

*A Competency Based Curriculum
for Specialist Training in Psychiatry*

**Specialists in
Medical
Psychotherapy
(formerly known as
Psychotherapy)**



Royal College of Psychiatrists

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SPECIALIST IN MEDICAL PSYCHOTHERAPY

Specialists in Medical Psychotherapy work with others to assess manage and treat children and adults with mental health problems using talking therapies and other psychotherapeutic techniques. They also contribute to the development and delivery of effective mental health services at local, regional and national level.

1. Introduction

The advanced curriculum provides the framework to train Consultant Psychiatrists for practice in the UK to the level of CCT registration and beyond and is an add-on to the [Core Curriculum](#). Those who are already consultants may find it a useful guide in developing new areas of skill or to demonstrate skills already acquired.

What is set out in this document is the generic knowledge, skills and attitudes, or more readily assessed behaviour, that we believe is common to all psychiatric specialties, together with those that are specific to specialists in Medical Psychotherapy Psychiatry. This document should be read in conjunction with Good Medical Practice and Good Psychiatric Practice, which describe what is expected of all doctors and psychiatrists. Failure to achieve satisfactory progress in meeting many of these objectives at the appropriate stage would constitute cause for concern about the doctor's ability to be adequately trained.

Achieving competency in core and generic skills is essential for all specialty and subspecialty training.

Maintaining competency in these will be necessary for revalidation, linking closely to the details in Good Medical Practice and Good Psychiatric Practice. The Core competencies are those that should be acquired by all trainees during their training period starting within their undergraduate career and developed throughout their postgraduate career. **The Core**

competencies need to be evidenced on an ongoing basis throughout training. It is expected that trainees will progressively acquire higher levels of competence during training.

2. Rationale

The purposes of the curriculum are to outline the competencies that trainees must demonstrate and the learning and assessment processes that must be undertaken for an award of a Certificate of Completion of Training (CCT) in Medical Psychotherapy. The curriculum builds upon competencies gained in Foundation Programme training and Core Psychiatry Training and guides the doctor to continuing professional development based on Good Psychiatric Practice after they have gained their CCT.

3. Specific features of the curriculum

The curriculum is outcome-based and is learner-centred. Like the Foundation Programme Curriculum, it is a spiral curriculum in that learning experiences revisit learning outcomes. Each time a learning outcome is visited in the curriculum, the purpose is to support the trainee's progress by encouraging performance in situations the trainee may not have previously encountered, in more complex and demanding situations and with increasing levels of autonomy. The details of how the Curriculum supports progress is described in more detail in the Trainee and Trainer Guide to ARCPs that is set out later. The intended learning outcomes of the curriculum are structured under the Good Medical Practice (2013) headings that set out a framework of professional competencies.

The curriculum is learner-centred in the sense that it seeks to allow trainees to explore their interests within the outcome framework, guided and supported by an educational supervisor. The Royal College of Psychiatrists has long recognised the importance of educational supervision in postgraduate training. For many years, the College recommended that all trainees should have an hour per week of protected time with their educational supervisor to set goals for training, develop individual learning plans, provide feedback and validate their learning.

The competencies in the curriculum are arranged under the Good Medical Practice headings as follows:

1. Knowledge, Skills and Performance
2. Safety and Quality
3. Communication, Partnership and Teamwork
4. Maintaining Trust

They are, of course, not discrete and free-standing, but overlap and inter-relate to produce an overall picture of the Psychiatrist as a medical expert.

It is important to recognise that these headings are used for structural organization only. The complexity of medical education and practice means that a considerable number of the competencies set out below will cross the boundaries between different categories. Moreover, depending on circumstances, many competencies will have additional components or facets that are not defined here. This curriculum is based on meta-competencies and does not set out to define the psychiatrist's progress and attainment at a micro-competency level.

