

**South-East Scotland training posts in Medical
Psychotherapy**
**Single CCT (psychodynamic model) and Dual CCT
(cognitive behavioural model and General Adult
Psychiatry)**



Higher Training post in Psychotherapy (psychodynamic) South-East Scotland

ST 4-6 in Medical Psychotherapy South East Scotland

Major modality: Psychodynamic

Location: Psychotherapy Department, Royal Edinburgh Hospital

Clinical Supervisor: Dr Adam Polnay

Educational Supervisor: Dr Katharine Logan

This ST4-6 training in Medical Psychotherapy (major modality Psychodynamic) will lead to a CCT in Medical Psychotherapy. An integral part of the programme is undertaking external training in Psychoanalytic Psychotherapy or Group Analysis.

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. Achievement of these competencies will be demonstrated by use of Work Place Based Assessments and supervisor overview.

Core Clinical Settings

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

Psychotherapy Department, Royal Edinburgh Hospital

Consultants: Dr Adam Polnay, Dr Lauren Wilson, Dr Aileen Ogilvie-Riley

The Psychotherapy Department provides training in:

- a) Individual psychodynamic psychotherapy
- b) Group psychotherapy
- c) Psychodynamic consultation with patients, which includes assessing suitability for ongoing therapy
- d) Psychodynamic consultation to clinicians and teams, both short and longer term
- e) Psychodynamic Reflective Practice Groups
- f) Mentalization-Based Treatment
- g) Working systemically with teams and services
- h) Research, audit, teaching and supervision

The Psychotherapy department is the main base for the ST 4-6.

A full induction pack for the Psychotherapy Department is provided to trainees at the start of the post.

For more information about the Psychotherapy Department see later section.

The Cullen and Rivers Centres

Consultant: Dr Katharine Logan

This placement provides training in:

- a) Cognitive-Behavioural Therapy
- b) Experience in treating people with Eating Disorders, mental health disorders in relation to trauma, co-morbid personality disorders

The Cullen and Rivers Centres also have expertise in other therapy modalities including Cognitive Analytic Therapy (CAT) and Dialectical Behavioural Therapy (DBT), and in combining psychotherapy with medication and general psychiatric management.

For more information about the Cullen and Rivers Centres see later section.

External training in Psychoanalytic Psychotherapy or Group Analysis

External training in Psychoanalytic Psychotherapy or Group analysis is an integral part of the training programme for the ST4-6 in Medical Psychotherapy.

During Higher Training 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.

As per the handbook for Scottish National Training in Medical Psychotherapy, it is important to apply in good time for external training – the application process can be undertaken before the trainee begins their NHS post, so that they may start the external training and personal therapy as soon as possible. Details of how to apply, and funding arrangements, will be provided once a trainee has been accepted onto the NHS training.

External training in Scotland can be undertaken via three different programmes:

Training in Adult Psychoanalytic Psychotherapy – Scottish Association of Psychoanalytic Psychotherapy (SAPP)

The Scottish Association of Psychoanalytic Psychotherapists (SAPP) based in Edinburgh runs the Scottish Training in Psychoanalytic Psychotherapy (STPP).

This external course runs approximately for 5-6 years, sometimes longer, depending on the individual training progress, and provides:

- a) Infant observation course
- b) Clinical training in individual adult psychoanalytic psychotherapy
- c) Theoretical seminars in psychoanalytic psychotherapy
- d) Personal training analysis

Completion of the course entitles the trainee to become a member of SAPP and to apply to become a member of the British Psychoanalytic Council.

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

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.

Completion of the course entitles the trainee to become accredited with the United Kingdom Council for Psychotherapy (UKCP).

MSc Psychological Therapies Practice and Research (Psychodynamic/Psychoanalytic Psychotherapy, the University of Exeter)

This external course runs approximately for 5 years, depending on the individual training progress, and provides:

- a) Clinical training in individual psychodynamic/psychoanalytic psychotherapy
- b) Theoretical seminars in psychoanalytic psychotherapy
- c) Personal training analysis in an individual setting
- d) Infant observation course

Completion of the course entitles the trainee to become accredited with the British Psychoanalytic Council (BPC).

Experiences and learning opportunities

Clinical Experiences

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 providing psychodynamic consultation to individuals which includes assessment as to the suitability of psychodynamic psychotherapy. Training is available in Mentalization-Based Treatment and exposure to this modality can be provided based on the trainee's needs.

Group Psychotherapy

Supervised experience of providing group psychotherapy is provided at the Psychotherapy Department, including training in the assessing suitability for group psychotherapy.

Training in Cognitive Behavioural Therapy

Supervised experience in cognitive behavioural therapy is provided at the Cullen and Rivers Centres. The ST4-6 is trained in CBT with individuals and groups and in the assessment of individuals for CBT.

Training in Systemic Therapy

Supervised experience in Systemic Therapy is provided through liaison with other services in the South-East Scotland.

Teaching

The ST4-6 contributes to the teaching of psychiatric trainees and staff from non-medical disciplines through lectures, tutorials, journal clubs, and small group discussions. In later stages of training the ST4-6 will supervise the psychotherapeutic work of core psychiatric trainees as a means of improving practice and to facilitate their professional development.

The ST4-6 contributes to the programme of teaching of psychiatry to undergraduates at the University of Edinburgh Medical School, through lectures and facilitating Balint Groups. There are wider teaching opportunities, including: teaching multi-professional teams about interpersonal and dynamics, therapeutic skills and working; teaching on the DClinPsych course at Edinburgh University.

