

The Scotland Deanery

North Region

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

This is a Higher dual 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 centered 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 Clinical directorates of Adult Mental Health, Child and Adolescent Mental Health, Old Age Psychiatry, Specialisms (incorporating Rehabilitation, Forensic Psychiatry, Liaison Psychiatry, Eating Disorders, Psychotherapy, Substance misuse, Perinatal Psychiatry) and Intellectual Disabilities. Services in Moray are managed jointly by the relevant Directorates and a local management team. Child and Adolescent Psychiatry service is located at the City Hospital. 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, Orkney, and Shetland. The Moray site is at the Pluscarden clinic in Elgin, and has its own line management, though there are close links with the 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, treatment, 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 patients are offered therapy as appropriate or the referrers may be offered skilled psychotherapy consultation. 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. When appropriate, trainees may choose to undertake a 12 months placement 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.

Staff of Psychiatric Services Consultants (National Health Service) -

Royal Cornhill Hospital:

Dr E. Mallum	General Adult Psychiatry (part-time)
Dr A. Palin	General Adult Psychiatry (part-time)
Dr C. McDonald	General Adult Psychiatry
Dr A. Shand	General Adult Psychiatry
Dr A Gopala	General Adult Psychiatry
Dr D. Chew	General Adult Psychiatry
Dr S. Hay	General Adult Psychiatry
Dr P. Singh	General Adult Psychiatry (part-time)
Dr A. Robinson	ADHD Clinic (part-time)
Dr N. Clementi	General Adult Psychiatry (locum)
Dr M. Awad	General Adult Psychiatry (locum)
Dr S. Dax	General Adult Psychiatry (locum)
Dr S. King	General Adult Psychiatry (locum)
Dr H. Miller	General Adult Psychiatry (locum)
Dr S. Kini	General Adult Psychiatry (locum)
Dr I. Drever	General Adult Psychiatry (locum)
Dr S. Cassidy	General Adult Psychiatry (SAS Doctor)

Psychiatry of Intellectual Disability:

Dr M. Colyer	
Dr J. Oluboku	(locum)
Dr E. Machiwenyika	(locum)

Old Age Psychiatry:

Dr A. Lawrie	
Dr A. Onder	(part-time)
Dr S. Davidson	(part-time)
Dr L. Drever	
Vacancy	
Dr R. Rajiv	(part-time)

Dr A. Duthie (part-time)

Dr R. Arnold

Dr R. Innes	
Dr C. Lord	(locum)
Dr Soyinka	(locum)
Dr A Wong	(locum)
Dr N Massoud	(locum, part-time)

Eating Disorders Service and Eden Unit:

Vacancy x 2

Forensic Psychiatry:

Dr A. Forrest	(part-time)
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Dr D. Bennett
 Vacancy
 Dr G. Fleming
 Psychotherapy:
 Dr M. McLoughlin (part-time)
 Vacancy
 Dr A. Forrest (part-time)
 Dr E. Mallum (part-time)
 Liaison Psychiatry:
 Dr M. Smith
 Dr J. McLaughlin Liaison Psychiatry and Brodie Ward
 Perinatal Psychiatry:
 Dr B. Ahamat (part-time)
 Rehabilitation Psychiatry:
 Dr S. Wilson
 Substance Misuse Service:
 Dr M. Turner
 Dr R. Controneo
 Dr K. Wilson (locum)
 Dr A. Adetole (locum)

Child and Adolescent Psychiatry (City Hospital):

Dr K. Joshi
 Dr N. Doval
 Dr R. Kaur (part-time)
 Dr E. McAndie
 Dr N. Sivaswamy
 Dr S. Hegde (part-time)
 Dr C. Patil (part-time)
 Dr S. Tadi
 Dr L. Foubister
 Dr C. Napier

Dr Gray's Hospital, Elgin

Dr. T. Mcphee	General Adult and Liaison Psychiatry
Dr. G. Jones	General Adult Psychiatry
Dr J Mann	General Adult Psychiatry
Dr M Scholtz	General Adult Psychiatry
Dr. A. Osunrinade	Old Age Psychiatry (Clinical Tutor)
Dr A Maclean	Specialty Doctor in Old Age

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 and accreditation with the UKCP. 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 36 months (10 sessions per week) in Psychotherapy and 24 months (10 sessions per week) in General Adult Psychiatry during 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 Alasdair Forrest, Consultant Psychiatrist in Medical Psychotherapy and Forensic Psychiatry, Group Analyst

Dr Ehino Mallum, Consultant Psychiatrist in Medical Psychotherapy and General Adult Psychiatry

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) MBT

- d) Research, audit, teaching and supervision

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

Training and experience in Systemic therapy is provided via the Child and Adolescent Mental Health service at the City Hospital.

Training and experience in CBT is provided via Liaison and General Adult Psychiatry services.

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

This 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.

[HOME | IGA](#)

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 **only during the 3 years (WTE) psychotherapy placement.**

If the Higher trainee wishes to continue external training beyond the psychotherapy placement, time for this would need to be negotiated with the Educational Supervisors and TPDs in both Medical Psychotherapy and General Adult Psychiatry.

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 Higher trainee 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 Higher trainee will be trained in long-term psychoanalytic group work.

The trainee 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 Higher trainee will participate in assessments of patients for MBT with the possibility of leading groups within the MBT Hub Day for patients with a diagnosis of personality disorder.

- Training in Cognitive Behavioural Therapy

Supervised experience in cognitive therapy is provided with clinical cases from Liaison and General Adult Psychiatry services. 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 is provided via the Child and Adolescent Mental Health service at the City Hospital. 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 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), one session of research/audit,

and one session of special interest. Special interest session during the Medical Psychotherapy placement is utilised for attending the external psychotherapy training.

Year 1

Medical Psychotherapy – 10 sessions per week. The time will be utilised assessing the patients for suitability for psychotherapy as well as conducting individual and group Mentalization-Based Treatment and psychodynamic psychotherapy. External training – theoretical seminars and clinical work. 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 2

Medical Psychotherapy – 10 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. Supervised experience in in CBT and systemic therapy. 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 3

Medical Psychotherapy – 10 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).

Year 4

General Adult Psychiatry – 10 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).

Research/audit – 1 session

Special Interest – 1 session

Year 5

General Adult Psychiatry – 10 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.

Research/audit – 1 session

Special Interest – 1 session

Administration

Supervision

The trainee will have named Educational and Clinical Supervisors in General Adult Psychiatry or in Psychotherapy at each stage in their training. The Educational Supervisors for General Adult Psychiatry and Psychotherapy may 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 General Adult Psychiatry or in Medical Psychotherapy according to trainees' placement in that year of training.

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 1:15 with prospective cover banded at 1B.

Further Information:

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