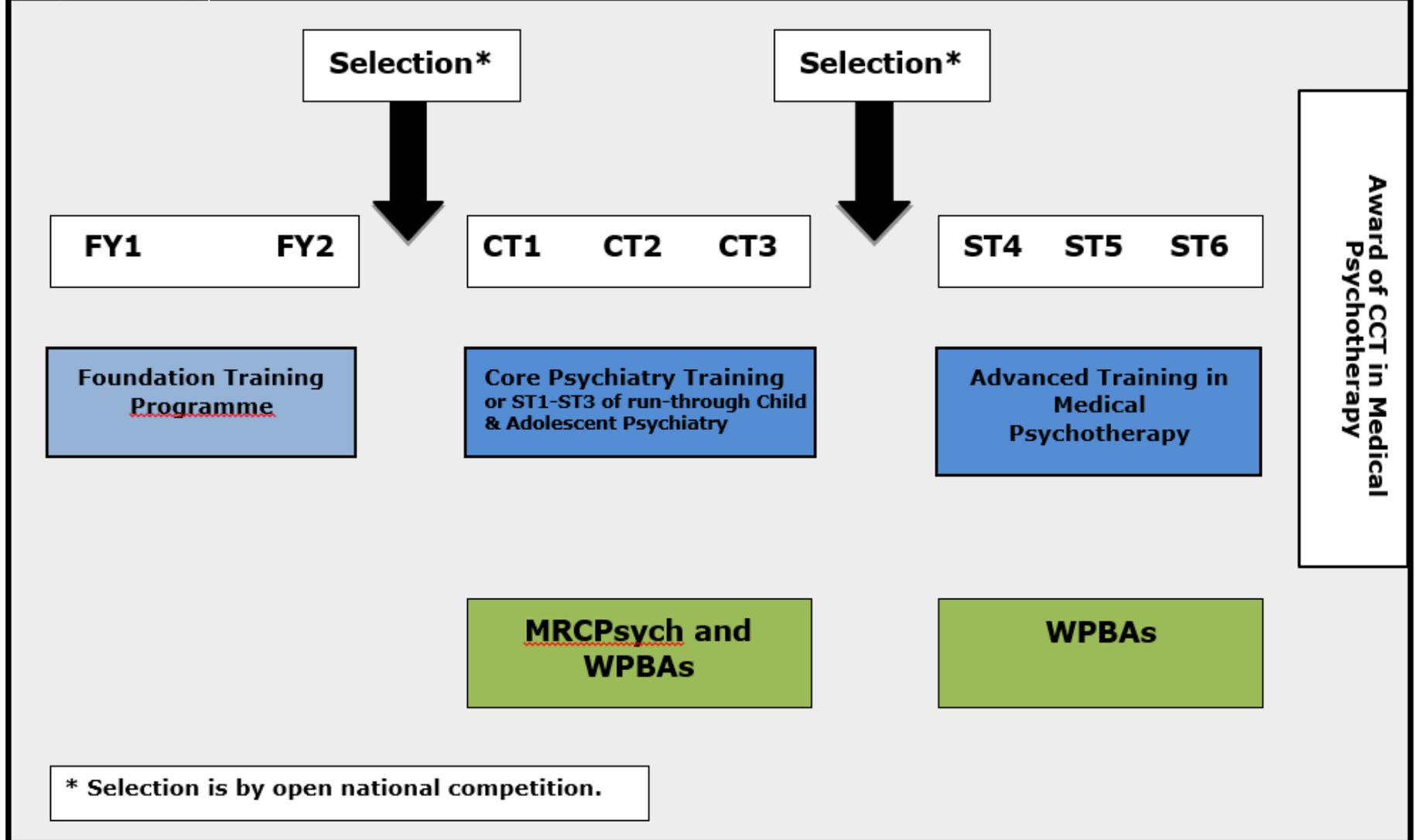
With these points in mind, this curriculum is based on a model of intended learning outcomes (which are summarised below) with specific competencies given to illustrate how these outcomes can be demonstrated. It is, therefore, a practical guide rather than an all-inclusive list of prescribed knowledge, skills and behaviours.

4. Training pathway

Trainees enter Medical Psychotherapy Training after successfully completing both the Foundation Training Programme (or having evidence of equivalence) and either the Core Psychiatry Training programme or the early years (ST1-ST3) of the run-through Child and Adolescent Psychiatry Training programme. The progression is shown in Figure 1.

The six psychiatry specialties are Child and Adolescent Psychiatry, Forensic Psychiatry, General Psychiatry, Old Age Psychiatry, the Psychiatry of Learning Disability and Medical Psychotherapy (formerly known as Psychotherapy). In addition, there are three sub-specialties: Substance Misuse Psychiatry, Liaison Psychiatry and Rehabilitation Psychiatry. Specialty training in Medical Psychotherapy is therefore one of the options that a trainee may apply to do after completing Core Psychiatry Training or the early years (ST1-ST3) of the run-through Child and Adolescent Psychiatry Training programme.

Figure 1. Training pathway to obtain a Certificate of Completion of Training (CCT) in Medical Psychotherapy.



5. Acting Up

Up to a maximum of three months whole time equivalent (for LTFT trainee the timescale is also three months, Gold Guide 6.105) spent in an 'acting up' consultant post may count towards a trainees CCT as part of the GMC approved specialty training programme, provided the post meets the following criteria:

- The trainee follows local procedures by making contact with the Postgraduate Dean and their team who will advise trainees about obtaining prospective approval
- The trainee is in their final year of training (or possibly penultimate year if in dual training)
- The post is undertaken in the appropriate CCT specialty
- The approval of the Training Programme Director and Postgraduate Dean is sought
- There is agreement from the employing trust to provide support and clinical supervision to a level approved by the trainee's TPD
- The trainee still receives one hour per week education supervision either face to face or over the phone by an appropriately accredited trainer
- Trainees retain their NTN during the period of acting up
- All clinical sessions are devoted to the 'acting up' consultant post (i.e., there must be no split between training and 'acting up' consultant work). Full-time trainees cannot 'act up' in a part-time consultant post.
- The post had been approved by the RA in its current form
- If a trainee is on call there must be consultant supervision
- If the period is sat the end of the final year of the training programme, a recommendation for the award of a CCT will not be made until the report from the educational supervisor has been received and there is a satisfactory ARCP outcome

If the post is in a different training programme*, the usual Out of Programme (OOPT) approval process applies and the GMC will prospectively need to see an application form from the deanery and a college letter endorsing the AUC post

*A programme is a formal alignment or rotation of posts which together comprise a programme of training in a given specialty or subspecialty as approved by the GMC, which are based on a particular geographical area.