Leadership and Management

The ST4-6 will develop their Management skills through the Leadership and Management Programme (LAMP). The ST4-6 can develop management skills as a team member of the Psychotherapy department and through working with managers in the wider system. The trainee can apply their leadership and management skills through Quality Improvement projects and, as appropriate, leading department meetings.

Audit

The ST4-6 will contribute to the existing programme of clinical audit, initiate their projects, and supervise others' 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. Research is a particular interest of some members of the Psychotherapy Department and we have good links with the Department of Psychiatry at the University of Edinburgh. It is expected that the ST4-6 will pursue their own research project and complete this by the end of ST6.

There is an active programme of postgraduate educational activities including a case conference and journal club in the Psychotherapy Department, weekly case conference at the Royal Edinburgh Hospital, and a Special Lecture Series.

Study Facilities

The ST4-6 will have their own room with the Psychotherapy Department with a computer and internet access. The Psychotherapy Department has a small library. The ST4-6 can access library facilities at the New Royal Infirmary and the Western General Hospital. NHS employees can apply for access the Main Edinburgh University Library. Edinburgh also has a central reference library at the National Library of Scotland.

Training activities

The timetable for the ST4-6 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 is usually required for external training.

Supervision

The trainee will have a named clinical supervisor for weekly supervision, and regular meeting with their educational supervisor.

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.

On-Call

ST4-6s gain valuable experience towards competencies through taking part in the NHS Lothian Higher Trainee rota. Duties include senior reviews of patients admitted out-of-hours to the wards of the Royal Edinburgh Hospital, performing assessments for potential detention of patients under the Mental Health (Care and Treatment) (Scotland) Act 2003, assessment of patients in the police cells at St Leonard's Police Station, assessment of patients who may require urgent liver transplant (training provided by Liaison Psychiatry consultants) and providing supervision to core trainees and other staff across NHS Lothian.

Handbook for Scottish National Training in Medical Psychotherapy

The Handbook for Scottish National Training in Medical Psychotherapy provides essential information and should be read alongside this local information.

Structure for each year

ST4 activities and experiences

The focus of the first year is on core psychodynamic training.

Clinical Practice

Individual therapy as follows:

- a) Long term once weekly cases
- b) Weekly psychodynamic consultation (which includes assessment as to the suitability for ongoing therapy) and follow-up. Initially sitting in on others' consultations then start doing own assessment under supervision.
- c) Brief individual weekly cases
- d) Learn about Mentalization-Based Treatment and its delivery through clinical work

Group psychotherapy as follows:

- a) Co-facilitate 1 x 1.5 hour out-patient group

Supervision

Supervision of individual cases - 2 hours per week.

Weekly supervision of group psychotherapy

Academic Activity

Infant observation course as part of external STPP training – weekly seminars and weekly observation with a family

MBT introduction course

Teaching experience

Depending on experience and interest, facilitating the medical student Balint group (term-time only).

Lectures and tutorials to medical students

Research/audit – 1 session

Special Interest – 1 session - attendance of external individual Psychoanalytic Psychotherapy Training – infant observation course).

ST5

This year builds on ST4 but with developing complexity in the psychodynamic work, and with a placement in CBT.

Clinical Practice

Psychodynamic Psychotherapy:

- a) Individual Psychodynamic therapy – developing complexity.
- b) Continued fortnightly supervised assessments
- c) Further development of MBT skills through supervised clinical work (and potentially through links with wider Psychiatric services)
- d) 2 hours of supervision for the above
- e) Supervised Group Psychotherapy

Cognitive Behavioural Therapy:

Placement in CBT at the Cullen/Rivers Centre (2 sessions for a year or 3-4 sessions for 6 months)

Academic Activity

Further MBT training (e.g via the Anna Freud centre).

Depending on experience and stage of development, supervise departmental Core Trainee (1:1 supervision).

STPP seminars

Teaching experience

As in ST4 plus teaching on Psychotherapy module in MRCPsych course and DclinPsych training.

Research/audit – 1 session

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

ST6 – developing skills, working in other areas and with other professionals

The exact composition of the final year of training experiences and clinical attachments will be organised depending on the trainee's preferences and progress. Trainees are encouraged to develop the post in this final year to meet their training requirements and, in discussion with the trainer, the timetable can be adapted to maximise the learning opportunities in the post.

Clinical Practice

Psychodynamic Psychotherapy

- a) Psychodynamic therapy (individual and group) and assessments – including experience in seeing the more complicated patients and situations that are referred
- b) STPP supervised psychoanalytic case – patient is seen three times per week
- c) Fortnightly psychodynamic assessments, including 'consultation only' work – i.e. seeing patients where longer-term therapy is not indicated, but where patients and teams may benefit from a psychodynamic perspective and formulation.
- d) Psychodynamic consultation and assessment to in-patients at the Royal Edinburgh Hospital and their clinical teams
- e) Work with staff: Reflective Practice Groups, Psychodynamic Consultations to teams and individuals
- f) Supervisory experience of departmental CT (individual supervision) and supervising a group of CTs who are seeing their psychodynamic cases
- g) 2 hours of supervision for the above

Working systemically

- a) Family/systemic therapy training (minor modality) – 1-2 sessions per week

Clinical placement(s) to be tailored to trainee. This may include a short placement with Dr Adam Burley, homeless sector

