

Psychotherapy Training

Induction for Core trainees

As you are hopefully aware there is a mandatory requirement that Core and Higher trainees participate in psychotherapy training.

The aim of the psychotherapy training is to help you develop into psychotherapeutically minded psychiatrists able to understand patients and teams psychologically, who are also able to deliver some psychological treatments and psychotherapeutic interventions.

For Core trainees the training consists of 3 components, an academic component delivered via fortnightly psychotherapy seminars on a Thursday afternoon in term time and additional teaching via the Core psychiatry course, regular attendance at a Case based discussion (CBD) group and practical experience of delivering therapy.

It is vitally important that you engage with your psychotherapy training as soon as possible in each placement to ensure you have enough time to fully engage in a piece of psychotherapeutic work. Any work started in a placement **MUST** be completed. At times this may mean travelling to finish a piece of work if you have rotated on. Educational Supervisors are aware of the need to free trainees to undertake the psychotherapy training. If there are any difficulties with this please discuss with the locality tutor or liaise with me directly.

The psychotherapy training experiences are for the benefit of the patients and trainees and the work must be clinically led. It is of the utmost importance that the supervisory requirements and clinical commitment linked to the training experience are adhered to.

Attendance at the Case Based Discussion group is mandatory and a priority. If you regularly have difficulty getting away from clinical work to attend it is important that this is communicated to your tutor in the first instance or myself.

I strongly advise that you think about your psychotherapy training needs for each placement in good time. You need to share this information with your

locality tutor early on in your placement to ensure 1) he/she is aware of your training needs 2) to ensure that you are directed to the local coordinator of psychotherapy training opportunities in good time to identify an appropriate training opportunity and 3) so that you are aware of the details concerning the local CBD group you will be attending.

There are full details regarding the Royal College of Psychiatry and Wessex Deanery psychotherapy training requirements for Core trainees on the Wessex Deanery website.

The minimum requirements in terms of therapy cases undertaken during Core training are as follows:

A trainee must undertake 1 psychotherapy long case (20 sessions plus) and 1 short case (12-20 sessions) during Core training, the 2 training experiences must be in different modalities and 1 case can be a group or family therapy experience. Each training case needs to have 2 SAPES completed (1 partway through and 1 at the end of the therapy) and a Psychotherapy Ace after completion of the therapy.

If there are any queries please contact your locality tutor, Locality psychotherapy training coordinator or myself Dr Catherine Smith as Psychotherapy Tutor cath.smith@southernhealth.nhs.uk