6. Accreditation of Transferable Competences Framework (ATCF)

Many of the core competences are common across curricula. When moving from one approved training programme to another, a trainee doctor who has gained competences in core, specialty or general practice training should not have to repeat training already achieved. The Academy of Medical Royal Colleges (the Academy) has developed the Accreditation of Transferable Competences Framework (ATCF) to assist trainee doctors in transferring competences achieved in one core, specialty or general practice training programme, where appropriate and valid, to another training programme. This will save time for trainee doctors (a maximum of two years) who decide to change career path after completing a part of one training programme, and transfer to a place in another training programme.

The ATCF applies only to those moving between periods of GMC approved training. It is aimed at the early years of training. The time to be recognised within the ATCF is subject to review at the first Annual Review of Competence Progression (ARCP) in the new training programme. All trainees achieving Certificate of Completion of Training (CCT) in general practice or a specialty will have gained all the required competences outlined in the relevant specialty curriculum. When using ATCF, the doctor may be accredited for relevant competences acquired during previous training.'

The Royal College of Psychiatrists accepts transferable competences from the following specialties core medical training, Paediatrics and Child Health and General Practice. For details of the maximum duration and a mapping of the transferable competences please refer to our [guidance](#).

7. RESPONSIBILITIES FOR CURRICULUM DELIVERY

It is recognised that delivering the curriculum requires the coordinated efforts of a number of parties. Postgraduate Schools of Psychiatry, Training Programme Directors, Educational and Clinical Supervisors and trainees all have responsibility for ensuring that the curriculum is delivered as intended.

Deanery Schools of Psychiatry

Schools of Psychiatry have been created to deliver postgraduate medical training in England, Wales and Northern Ireland. The Postgraduate Deanery manages the schools with advice from the Royal College. There are no Schools of Psychiatry in Scotland. Scotland has four Deanery Specialty Training Committees for mental health that fulfil a similar role.

The main roles of the schools are:

1. To ensure all education, training and assessment processes for the psychiatry specialties and sub-specialties meet approved curricula requirements
2. To monitor the quality of training, ensuring it enhances the standard of patient care and produces competent and capable specialists
3. To ensure that each Core Psychiatry Training Programme has an appropriately qualified psychotherapy tutor who should be a consultant psychotherapist or a consultant psychiatrist with a special interest in psychotherapy.
4. To encourage and develop educational research
5. To promote diversity and equality of opportunity
6. To work with the Postgraduate Deanery to identify, assess and support trainees in difficulty
7. To ensure that clear, effective processes are in place for trainees to raise concerns regarding their training and personal development and that these processes are communicated to trainees

Training Programme Directors

The Coordinating/Programme Tutor or Programme Director is responsible for the overall strategic management and quality control of the Psychotherapy programme within the Training School/Deanery. The Deanery (Training School) and the relevant Service Provider (s) should appoint them jointly. They are directly responsible to the Deanery (School) but also have levels of accountability to the relevant service providers(s). With the increasing complexity of training and the more formal monitoring procedures that are in place, the role of the Programme Director/Tutor must be recognized in their job plan, with time allocated to carry out the duties adequately. One programmed activity (PA) per week is generally recommended for 25 trainees. In a large scheme 2 PA's per week will be required. The Training Programme Director for Medical Psychotherapy:

1. Should inform and support College and Specialty tutors to ensure that all aspects of clinical placements fulfil the specific programme requirements.
2. Oversees the progression of trainees through the programme and devises mechanisms for the delivery of co-ordinated educational supervision, pastoral support and career guidance.
3. Manages trainee performance issues in line with the policies of the Training School/Deanery and Trust and support trainers and tutors in dealing with any trainee in difficulty.
4. Ensures that those involved in supervision and assessment are familiar with programme requirements.
5. Will provide clear evidence of the delivery, uptake and effectiveness of learning for trainees in all aspects of the curriculum.
6. Should organise and ensure delivery of a teaching programme based on the curriculum covering clinical, specialty and generic topics.
7. Will attend local and deanery education meetings as appropriate.
8. Will be involved in recruitment of trainees.
9. Ensures that procedures for consideration and approval of LTFT (Less Than Full Time Trainees), OOPT (Out of Programme Training) and OOPR (Out of Programme Research) are fair, timely and efficient.
10. Records information required by local, regional and national quality control processes and provides necessary reports.

11. Takes a lead in all aspects of assessment and appraisal for trainees. This incorporates a lead role in organisation and delivery of ARCP. The Tutor/Training Programme Director will provide expert support, leadership and training for assessors (including in WPBA) and ARCP panel members.