Academic activity

NES supervisor training

Consider Systems Centred Training course – 4-5 days course in York or London

Teaching: Core Trainee Balint group

Teaching experience

As in ST4 plus teaching on interpersonal dynamics and therapeutic skills to staff groups

Leadership and management activity

Experience chairing referrals meetings and leading business meetings

QI / management project

Opportunity to attend local management meetings as appropriate to gain management experience

Research/audit – 1 session

Special Interest – 1 session to allow attendance of external psychoanalytic training

Activities across ST4-6

Clinical

Weekly referrals meeting

Academic activity

Weekly Psychotherapy Department Journal Club and Case Conferences

National Psychotherapy Higher Trainee teaching programme (quarterly)

Weekly Royal Edinburgh Case conference (term-time)

Weekly Special lecture series (term-time)

Monthly meeting and teaching for higher trainees in Psychiatry in the South-East

Higher Training post in Medical Psychotherapy (Cognitive Behavioural Therapy) and General Adult Psychiatry, South-East Scotland

ST 4-6 in Medical Psychotherapy and General Adult Psychiatry, South East Scotland

Major modality: Cognitive Behavioural Therapy (CBT)

Location: Cullen Centre and Rivers Centre, Royal Edinburgh Hospital

Clinical Supervisor: Dr Katharine Logan

Educational Supervisor: Dr Katharine Logan

This ST4-6 training in Medical Psychotherapy (major modality CBT) and General Adult Psychiatry will lead to a CCT in Medical Psychotherapy and a CCT in General Adult Psychiatry. Part of the programme is undertaking external training leading towards qualifying as an Adult CBT Psychotherapist and subsequent accreditation with the British Association of Behavioural and Cognitive Psychotherapists (BABCP).

The training takes place over the period of 5 years. Generally Years 1 and 3 are spent working in a General Adult Psychiatry setting, and Years 2 and 4 are spent working in a Psychotherapy service. Year 5 is organised according to the educational and clinical needs of the trainee.

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 and in General Adult Psychiatry. Achievement of these competencies will be demonstrated by use of Work Place Based Assessments and supervisor overview.

Medical Psychotherapy Core Clinical Placements

The placements will provide the experience to allow achievement of the competencies in Medical Psychotherapy as set out by the Royal College of Psychiatrists.

The Cullen and Rivers Centres

Consultant: Dr Katharine Logan

A full induction is provided to trainees at the start of the post.

This placement provides training in:

- a) Cognitive-Behavioural Therapies, including third wave Cognitive Behavioural Therapies such as Compassion Focused Therapy (CFT) and Dialectical Behaviour Therapy (DBT), Eye Movement Desensitisation and Reprocessing (EMDR), Cognitive Analytic Therapy (CAT) and Interpersonal Therapy (IPT).
- b) Experience in treating people with Eating Disorders and Traumatic Stress Disorders, in individual and group formats, as part of a multidisciplinary team
- c) Delivering teaching and supervision

For more information about the Cullen and Rivers Centres see later section.

Psychotherapy Department, Royal Edinburgh Hospital

Consultants: Dr Adam Polnay, Dr Lauren Wilson, Dr Aileen Ogilvie-Riley

This placement provides opportunities for training in:

- a) Individual psychodynamic psychotherapy
- b) Group psychotherapy
- c) Psychodynamic assessments
- d) Psychodynamic Reflective Practice Groups

For more information about the Psychotherapy Department see later section.

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

All trainees in Medical Psychotherapy in Scotland will undertake external training (i.e. outside the NHS) in their major modality. Training for the ST4-6 in CBT will be via the South of Scotland Behavioural Therapy Programme. The Pg Diploma is part-time, day release over 24 months. After completing the 24 month Diploma, clinicians will be competent to deliver high intensity CBT intervention to a wide range of conditions and complexities. The Programme is BABCP Level 2 accredited. As per the handbook for Scottish National Training in Medical Psychotherapy, it is important to apply in good time for external training – the application process to SOSCOG can be undertaken before the trainee begins their NHS post, so that they may start the external training as soon as possible. Financial support is given for two thirds of the cost of the training. Details of how to apply, and funding arrangements, will be provided once a trainee has been accepted onto the NHS training.

The trainee will be supported to set up placements and supervision. The initial placement will be in a community setting treating cases of anxiety and depression of mild to moderate severity. Completion of the course and fulfilling other requirements, including supervised clinical work, entitle the trainee to apply for BABCP accreditation.

After completion of the Diploma some trainees will progress to do the MSc over 18 months.

Experiences and learning opportunities

Clinical Experiences

Training in Cognitive Behavioural Therapy

Supervised experience in cognitive behavioural therapy is provided at the Cullen and Rivers Centres. The ST4-6 is trained in delivering CBT to individual and groups and in the assessment of individuals for CBT and other psychotherapies.

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 providing psychodynamic consultation to individuals, which includes assessment as to the suitability of psychodynamic psychotherapy. The department also has expertise in delivering Mentalization-Based Treatment.

Group Psychotherapy

Supervised experience of providing group psychotherapy is provided at the Psychotherapy Department, including training in the assessment of individuals for group psychotherapy.

Training in Systemic therapy

Supervised experience in systemic therapy is provided through liaison with other services in Scotland.

Training in Interpersonal Therapy (IPT)

Supervised experience of IPT is provided locally. NHS Lothian has a very active clinical and research IPT network.

