available including the full range of psychiatric sub-specialities.

Community services are well established and based around generic community mental health teams enhanced by the Crisis teams, a First Episode Psychosis team (Esteem), a Perinatal team, an Eating Disorder team, Addictions teams and Primary Mental Health Care teams. Child and Adolescent Services are based at the Twomax Building in the Gorbals, but the inpatient beds are provided at the Skye Unit at Stobhill Hospital. There are Learning Difficulty assessment beds and 20 continuing care beds at Gartnavel Royal Hospital. There is also a Community Learning Disability Team.

Leverndale Hospital has 250 inpatient beds. This includes 72 acute general adult beds, 12 intensive psychiatric care unit beds, 6 regional Perinatal beds, 11 rehabilitation unit beds, 35 medium stay beds, 58 acute old age psychiatry (18 organic and 40 functional) and 48 forensic beds. The three acute adult wards have been accredited by the Royal College of Psychiatrists Centre for Quality Improvement under the Accreditation for Inpatient Mental Health Services (AIMS) process for the past three years and were the first acute adult wards within Scotland to gain this accreditation. The rehabilitation ward has also achieved this status.

### Renfrewshire and Inverclyde

Community mental health services in Renfrewshire are part of Renfrewshire Health and Social Care Partnership (HSCP) and cover a total population of 181,481. In Renfrewshire, the inpatient unit is based at Dykebar Hospital. There are currently 13 acute inpatient beds based at Dykebar Hospital with a further 24 bedded ward in Leverndale Hospital. The Intensive Psychiatric Care Unit beds are situated in Inverclyde Royal Hospital. There are a total of 20 beds providing inpatient intensive rehabilitation and continuing care services for South Clyde. There is also an outpatient department, psychology and psychotherapy departments and an addiction team.

The Royal Alexandra Hospital has 40 Older Adult psychiatry acute beds and an old age psychiatry Day Hospital based on a District General Hospital site. A further 24 beds are based at Dykebar Hospital.

Adult Mental Health Services are currently based round two integrated health and social work community mental health teams (CMHTs) - a Paisley CMHT based at the Charleston Centre, Paisley and a West Renfrewshire/Renfrew CMHT is based at Mile End Mill in Paisley.

The "Doing Well" team provides treatment for all patients presenting with a new episode of low mood in West Renfrewshire. This service has a Primary Care Mental Health function across all of Renfrewshire.

The Intensive Home Treatment Team (IHTT) provides emergency assessments, gatekeeps all new admissions and provides home treatment where indicated. The team operates from 9am to 8pm weekdays and 9am to 5pm weekends and holidays. On call telephone support is available overnight.

The Early Intervention in Psychosis service (ESTEEM) provides intensive input for patients diagnosed with psychosis.

The Glasgow wide CPN out of hours service covers Renfrewshire for overnight work.

Child and Adolescent Services are based at Johnstone Hospital but the inpatient beds are provided at Gartnavel Royal Hospital and Yorkhill Hospital respectively. There are 10 Learning Disability assessment/treatment beds and a Community Learning Disability Team.

### **North West Glasgow**

The Northwest area served by the Lansdowne Psychotherapy Service also includes part of West Dunbartonshire. The total population of these areas is approx. 238,000. Community services are well established and based around four Adult Community Mental Health Teams; Riverside, Arndale, Shawpark and Goldenhill. In-patient services are provided in Gartnavel Royal Hospital, situated about a mile from the clinic. Gartnavel Royal Hospital has 80 acute general adult beds, 12 intensive psychiatric care unit beds, 12 intensive rehabilitation beds, 18 high dependency / continuing care beds and three older adult wards as well as an addictions unit and ID ward.

Crisis Teams and Primary Care Mental Health Teams are part of local adult services. Lansdowne psychotherapy Service also serves the local older age psychiatry teams, addictions and intellectual disabilities.

### **North East Glasgow**

The Northeast Glasgow Sector lies between the River Clyde to the South, Possilpark in the west and Easterhouse to the East and the Campsie Hills to the North. It covers a population of approximately 250,000 with areas of significant deprivation.