There should be a Training Programme Director for the School/Deanery Core Psychiatry Training Programme who will undertake the above responsibilities with respect to the Core Psychiatry Programme and in addition:

1. Will implement, monitor and improve the core training programmes in the Trust(s) in conjunction with the Directors of Medical Education and the Deanery and ensure that the programme meets the requirements of the curriculum and the Trust and complies with contemporary College Guidance & Standards (see College QA Matrix) and GMC Generic Standards for Training.
2. Will take responsibility with the Medical Psychotherapy Tutor (where one is available) for the provision of appropriate psychotherapy training experiences for trainees. This will include:
 - Ensuring that educational supervisors are reminded about and supported in their task of developing the trainee's competencies in a psychotherapeutic approach to routine clinical practice.
 - Advising and supporting trainees in their learning by reviewing progress in psychotherapy
 - Ensuring that there are appropriate opportunities for supervised case work in psychotherapy.

Medical Psychotherapy Tutor

Where a scheme employs a Psychotherapy Tutor who is a Consultant Psychiatrist in Psychotherapy there is evidence that the Royal College of Psychiatrists' Psychotherapy Curriculum is more likely to be fulfilled than a scheme which does not have a trained Medical Psychotherapist overseeing the Core Psychiatry Psychotherapy training (Royal College of Psychiatrists' UK Medical Psychotherapy Survey 2012). This evidence has been used by the GMC in their quality assurance review of medical psychotherapy (2011-12).

It is therefore a GMC requirement that every core psychotherapy training scheme must be led by a Medical Psychotherapy Tutor who has undergone higher/advanced specialist training in medical psychotherapy with a CCT (Certificate of Completion of Training) in Psychotherapy. The Medical Psychotherapy Tutor is responsible for the organisation and educational governance of psychotherapy training in the core psychiatry training scheme in a School of Psychiatry in line with the GMC requirement of medical psychotherapy leadership in core psychotherapy training (GMC

medical psychotherapy report and action plan, 2013).

Where there is no Medical Psychotherapy CCT holder in a deanery a period of derogation up to two years will be accepted by the GMC. Within this period a Medical Psychotherapy Tutor post will be required to be established in the deanery or LETB. The College will ask the Heads of School of Psychiatry what the interim arrangements are to develop the Medical Psychotherapy posts.

The Medical Psychotherapy Tutor:

1. Provides a clinical service in which their active and ongoing psychotherapy practice provides a clinical context for psychotherapy training in accordance with GMC requirements (2013)
2. Ensures that all core trainees have the opportunity to complete the psychotherapy requirements of the core curriculum
3. Advises and support core and higher trainees in their learning by reviewing progress in psychotherapy
4. Will be familiar with the ongoing psychotherapy training requirements for psychiatry trainees beyond core training and will lead on ensuring this learning and development continues for higher trainees in line with curriculum requirements
5. Oversees the establishment and running of the core trainee Balint/case based discussion group
6. Provides assessment and oversee the waiting list of therapy cases for core trainees and higher trainees
7. Monitors the selection of appropriate short and long therapy cases in accordance with the core curriculum
8. Selects and support appropriate therapy case supervisors to supervise and assess the trainees
9. Ensures the therapy case supervisors are aware of the aims of psychotherapy training in psychiatry and are in active practice of the model of therapy they supervise according to GMC requirements (2013)
10. Ensures the therapy case supervisors are trained in psychotherapy workplace based assessment
11. Ensures active participation of medical and non medical psychotherapy supervisors in the ARCP process
12. Maintains and builds on the curriculum standard of core psychotherapy training in the School of Psychiatry through the ARCP process.

Supervision

Supervision in postgraduate psychiatry training encompasses three core aspects:

- Clinical Supervision
- Educational Supervision

- Psychiatric Supervision

Supervision is designed to:

- Ensure safe and effective patient care
- Establish an environment for learning and educational progression
- Provide reflective space to process dynamic aspects of therapeutic relationships, maintain professional boundaries and support development of resilience, well-being and leadership

This guidance sets out the varied roles consultants inhabit within a supervisory capacity. Key principles underpinning all types of supervision include:

- Clarity
- Consistency
- Collaboration
- Challenge
- Compassion

Clinical Supervisors/Trainers

The clinical work of all trainees must be supervised by an appropriately qualified senior psychiatrist. All trainees must be made aware day-to-day of who the nominated supervisory psychiatrist is in all clinical situations. This will usually be the substantive consultant whose team they are attached to but in some circumstances this may be delegated to other consultants, to a senior trainee or to an appropriately experienced senior non consultant grade doctor during periods of leave, out-of-hours etc.