Teaching

The ST4-6 contributes to the teaching of psychiatric trainees and staff from non-medical disciplines through lectures, tutorials, journal clubs, and small group discussions. In later stages of training the ST4-6 will supervise the CBT psychotherapeutic work of core psychiatric trainees as a means of improving practice and to facilitate their professional development.

The ST4-6 contributes to the psychiatry lecture programme for undergraduates at the University of Edinburgh Medical School.

Leadership and Management

There are opportunities for the ST4-6 to develop management skills as a team member of the Cullen Centre and Rivers Centre, and through working with managers in the wider system. Leadership and management skills can be developed through Quality Improvement projects and, as appropriate, leading department meetings. The ST4-6 will develop their Management skills through the Leadership and Management Programme (LAMP).

Audit

The ST4-6 will contribute to the existing programme of clinical audit, initiate their own projects, and supervise the projects of others. 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. Research is a particular interest of some members of the Cullen and Rivers Centres and we have good

links with the Department of Psychiatry at the University of Edinburgh and via Prof. Thanos Karatzias at Napier University. It is expected that the ST4-6 will pursue a research project and complete this by the end of ST6.

There is an active programme of postgraduate educational activities including a case conference and journal club in the Cullen Centre, weekly case conference at the Royal Edinburgh Hospital, and a Special Lecture Series hosted by the Edinburgh University Department of Psychiatry.

Study Facilities

The ST4-6 will have their own room within the Cullen Centre, and a desk in a large shared office in the Rivers Centre, with a computer and internet access in both locations. The Cullen Centre and Rivers Centre both have extensive libraries. The ST4-6 can also access library facilities online and at the New Royal Infirmary and the Western General Hospital. NHS employees can also apply for access to the Main Edinburgh University Library. Edinburgh also has a central reference library at the National Library of Scotland.

Training activities

The timetable for the ST4-6 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.

Supervision

The trainee will have a named clinical supervisor for weekly supervision, and regular meeting with their educational supervisor.

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.

On-Call

ST4-6s gain valuable experience towards competencies through taking part in the NHS Lothian Higher Trainee rota. Duties include senior reviews of patients admitted out-of-hours to the wards of the Royal Edinburgh Hospital, performing assessments for potential detention of patients under the Mental Health (Care and Treatment) (Scotland) Act 2003, assessment of patients in the police cells at St Leonard's Police Station, assessment of patients who may require urgent liver transplant (training provided by Liaison Psychiatry consultants) and providing supervision to core trainees and other staff across NHS Lothian.

Handbook for Scottish National Training in Medical Psychotherapy

The Handbook for Scottish National Training in Medical Psychotherapy provides essential information and should be read alongside this local information.

Structure for each year

ST4 activities and experiences

The focus of the first year is on core CBT training.

Clinical Practice

CBT as follows:

- a) Assessment for individual CBT
- b) Observe referral patterns by sitting in with referrals meeting
- c) Weekly cases starting with mild to moderate cases and moving onto more complex presentations
- d) Opportunities to co-facilitate groups

Supervision

Supervision of individual cases - 1 hour per week.

Weekly peer supervision of group psychotherapy

Academic Activity

SOSCOG course

Teaching experience

This will depend on experience and interest, but may include lectures and tutorials to medical students.

Observe teaching of CBT Introductory Course for Core Trainees.

Research/audit – 1 session

Special Interest – 1 session - attendance at SOSCOG training

ST5 activities and experiences

This year builds on ST4, but with the development in the complexity of the CBT work, and with a placement in psychodynamic psychotherapy.

Clinical Practice

CBT as follows:

- a) Individual and group assessments of increasing complexity

- b) Individual CBT – developing complexity
- c) Working with different patient populations
- d) Co-facilitating psycho-educational and CBT therapy groups

Supervision

Supervision of individual cases - 1 hour per week.

Weekly peer supervision of group psychotherapy

Psychodynamic Psychotherapy:

Placement in Psychotherapy Department (2 sessions for a year or 3-4 sessions for 6 months)

- a) Individual Psychodynamic Psychotherapy
- b) 1 hour of supervision for the above
- c) The possibility of Supervised Group Psychotherapy

Academic Activity

SOSCOG

Depending on experience and stage of development, supervise departmental CBT Core Trainee (1:1 supervision).

Teaching experience

Lectures and tutorials to medical students and non medical staff. Teaching on Psychotherapy module in MRCPsych course. Deliver teaching of CBT Introductory Course for Core Trainees.

Research/audit – 1 session

Special Interest – 1 session (attendance at SOSCOG external training).

ST8 – developing skills, working in other areas and with professionals

The exact composition of the final year of training experiences and clinical attachments will be organised depending on the trainee's preferences and progress. Trainees are encouraged to develop the post in this final year to meet their training requirements and, in discussion with the trainer, the timetable can be adapted to maximise the learning opportunities in the post.

Clinical Practice

CBT as follows:

- a) CBT (individual and group) and assessments – including experience in seeing the more complicated patients and situations that are referred
- b) CBT (individual and group) interventions for complex cases
- c) Supervisory experience of departmental CT (individual supervision) and supervising a group of Core Psychiatry Trainees who are seeing their CBT cases
- d) 2 hours of supervision for the above

Working systemically:

- a) Family/systemic therapy training (minor modality) – 1-2 sessions per week

Clinical placement to be tailored to the trainee. This may include a placement in another area of Scotland or training in an additional therapy like EMDR.