CMHT general adult services in Northeast Glasgow are organised in community resource centres: Springpark Centre (Springburn/Possill), Kirkintilloch CMHT (Strathkelvin Locality), Auchinlea (East Sector) and Arran Centre (City Centre Locality).

The Stobhill Hospital site is being redeveloped and includes MacKinnon House (general adult inpatient unit and IPCU), 2 rehabilitation wards, 2 older adults wards, Eriskay House (addictions unit), Skye House (regional adolescent unit) and Rowanbank (regional medium secure unit). The site also has a base for the first episode psychosis service ( Esteem).There is an in-patient psychology service and in-patient beds for patients with eating disorders

The NE Psychotherapy department has been recently refurbished and is co-located with parts of the NE Primary Care Mental Health Team. There is a plan to relocate services to a purpose built clinical hub in Parkhead, Glasgow when the new building is complete.

There are excellent clinical and non-clinical support services available in NE Glasgow including the full range of psychiatric sub-specialities. Community services are well established and organised around generic community mental health teams enhanced by the Crisis teams, a First Episode Psychosis team (Esteem), a Perinatal team, an Eating Disorder team, Addictions teams and Primary Mental Health Care teams.

## **North Lanarkshire**

The North Team is based at Coatbridge Health Centre and Hospital and offers psychotherapy services to the Population of North Lanarkshire. The North and South Psychotherapy Teams cover the population of Lanarkshire (approx 560,000).

The theoretical orientation of the North department is Psychodynamic. Following assessment patients are seen for brief (16 to 24 sessions) or longer term individual therapy or group analytic therapy. Referrals come from consultant psychiatrists, clinical psychologists and from senior members of the Community Mental Health Teams. At present, the service does not take direct referrals from primary care. In addition to direct clinical work, the psychotherapy service in Lanarkshire has always placed a strong emphasis on supporting therapeutic work of other staff working in the mental health field through liaison work, teaching and supervision.

The Psychotherapy Service is managed as an area wide service but has a North and South Lanarkshire team reporting to the Executive Director for North CHP which hosts both Mental Health and Children's Services. The service management team comprises the General Manager, Clinical Director and Service Manager. The Service has its own Clinical Governance structure and reports to the MH and LD Clinical Governance Committee. The North Psychotherapy team comprises a Consultant Psychiatrist in Psychotherapy, 3 members of nursing staff, an established 6 month post for a core trainee and admin support.

## **The Post**

The trainee will be based in the respective psychotherapy department for the duration of the three years where they will receive most of their training. The orientation of the post is psychodynamic, with a focus on psychodynamic psychotherapy. Trainees will also gain experience in other modalities and will be required to travel from their base in order to access particular training e.g. CBT and systemic therapy

All trainees are expected to undertake an external psychotherapy training relevant to their major training modality with components of theoretical seminars and personal analysis. Recognised external trainings include the Institute of Group Analysis (IGA) based in Glasgow and Manchester and the Scottish Training in Psychoanalytic Psychotherapy (STPP) based in Edinburgh. Financial support is given for two thirds of the cost of these trainings. The timetable for the ST4-6 appointee 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. The special interest session will usually be spent as time in the external training.

### **Example timetable**

#### **Year 1**

The trainee will participate in the Department of Psychotherapy academic activities and the local academic teaching programmes. The trainee will carry out assessments of patients for psychotherapy and see patients for psychodynamic psychotherapy.

Research/audit – 1 session

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

**Year 2** Continued involvement as per Year 1 academic activities. The trainee will also continue to gain experience in assessment and taking on cases for individual psychodynamic psychotherapy. The trainee will gain experience in systemic therapy (2 sessions per week).

Research/audit – 1 session

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

### **Year 3**

The time will be utilised assessing patients' suitability for psychotherapy and conducting individual psychotherapy. 2 sessions per week will be spent gaining supervised experience in CBT. They will gain experience in facilitating Balint groups for Core Trainees or supervising core trainee psychotherapy cases.