Clinical supervision must be provided at a level appropriate to the needs of the individual trainee. **No trainee should be expected to work to a level beyond their competence and experience;** no trainee should be required to assume responsibility for or perform clinical techniques in which they have insufficient experience and expertise. Trainees should only perform tasks without direct supervision when the supervisor is satisfied regarding their competence; **both trainee and supervisor should at all times be aware of their direct responsibilities for the safety of patients in their care.**

The clinical supervisor:

1. Should be involved with teaching and training the trainee in the workplace.
2. Must support the trainee in various ways:
 - a) direct supervision, in the ward, the community or the consulting room
 - b) close but not direct supervision, e.g. in the next door room, reviewing cases and process during and/or after a session
 - c) regular discussions, review of cases and feedback
3. May delegate some clinical supervision to other members of clinical team as long as the team member clearly understands the role and the trainee is informed. The trainee must know who is providing clinical supervision at all times.
4. Will perform workplace-based assessments for the trainee and will delegate performance of WPBA's to appropriate members of the multi-disciplinary team
5. Will provide regular review during the placement, both formally and informally to ensure that the trainee is obtaining the necessary experience. This will include ensuring that the trainee obtains the required supervised experience in practical procedures and receives regular constructive feedback on performance.

Time for providing clinical supervision must be incorporated into job planning, for example within teaching clinics.

Educational Supervisors/Tutors

An Educational Supervisor/tutor will usually be a Consultant, Senior Lecturer or Professor who has been appointed to a substantive consultant position. They are responsible for the educational supervision of one or more doctors in training who are employed in an approved training programme. The Educational Supervisor will require specific experience and training for the role. Educational Supervisors will work with a small (no more than five) number of trainees. Sometimes the Educational Supervisor will also be the clinical supervisor/trainer, as determined by explicit local arrangements.

All trainees will have an Educational Supervisor whose name will be notified to the trainee. The precise method of allocating Educational Supervisors to trainees, i.e. by placement, year of training etc, will be determined locally

and will be made explicit to all concerned.

The educational supervisor/tutor:

1. Works with individual trainees to develop and facilitate an individual learning plan that addresses their educational needs. The learning plan will guide learning that incorporates the domains of knowledge, skills and attitudes.
2. Will act as a resource for trainees who seek specialty information and guidance.
3. Will liaise with the Specialty/Programme tutor and other members of the department to ensure that all are aware of the learning needs of the trainee.
4. Will oversee and on occasions, perform, the trainee's workplace-based assessments.
5. Will monitor the trainee's attendance at formal education sessions, their completion of audit projects and other requirements of the Programme.
6. Should contribute as appropriate to the formal education programme.
7. Will produce structured reports as required by the School/Deanery.
8. In order to support trainees, will: -
 - a. Oversee the education of the trainee, act as their mentor and ensure that they are making the necessary clinical and educational progress.
 - b. Meet the trainee at the earliest opportunity (preferably in the first week of the programme), to ensure that the trainee understands the structure of the programme, the curriculum, portfolio and system of assessment and to establish a supportive relationship. At this first meeting the educational agreement should be discussed with the trainee and the necessary paperwork signed and a copy kept by both parties.
 - c. Ensure that the trainee receives appropriate career guidance and planning.
 - d. Provide the trainee with opportunities to comment on their training and on the support provided and to discuss any problems they have identified.

Psychiatric Supervision

Psychiatrists in training require regular reflective 1:1 supervision with a nominated substantive consultant who is on the specialist register. This will usually be the nominated consultant who is also providing clinical, and often education, supervision.

Psychiatric supervision is required for all trainees throughout core and higher levels and must be for one hour per week. It plays a critical role in the development of psychiatrists in training in developing strategies for resilience, well-being, maintaining appropriate professional boundaries and understanding the dynamic issues of therapeutic relationships. It is also an opportunity to reflect on and develop leadership competencies and is informed by psychodynamic, cognitive coaching models. It is imperative that consultants delivering psychiatric supervision have protected time within their job plans to deliver this. This aspect of supervision requires 0.25 PA per week.

The psychiatric supervisor is responsible for producing the supervisor report informing the ARCP process and will ensure contributions are received from key individuals involved in the local training programme including clinical supervisors. Often the psychiatric supervisor will also be the nominated educational supervisor.

Assessors

Assessors are members of the healthcare team, who need not be educational or clinical supervisors, who perform workplace-based assessments (WPBA's) for trainee psychiatrists. In order to perform this role, assessors must be competent in the area of practice that they have been asked to assess and they should have received training in assessment methods. The training will include standard setting, a calibration exercise and observer training. Assessors should also have up to date training in equality and diversity awareness. While it is desirable that all involved in the training of doctors should have these elements of training, these stipulations do not apply to those members of the healthcare team that only complete multi-source feedback forms (mini-PAT) for trainees.

Trainees

1. Must at all times act professionally and take appropriate responsibility for patients under their care and for their training and development.