Academic activity

SOSCOG external training

Consider Systems Centred Training course – 4-5 days course in York or London

NES Generic Supervision Course - in the last 6 months pre-CCT

Teaching experience

Lectures and tutorials to medical students and non medical staff. Teaching on Psychotherapy module in MRCPsych course. Deliver teaching of CBT Introductory Course for Core Trainees.

Leadership and management activity

Experience chairing referrals meetings and leading business meetings

QI / management project

Opportunity to attend local management meetings as appropriate to gain management experience

Research/audit – 1 session

Special Interest – 1 session (attendance at SOSCOG external training)

Academic activities across ST4-6

Departmental Journal Clubs and Case Conferences

National Psychotherapy Higher Trainee teaching programme

Weekly Royal Edinburgh Case conference

University of Edinburgh Department of Psychiatry Special Lecture Series (during term time)

Monthly meeting and teaching for higher trainees in Psychiatry in the South-East

General Adult Psychiatry

Placements

The South East of Scotland region offers placements in the following Health Boards:

Lothian, Borders and Fife. Training in General Adult Psychiatry the trainee will normally undertake placements lasting 1 year although under certain circumstances placements can be for shorter periods of time. It would be expected that the trainee would work in a number of different geographical areas. This allows trainees to gain as wide an experience of General Adult Psychiatry as possible. Normally time would be spent both in an urban and in a semi-rural setting.

The majority of placements include inpatient, outpatient and community-based work. There are a number of more specialised placements available including, Intensive Home Treatment Team, Perinatal Psychiatry, Liaison Psychiatry, Substance Misuse, Rehabilitation Psychiatry, Eating Disorders, IPCU, neuropsychiatry. It is possible to gain an endorsement from the Royal College of Psychiatrists in some of these specialties.

Each area has its own Case Conference/ journal Club, which trainees are expected to attend. Edinburgh University organises a special lecture series twice a month during term time at 4 pm on Wednesdays.

Professor Lawrie, Research Tutor, meets with all trainees to provide supported guidance in developing research skills and can help trainees become involved with established research projects. Most trainees complete research projects resulting in publications and presentations at meetings.

The training has had excellent trainee feedback in the GMC survey.

South East Scotland placements in Edinburgh hospitals, Fife and the Borders:

Royal Edinburgh Hospital, Edinburgh

The University of Edinburgh Department of Psychiatry, Edinburgh

Edinburgh Royal Infirmary, Edinburgh

Western General Hospital, Edinburgh

St John's Hospital, Livingston
Queen Margaret Hospital, Dunfermline
Whyteman's Brae Hospital, Kircaldy
Stratheden Hospital, Cupar
Huntlyburn House, Melrose
East and West Bring and Galavale House, Galashiels
Community Clinical associated with all of the above
Mental Welfare Commission for Scotland

Health Board Websites:

www.nhsllothian.scot.nhs.uk

www.nhsfife.scot.nhs.uk

www.nhsborders.org.uk

About the Psychotherapy Department

The core work of the Psychotherapy Department is delivery of psychodynamic assessment and therapy, teaching and training in psychodynamic therapy, and the provision of consultation and reflective settings with other disciplines to facilitate understanding of people who present with complex emotional difficulties from a psychodynamic perspective. Via the Psychotherapy Tutor role we play a key part in coordinating and providing psychotherapy training for Core and Higher Psychiatry trainees.

Formal operational management of the service is through Royal Edinburgh and Associated Services (REAS) on behalf of the four Health and Social Care Partnerships. One of the Consultant Psychiatrists is the clinical lead for the service.

The service provides a key clinical role in delivering a psychodynamic service especially for those patients with relational difficulties in NHS Lothian who do not fit into defined pathways or have not responded to disorder specific pathways in general services.

The Psychotherapy Department offers a psychodynamic outpatient service for the treatment of patients with significant relational issues, in particular patients who are not responding to disorder specific pathways or who do not fit into defined pathways. Patients seen include people with chronic mood disorders; personality disorder; adult survivors of childhood sexual abuse; and people with multiple difficulties. A consultation service is offered, which includes the generation of a psychodynamic formulation. This may be followed by individual or group psychotherapy or consultation with the patient's team. Referrals are made both from

Psychiatry and Psychology and also directly from primary care. The department also undertakes assessment of in-patients at the Royal Edinburgh Hospital followed by consultation with the referring team.

Teaching and training is a very important component of the Department's work and includes training and supervision of junior medical staff, higher trainees in psychotherapy, psychologists, CPNs and other members of the multi-disciplinary team. The Psychotherapy Department delivers GMC mandated Psychotherapy training to Core and Higher trainees in Psychiatry, which allows the South-East Scotland training scheme to be accredited. Hence the Psychotherapy Service plays a key role in retention and recruitment of trainee doctors, as well as developing their psychotherapy skills and ability to be reflective practitioners.

The department provides expert psychodynamic perspectives and input on complex cases. To improve the care of patients who are 'stuck', risky, who disturb staff, or give rise to anxiety-provoking clinical dilemmas. The department provides Reflective Practice, and develops this resource and skills in practitioners outwith the department, to help reduce counterproductive responses and improve the wellbeing of staff. An independent evaluation by Health Improvement Scotland of Reflective Practice Groups provided by the Psychotherapy Department for general psychiatry services found that staff reported highly positive outcomes, with improved mutual support, team dynamics, morale and motivation as a result of attending.

An outreach part of our service works with multiply excluded homeless people and their services.

The department scored 92% for trainee's overall satisfaction and was awarded three Green Flags (significantly positive outliers compared to the national average) in the 2017 GMC National Training Survey.