Research/audit – 1 session

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

## **Core Clinical Placements on the Psychotherapy Scheme**

### **South Glasgow Psychotherapy Department**

#### **Staff**

Dr Lawrence Martean Consultant Psychiatrist in Psychotherapy

Dr Emma Lewington Consultant Psychiatrist in Psychotherapy

Mr Willie Dickson Nurse Psychotherapist

Ms Eileen Hastie Specialist practitioner in Psychodynamic Psychotherapy

Ms Sammi-Jo McBride Clinical trainee in Psychodynamic Psychotherapy

Therapist vacancy

#### **Training in:**

a) Psychodynamic psychotherapy

b) Group analysis

### **Dykebar Psychotherapy Service**

#### **Staff**

Dr David Hill Consultant Psychiatrist in Psychotherapy

Ms Susan Hood Senior Adult Psychotherapist

Mr Mark Crawford Adult Psychotherapist

2 therapist vacancies

#### **Training in:**

a) Group analysis

b) Psychodynamic psychotherapy

c) Mentalization-Based Therapy

### **Lansdowne Psychotherapy Service**

#### **Staff**

Dr Lucie Colvin Consultant Psychiatrist in Psychotherapy

Dr Katy Lewis Consultant Psychiatrist in Psychotherapy

Dr David Douglas Specialty Doctor in Psychotherapy

Mr Chris Gray Highly Specialised Nurse Therapist

Ms Carol Wilson Nurse Therapist

Ms Caroline Wilson Nurse Therapist

Therapist vacancy

#### **Training in:**

a) Psychodynamic psychotherapy

b) Mentalization-Based Therapy

### **North East Psychotherapy Service**

#### **Staff**

Dr Amit Agarwal Consultant Psychiatrist in Psychotherapy  
Dr David Osborne Consultant Psychiatrist in Psychotherapy  
Ms Allyson Lumsden Adult Psychotherapist  
Ms Jacqui Begbie Adult Psychotherapist  
Ms Wendy Armstrong Adult Psychotherapist  
Ms Kay Service Adult Psychotherapist  
Ms Sharon Hannah Adult Psychotherapist  
Ms Jeanne Leonard Adult Psychotherapist

#### **Training in:**

- a) Psychodynamic psychotherapy
- b) Group analysis

### **North Lanarkshire Psychotherapy Service**

#### **Staff**

Dr Elizabeth Ogston Consultant in Medical Psychotherapy  
Dr Chris Sheridan Consultant Psychiatrist and Medical Psychotherapist  
Ms Lorraine McGuinness Senior Nurse Therapist  
Mr William Bruce Senior Nurse Therapist  
Ms Tracey MacDonald Senior Nurse Therapist

#### **Training in:**

- a) Psychodynamic psychotherapy
- b) Group analysis
- c) CBT

### **Personality Disorder and Homelessness Team**

#### **Staff**

Dr Andrea Williams Consultant Psychiatrist in Psychotherapy and Personality Disorder Lead for GG&C  
Ms Kate Sloan Senior Adult Psychotherapist and Psychotherapy Lead for GG&C  
Ms Helen Rose Nurse Therapist

#### **Training in:**

- a) Mentalization-Based Therapy
- b) Psychodynamic psychotherapy
- c) Reflective practice

### **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 improving practice and to facilitate their professional development.

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

There is a two year MRCPsych post graduate course for psychiatric trainees 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 Psychotherapy services, the trainee will be able to shadow Senior Managers as well as take on appropriate roles and responsibilities in this setting.

### 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. Supervision of individual projects can be negotiated with members of the University Department or NHS colleagues.

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 local Hospital bases.

### Study facilities

The facilities of the medical libraries at Leverndale Hospital and the Queen Elizabeth University Hospital as well as the main library at Gartnavel Royal Hospital will be available. There is also an online library which includes a literature search facility, to which all staff have access.

### Supervision

The trainee will have a named Psychiatric Supervisor and Educational Lead at each stage in their training.

### Annual reviews

There is a process of Annual Reviews of Competence Progression (ARCP) for all trainees, as described in 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 Medical Psychotherapy.

### Study leave/Annual leave

The Specialty Trainee 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/line manager.

### On-call

The on call rota is a middle grade rota. The higher trainee is second on call, supervising junior staff, with Consultant cover. There are weekend and on-call duties.