2. Must ensure they attend the one hour of personal supervision per week, which is focused on discussion of individual training matters and not immediate clinical care. If this personal supervision is not occurring the trainee should discuss the matter with their educational supervisor/tutor or training programme director.
3. Must receive clinical supervision and support with their clinical caseload appropriate to their level of experience and training.
4. Should be aware of and ensure that they have access to a range of learning resources including:
 - a. a local training course (e.g. MRCPsych course, for Core Psychiatry trainees)
 - b. a local postgraduate academic programme
 - c. the opportunity (and funding) to attend courses, conferences and meetings relevant to their level of training and experience
 - d. appropriate library facilities
 - e. the advice and support of an audit officer or similar
 - f. supervision and practical support for research with protected research time appropriate to grade
5. Must make themselves familiar with all aspects of the curriculum and assessment programme and keep a portfolio of evidence of training.
6. Must ensure that they make it a priority to obtain and profit from relevant experience in psychotherapy.
7. Must collaborate with their personal clinical supervisor/trainer to:
 - a. work to a signed educational contract
 - b. maximize the educational benefit of weekly educational supervision sessions
 - c. undertake workplace-based assessments, both assessed by their clinical supervisor and other members of the multidisciplinary team
 - d. use constructive criticism to improve performance
 - e. regularly review the placement to ensure that the necessary experience is being obtained
 - f. discuss pastoral issues if necessary
8. Must have regular contact with their Educational Supervisor/tutor to:
 - a. agree educational objectives for each post
 - b. develop a personal learning and development plan with a signed educational contract

- c. ensure that workplace-based assessments and other means of demonstrating developing competence are appropriately undertaken
- d. review examination and assessment progress
- e. regularly refer to their portfolio to inform discussions about their achievements and training needs

- f. receive advice about wider training issues
 - g. have access to long-term career guidance and support
9. Will participate in an Annual Review of Competence Progression (ARCP) to determine their achievement of competencies and progression to the next phase of training.
 10. Should ensure adequate representation on management bodies and committees relevant to their training. This would include Trust clinical management forums, such as Clinical Governance Groups, as well as mainstream training management groups at Trust, Deanery and National (e.g. Royal College) levels.
 11. On appointment to a specialty training programme the trainee must fully and accurately complete Form R and return it to the Deanery with a coloured passport size photograph. The return of Form R confirms that the trainee is signing up to the professional obligations underpinning training. Form R will need to be updated (if necessary) and signed on an annual basis to ensure that the trainee re-affirms his/her commitment to the training and thereby remains registered for their training programme.
 12. Must send to the postgraduate dean a signed copy of the Conditions of Taking up a training post, which reminds them of their professional responsibilities, including the need to participate actively in the assessment process. The return of the Form R initiates the annual assessment outcome process.
 13. Must inform the postgraduate dean and the Royal College of Psychiatrists of any changes to the information recorded.
 14. Trainees must ensure they keep the following records of their training:
 - Copies of all Form Rs for each year of registering with the deanery.
 - Copies of ARCP forms for each year of assessment.
 - Any correspondence with the postgraduate deanery in relation to their training.
 - Any correspondence with the Royal College in relation to their training.
 15. Must make themselves aware of local procedures for reporting concerns about their training and personal development and when such concerns arise, they should report them in a timely manner.

8. ADVANCED TRAINING IN MEDICAL PSYCHOTHERAPY

Having completed Core Training, the practitioner may enter Advanced Training in their chosen psychiatric specialty. The outcome of this training will be an autonomous practitioner able to work at Consultant level. This Curriculum outlines the competencies the practitioner must develop and demonstrate before they may be certificated as a Specialist in Medical Psychotherapy. Because this level of clinical practice often involves working in complex and ambiguous situations, we have deliberately written the relevant competencies as broad statements. We have also made reference to the need for psychiatrists in Advanced Training to develop skills of clinical supervision and for simplicity, rather than repeat them for each component in the Good Clinical Care Domain; we have stated them only once, although they apply to each domain and will also apply to all specialties and sub-specialties.

The Advanced Training Curriculum builds on Core Psychiatry Training in two ways.

Firstly, Specialty Registrars in Psychiatry all continue to achieve the competencies set out in the Core Psychiatry Training throughout training, irrespective of their psychiatric specialty. This involves both acquiring new competencies, particularly in aspects such as leadership, management, teaching, appraising and developing core competencies such as examination and diagnosis to a high level and, as an expert, serving as a teacher and role model.

Secondly, the Advanced Curriculum set out those competencies that are a particular feature of this specialty. These include competencies that are specific to the specialty, or that feature more prominently in the specialty than they do elsewhere, or that need to be developed to a particularly high level (mastery level) in specialty practice

Some of the intended learning outcomes set out in the Core Curriculum are not included in this Advanced Curriculum. However, for consistency, the numbering system for the intended learning outcomes has been left unchanged here. Therefore, there are gaps in the sequence below.