The department has links with the Scottish Association of Psychoanalytical Psychotherapy and the Institute of Group Analysis regarding training in these areas.

The department has a good relationship with the Department of Psychiatry at the University of Edinburgh. This includes regular input to the Medical student teaching and research links.

The service provides psychological input to the Scottish Government's working groups on Adverse Childhood Experiences and Health and Homelessness.

Staffing establishment:

0.35 wte Dr Adam Polnay, Consultant Psychiatrist in Psychotherapy, Psychoanalytic Psychotherapist, Clinical Lead

0.7 wte Dr Lauren Wilson, Consultant Psychiatrist in Psychotherapy

0.6 wte Dr Aileen Ogilvie-Riley, Psychoanalytic Psychotherapist, Consultant Psychiatrist in Psychotherapy

0.8 wte Consultant Clinical Psychologist / psychotherapist – Dr Adam Burley (Lead for Service for Multiply Excluded Homeless people)

Band 8a Adult Psychotherapists – Dr Nicola Chadd (0.3 wte) and Dr Angela Drinnan (0.7 wte) (Psychoanalytic Psychotherapists and Clinical Psychologists)

1.0 wte band 7 Adult Psychotherapist – Mr Tom Palmer, Group Analyst

1.0 wte Medical Secretary - Ms Jacqueline Watt

Other

0.2 wte Dr Simon Cave, locum Consultant Psychiatrist in Psychotherapy

1.0 wte Core Specialty Trainee

Various clinicians from NHS Lothian undertake special interest or honorary sessions for training and personal and professional development

Core and Higher Trainees see individual cases or undertake special interest sessions

Trainee Counselling Psychologist from Glasgow Caledonian University

Trainee Clinical Psychologist from Edinburgh University

About the Cullen Centre

The Cullen Centre Outpatient Team provides a specialised, Lothian wide outpatient psychotherapy service for adults with Eating Disorders. Treatment is provided across the range of eating disorder diagnoses via a matched care model. This matches treatment intensity to illness severity and varies from supported online treatment, to appointments in the outpatient setting, community or patient's home. It includes intensive community treatment to patients with severe Anorexia Nervosa. The Cullen Centre is located within the grounds of the Royal Edinburgh Hospital (REH) in Morningside, Edinburgh. The centre works in close collaboration with both Child and Adolescent Mental Health Services (CAMHS), and Adult Mental Health Services, as well as other health and social care services across NHS Lothian.

A wide range of individual and group psychological treatments are offered, alongside specialist dietetic, nursing and psychiatric interventions & management. The therapies provided currently are Cognitive Behavioural Therapy (CBT), Schema Therapy (ST), Cognitive Analytic Psychotherapy (CAT), Interpersonal Therapy (IPT), Dialectical Behavioural Therapy (DBT), Mindfulness-based therapy, Art Therapy and Specialist Structured Clinical Management (SSCM). The multi-disciplinary team consists of Psychological Therapists, Psychiatrists, Dieticians, Nurses and Admin. As well as being discussed in supervision, complex cases are regularly reviewed in a multi-disciplinary group to aid treatment planning and learning.

The Lothian Eating Disorders Operational Management group (LEDOM) meets monthly, with senior line management from each of the disciplinary groups involved. Representatives from LEDOM attend other relevant management meetings relating to the service. Clinicians attend a regular academic programme of presentations including service evaluation and research topics.

In-patient facilities serve the SE region of Scotland and are provided at the Regional Eating Disorders Unit (REDU) at St. John's Hospital, Livingston. There is close communication with the inpatient service regarding the prioritisation of admissions, treatment planning for Lothian inpatients and active discharge planning.

Psychiatric Colleagues

The Cullen Centre medical staffing has a complement of 2.3 wte, with a mixture of consultant and specialty grade sessions.

There is an active Regional Clinical Network which provides an educational, training and support role for all eating disorder clinicians across SE Scotland.

There is an active Royal College of Psychiatry Special Interest Group in Scotland (EDSECT). Regular meetings, by video conference, take place with psychiatry colleagues working in CAMHS and Adult services across Scotland and there is a bi annual conference.

Accommodation

The Cullen Centre is based in a stand-alone building on the edge of the REH site. This includes office space, consulting rooms, a medical treatment room, administrative offices, a large meeting room and a staff room.

About the Rivers Centre

The Rivers Centre was established in 1997, and it provides a specialised service for people affected by psychological trauma across Lothian. It is dedicated to the assessment and treatment of traumatic stress reactions, and to developing treatment programmes informed by the latest research findings. In addition to its clinical focus, the Rivers Centre is a resource for training, supervision, consultancy, education and research in the field of trauma.

For nearly 20 years the Rivers Centre operated using a traditional out-patient model of service. At the Rivers Centre, and across Lothian, there were increasing waiting lists and evidence of poor engagement from the most socially deprived demographic groups. Therefore in 2017 the Rivers Centre did a Scottish Government funded test of concept project with a very different treatment model. This was informed by service users and included increasing ease of access, reducing waiting time and providing alternatives to psychological therapy, including lower intensity support and links to community support groups. The learning points included the importance of the most experienced staff doing the initial assessment.

The Rivers Centre has developed a number of group programmes including the Light Bulb Course (a 5 session psycho-educational group for single incident PTSD) and Sea Change (a 25 session group for Complex Trauma). These groups now form the main components of the NHS clinical work. As well as the NHS work the Rivers Centre has contracts with a number of agencies including Scottish Fire and Rescue (SFRS) and the Jury Service. These contracts focus on supporting wellbeing and resilience, and providing early intervention and treatment when required for people exposed to traumatic experiences routinely at work (SFRS) or as a member of a jury.

The multi-disciplinary team consists of clinical psychologists, cognitive behavioural therapists, psychiatrists and an art therapist, all of whom practice as psychotherapists. All therapists are registered with and abide by the ethical guidelines of their respective professional bodies.

The Rivers Centre specialises in Cognitive Behavioural Therapy (CBT), including Prolonged Exposure (PE) and Trauma Focused CBT (TFCBT). Other treatments may include:

- Psycho-education groups
- Eye Movement Desensitisation and Reprocessing (EMDR)
- Mindfulness
- Drug treatment
- Art therapy
- Body Awareness Therapy (BAT)

The Rivers Centre started Lifelines in 2017. This is a project to support resilience in emergency responder staff across Scotland. It initially included volunteer responders from services such as Mountain Rescue and RNLI. In 2019 it was expanded to cover the Police, Fire and Ambulance services. In 2020, in conjunction with the Anchor Project in Glasgow, the Rivers Centre launched the PROMIS website to provide support to staff working across health and social care in Scotland.

Royal Edinburgh Hospital and Associated Services

The Royal Edinburgh and Associated Services provides a range of Mental Health services to the population of Lothian and other Boards within Scotland. The Royal Edinburgh Hospital is located on the south side of the City of Edinburgh. It comprises some 20 wards, 420 beds, day hospitals and outpatient facilities. The hospital provides the following range of specialties:-

- Acute Mental Health
- Rehabilitation
- Psychiatric Emergency Team 24/7
- Outpatients
- Psychiatry of Old Age
- Forensic Medium Security Unit
- Child and Adolescent Mental Health Services
- Psychotherapy Service
- Psychology Services
- Services for Eating Disorders
- Day Hospitals – Psychiatry of Old Age

The hospital is currently housed in a mix of accommodation ranging from 19th century to present. The Royal Edinburgh Hospital is undergoing an exciting period of development of all accommodation in modern fit for purpose premises over coming years.

REAS also provides a comprehensive range of community mental health services, including the emergency Mental Health Assessment Service (MHAS) and Intensive Home Treatment Team.

Working in NHS Lothian

Working in Edinburgh and the Lothians

Who are we?

NHS Lothian is an integrated teaching NHS Board in Scotland providing primary, community, mental health and hospital services. Tim Davison is the Chief Executive and Tracey Gillies is the Executive Medical Director.

NHS Lothian provides services for the second largest residential population in Scotland – circa 850,000 people. We employ approximately 26,000 staff and are committed to improving all patient care and services and engaging staff in service planning and modernisation.

In April 2015, integration came into effect in local areas led by four Health and Social Care Partnerships in East Lothian, Edinburgh, Midlothian and West Lothian. Working together will help us provide even better services for our communities and, where appropriate, people will receive high quality care closer to home. There is work underway in relation to the operational and governance capacity required, ensuring that planning for unscheduled and scheduled care is done in tandem between the four Integrated Joint Boards and the acute service.

Edinburgh and the Lothians are on the eastern side of Scotland's central belt in the heart of the country. Four main areas make up Edinburgh and the Lothians – Edinburgh, East Lothian, Mid Lothian and West Lothian.

Further information about Edinburgh and NHS Lothian can be found [here on the NHS Lothian website](#).

Location

Edinburgh and the Lothians are on the eastern side of Scotland's central belt in the heart of the country. Four main areas make up Edinburgh and the Lothians – Edinburgh, East Lothian, Mid Lothian and West Lothian.

Edinburgh and the Lothians are a place of exceptional beauty and contrast, from Edinburgh's historic skyline to the scenic countryside and coastline that surround it. Edinburgh is famous for its castle, military tattoo, fringe and international festival.

Edinburgh and the Lothians are home to top-ranking state and private schools and world class universities and colleges. Edinburgh offers a rich diversity of parks and gardens to spend time relaxing with friends and family. Whether you want to buy or rent Lothian also offers a diversity of accommodation ranging from city centre based flats, waterfront living, Victorian or Georgian villas to more rural farm houses or coastal homes.

Local and wider transport networks are excellent. Glasgow is less than 50 minutes away by train. The Scottish Highlands are accessible in a few hours offering opportunities for skiing and walking. National and international transport links make it easy to keep in touch with friends and family via Edinburgh Airport which offers a variety of international flight opportunities.

Teaching and Training Opportunities

NHS Lothian has one of the largest and some of the most successful teaching hospitals in Scotland. We have a growing national and international reputation for medical teaching and research and are recognised as a centre of excellence.

We successfully train medics, nurses and other healthcare professionals from all over the UK and the world, many of whom choose to remain in employment with NHS Lothian and continue to contribute to the development of the organisation, promoting new techniques and going on to train the doctors, surgeons and nurses of tomorrow.

NHS Education for Scotland (NES) and NHS Lothian recruits junior medical staff both UK and worldwide. We are committed to providing a high standard of medical education and are able to offer training in a variety of specialties at foundation and specialty level, with the majority of training posts in the South East of Scotland rotating through Edinburgh and Lothian hospitals.