9. THE INTENDED LEARNING OUTCOMES FOR SPECIALIST TRAINING FOR MEDICAL PSYCHOTHERAPY

Good Medical Practice, Domain 1: Knowledge, skills and performance

- *Develop and maintain professional performance*
- *Apply knowledge and experience to practice*
- *Record work clearly, accurately and legibly*

Intended learning outcome 1	
<p>The doctor will be able to perform specialist assessment of patients and document relevant history and examination on culturally diverse patients to include:</p> <ul style="list-style-type: none"> • Presenting or main complaint • History of present illness • Past medical and psychiatric history • Systemic review • Family history • Socio-cultural history • Developmental history 	
1a Clinical history	Assessment methods
<p>Knowledge</p> <p>Demonstrate a knowledge of the principles of clinical supervision and their practical application (NB this competency applies across all the intended learning outcomes and subjects of this domain)</p> <p>Understand the specific tasks of a psychotherapeutic history and the particular information which must be gathered to facilitate assessment and treatment in each of the major modalities of psychotherapy</p> <p>Demonstrate a specialist understanding of cognitive, emotional and behavioural developmental processes in psychological health and psychiatric disorder</p>	<p>CBD, DONCS</p> <p>CBD, SAPE</p> <p>CBD, CP, SAPE</p>

<p>Skills</p> <p>Offer psychiatric expertise to other practitioners to enhance the value of clinical assessments (e.g. through clinical supervision) to which the psychiatrist has not directly contributed</p> <p>Elicit information required for each component of a psychiatric history; in situations of urgency, prioritise what is immediately needed; and gather this information in difficult or complicated situations</p> <p>The doctor shall be able to perform specialist psychotherapeutic assessment of patients and document relevant history and examination on culturally diverse patients</p>	<p>CBD, DONCS</p> <p>ACE, Mini-ACE, CBD</p> <p>CBD, ACE, CP, SAPE</p>
<p>Attitudes demonstrated through behaviours</p> <p>Display willingness and availability to give clinical supervision to colleagues at all times (NB this competency applies across all the intended learning outcomes and subjects of this domain)</p> <p>Apply skills and knowledge in the conduct of patient examination</p>	<p>CBD, CONCS, Mini-PAT, supervisor's report</p> <p>ACE, Mini-ACE, CBD</p>
<p>1b Patient examination, including mental state examination and physical examination</p>	<p>Assessment Methods</p>
<p>Knowledge</p> <p>By the completion of training, psychiatrists will be able to identify psychopathology in all clinical situations, including those that are urgent and/or complex</p> <p>Assess and diagnose patients with multiple and complicated pathologies</p>	<p>CBD, ACE, Mini-ACE</p> <p>CBD, ACE, Mini-ACE</p>
<p>Skills</p>	
<p>Attitudes demonstrated by behaviours</p> <p>Display an awareness of complex needs</p>	<p>CBD, CP, ACE</p>

Intended learning outcome 2	
The doctor will demonstrate the ability to construct formulations of patients' problems that include appropriate differential diagnoses	
2a Psychotherapeutic Formulation	Assessment methods
Knowledge Describe the theoretical basis of psychotherapeutic formulation in each of the major modalities of psychotherapy	CBD, SAPE
Skills The doctor will demonstrate the ability to construct formulations of patients' problems that develop a well-evidenced, coherent and appropriate case formulation which relates flexibly to relevant theory to deepen understanding of psychopathology and therapeutic possibilities	CBD, CP, SAPE, supervisor's reports
Attitudes demonstrated by behaviours Construct and explain a comprehensive psychological and psychotherapeutic formulation of the patient's difficulties	CBD, CP, SAPE, supervisor's reports

Intended learning outcome 3	
The doctor will demonstrate the ability to recommend relevant investigation and treatment in the context of the clinical management plan. This will include the ability to develop and document an investigation plan including appropriate medical, laboratory, radiological and psychological investigations and then to construct a comprehensive treatment plan addressing biological, psychological and socio-cultural domains	
3a Plan and evaluate the outcome of a psychotherapeutic treatment strategy	Assessment methods
Knowledge Understand the theoretical underpinnings for the planning of psychological treatments in a wide range of contexts	CBD, CP, SAPE, supervisor's reports
Skills Demonstrate the ability to recommend relevant investigation and psychotherapeutic treatment in the context of an overall clinical management plan	CBD, CP, SAPE, supervisor's reports

<p>This should include the capacity to formulate an individually tailored psychological treatment plan for a broad range of disorders and to provide reasoned recommendations for choice of treatment to patients with confidence</p>	<p>CBD, CP, SAPE, supervisor's reports</p>
<p>Final year trainees should demonstrate expertise in advising on and planning treatment for patients with very specialised needs and across a wide range of different therapy types</p>	<p>CBD, CP, SAPE, supervisor's reports</p>
<p>Trainees will demonstrate the ability to evaluate the outcomes of treatments already received or in progress and adjust management accordingly</p>	<p>CBD, CP, SAPE, supervisor's reports</p>
<p>Attitudes demonstrated through behaviours</p>	

<p>Intended learning outcome 4</p>	
<p>Based on a comprehensive psychiatric assessment, the doctor will demonstrate the ability to comprehensively assess and document patient's potential for self-harm or harm to others. This would include an assessment of risk, knowledge of involuntary treatment standards and procedures, the ability to intervene effectively to minimise risk and the ability to implement prevention methods against self-harm and harm to others. This will be displayed whenever appropriate, including in emergencies</p>	
<p>4a Contribute specialist knowledge to the assessment and management of risk</p>	<p>Assessment methods</p>
<p>Knowledge Understand a psychotherapeutic perspective on risk</p>	<p>CBD, CP, SAPE, supervisor's reports</p>
<p>Skills Use specialist psychotherapeutic knowledge and approach to inform assessment of risk in patients in a range of settings and advise on psychological strategies to predict and minimise risk</p>	<p>CBD, CP, ACE, Mini-ACE, DONCS, supervisor's reports</p>