Information regarding training with links to the appropriate UK websites can be found at <http://www.scotmt.scot.nhs.uk/> and <http://nes.scot.nhs.uk/>

We enjoy close links with the University of Edinburgh (<http://www.ed.ac.uk/home>) whose Medical School is renowned for preparing its medical students to become world-class doctors. Alongside NHS Lothian, the University of Edinburgh offers state-of-the-art medical teaching facilities at the Chancellors Building, including lecture theatres, seminar rooms, clinical skills training area, computing suites, as well as library facilities at the main university, Western General Hospital and Royal Hospital for Sick Children.

NHS Lothian Vision, Values and Strategic Aims

We strive to provide high quality, safe, effective and person centred healthcare, continually improving clinical outcomes for patients who use our services and for our population as a whole.

To achieve this, we are committed to ever-closer integrated working with patients and our other partners in healthcare and to embedding a culture of continuous improvement to ensure that:

- Our staff can contribute fully to achieving the best possible health and healthcare, based on evidence and best practice
- Everything we do maximises efficiency and delivers value for patients and the public

We have identified six strategic aims to ensure we can deliver safe, effective and person-centred health and social care:

1. Prioritise prevention, reduce inequalities and promote longer healthier lives for all
2. Put in place robust systems to deliver the best model of integrated care for our population – across primary, secondary and social care
3. Ensure that care is evidence-based, incorporates best practice and fosters innovation, and achieves seamless and sustainable care pathways for patients
4. Design our healthcare systems to reliably and efficiently deliver the right care at the right time in the most appropriate setting
5. Involve patients and carers as equal partners, enabling individuals to manage their own health and wellbeing and that of their families
6. Use the resources we have – skilled people, technology, buildings and equipment – efficiently and effectively.

The specific areas of focus and actions needed to achieve each of these aims are detailed in “Our Health, our Future: NHS Lothian Strategic Clinical Framework 2013 – 2020,” consultation document which you will find [here on the NHS Lothian website](#).

Our Health, Our Care, Our Future

NHS Lothian works to help people live healthier, longer lives – no matter who they are or where in the region they live. Much progress has been made, but significant challenges and opportunities lie ahead. NHS Lothian draft strategic plan - Our Health, Our Care, Our Future – sets out what we propose to do over the coming decade to address these challenges and continue to provide a high quality, sustainable healthcare system for the people of Lothian.

In developing the strategic plan we have:

- asked staff and patients what and how things need to change to deliver our aims
- brought together local plans into an integrated whole
- identified opportunities to make better use of existing resources and facilities
- prioritised areas that will make most difference to patients

The plan outlines a range of proposals, which will allow us to:

- improve the quality of care
- improve the health of the population
- provide better value and financial sustainability

Over the coming months we will discuss the need for change and the proposals set out in the plan with staff, patients, communities and other stakeholders. A summary of the plan can be found [here](#).

NHS Lothian's Clinical Quality Approach – Quality Driving Improvement

This is a new way of approaching quality in NHS Lothian. With this approach to service improvement we aim to deliver 'high quality, safe and person-centred care at the most affordable cost'. This acknowledges that every £1million of waste, unnecessary or inappropriate costs in one area of our system, denies us the opportunity to invest that £1million in another area of our system.

In all highly reliable healthcare organisations, it is clear that senior leadership commitment to the importance of the work, the introduction of consistent improvement methodology, the use of good quality data and building improvement capability within the workforce, are key to the successful delivery of improvement strategies.

To allow NHS Lothian to meet the needs of our population today and in the future, we need to build on the good work that is already being done to redesign services and create a whole organisation approach to quality improvement.

Our Values and ways of working

NHS Lothian is determined to improve the way their staff work so they have developed a set of common values and ways of working which they now need to turn into everyday reality - to the benefit of everyone working in the organisation and, most importantly, to the benefit of their patients.

NHS Lothian – Our Values into Action:

Care and Compassion

- We will demonstrate our compassion and caring through our actions and words
- We will take time to ensure each person feels listened to, secure, understood and is treated compassionately
- We will be visible, approachable and contribute to creating a calm and friendly atmosphere
- We will provide a safe and caring setting for patients and staff, and an efficient, effective and seamless care experience
- We will meet people's needs for information and involvement in all care, treatment and support decisions.

Dignity and Respect

- We will be polite and courteous in our communications and actions
- We will demonstrate respect for dignity, choice, privacy and confidentiality
- We will recognise and value uniqueness and diversity
- We will be sincere, honest and constructive in giving, and open to receiving, feedback
- We will maintain a professional attitude and appearance.

Quality

- We will demonstrate a commitment to doing our best
- We will encourage and explore ideas for improvement and innovation
- We will seek out opportunities to enhance our skills and expertise
- We will work together to achieve high quality services
- We will use our knowledge and enthusiasm to implement positive change and overcome challenges.

Teamwork

- We will understand and value each other's role and contribution
- We will be fair, thoughtful, welcoming and kind to colleagues
- We will offer support, advice and encouragement to others
- We will maximise each other's potential and contribution through shared learning and development
- We will recognise, share and celebrate our successes, big and small.

Openness, Honesty and Responsibility

- We will build trust by displaying transparency and doing what we say we will do
- We will commit to doing what is right – even when challenged
- We will welcome feedback as a means of informing improvements
- We will use our resources and each other's time efficiently and wisely
- We will maintain and enhance public confidence in our service
- We will be a positive role model.

Throughout the recruitment process candidates will need to demonstrate they meet all of Our Values.

Further information on our values into action can be found [here on the NHS Lothian website](#).