Attitudes demonstrated through behaviours	
4b Psychiatric emergencies	Assessment methods
Knowledge Apply the principles of empathic understanding and a psychologically minded approach to risk assessment and management	CBD, ACE, Mini-ACE
Skills Independently assess and manage patients with mental illnesses including uncommon conditions, in emergencies Demonstrate expertise in applying the principles of crisis intervention in emergency situations Make care plans in urgent situations where information may be incomplete Provide appropriate psychotherapeutic intervention and support in the aftermath of an emergency Able to provide immediate psychological support following untoward incident Able to undertake reviews of a critical incident with sensitivity to the needs and standpoints of all participants	CBD, CP, Mini-PAT, supervisor's report CBD, CP, Mini-PAT, supervisor's report CBD, CP, Mini-PAT, supervisor's report CBD, DONCS CBD, DONCS
Attitudes demonstrated through behaviours Maintain good professional attitudes and behaviour when responding to situations of ambiguity and uncertainty	CBD, CP, Mini-PAT, supervisor's report
4c Mental health legislation	Assessment methods
Knowledge Demonstrate practical knowledge of the relevant mental health legislation. Including the use of emergency powers and compulsory treatment aspects.	CBD, CP, DONCS, supervisor's report

Skills Demonstrate the competent assessment of a patient using relevant mental health legislation both in emergency and routine practice	CBD, ACE, Mini-ACE,
Attitudes demonstrated through behaviours Always work within appropriate practice guidelines for the use of mental health legislation Be prepared to give advice to others on the use of mental health and allied legislation	CBD, CP, DONCS, Mini-PAT, supervisor's report CBD, CP, DONCS, Mini-PAT, supervisor's report
4d Broader legal framework	Assessment methods
Knowledge Demonstrate awareness of specialist aspects of the law	CBD, CP, DONCS, Mini-PAT, supervisor's report
Skills	
Attitudes demonstrated through behaviours	

Intended learning outcome 5	
Based on the full psychiatric assessment, the doctor will demonstrate the ability to conduct therapeutic interviews; that is to collect and use clinically relevant material. The doctor will also demonstrate the ability to conduct a range of individual, group and family therapies using standard accepted models and to integrate these psychotherapies into everyday treatment, including biological and socio-cultural interventions	
5a Psychological therapies	Assessment methods
Knowledge Apply contemporary knowledge and principles in psychological therapies	CBD, CP, Mini-PAT, SAPE
Skills Display the ability to provide expert advice to other health and social care professionals on psychological treatment and care	CBD, Mini-PAT, DONCS

<p>Demonstrate the ability to conduct a range of individual, group and family therapies using standard accepted models and to integrate these psychotherapies into everyday treatment, including biological and socio-cultural interventions.</p>	<p>CBD, SAPE, supervisor's reports</p>
<p>Plan psychotherapeutic treatments on the basis of individual formulation predicting probable consequences of treatment and its interaction with other factors in the patient's life</p>	<p>CBD, CP, SAPE, supervisor's reports</p>
<p>Demonstrate an understanding of mental disorders and how psychodynamic, cognitive behavioural, systemic and integrative therapy theories and models may be applied in practice showing a sensitive appreciation of application of more than one model applied across the full range of psychiatric disorders</p>	<p>CBD, CP, SAPE, supervisor's report</p>
<p>Demonstrate awareness of current evidence-based treatment guidelines and their range of application. Ability to critically evaluate summary guidance in the light of the methods used</p>	<p>CBD, CP, SAPE, supervisor's report</p>
<p>Demonstrate an understanding of the factors affecting the appropriate choice of therapist for a patient becoming able to combine published evidence with extensive personal experience in making reasoned choices</p>	<p>CBD, CP, SAPE, supervisor's report</p>
<p>Demonstrate mastery of the theory, technique and application of a recognised form of psychotherapy (psychodynamic; cognitive-behavioural or systemic)</p>	<p>SAPE, supervisor's report</p>
<p>Validated competence in delivery of the treatment (when initiating, sustaining and ending episodes of care).</p>	<p>CBD, CP, SAPE, supervisor's report</p>

<p>Able to develop a treatment model to meet the needs of specific situations and to use experience gained to enhance the knowledge and skills of other therapists</p> <p>Demonstrate mastery across a broad range of clinical conditions, within a range of common clinical settings; out-patient, in-patient, day settings and across more than one modality (individual, group, family)</p> <p>Demonstrate competence in the theory and technique of two other recognised forms of psychotherapy</p> <p>Demonstrate core skills of the chosen approaches and appreciate scope of their application and by applying those skills from these models within integrative packages of care</p> <p>Demonstrate skills in monitoring the process of therapy appropriately</p> <p>Employs watchful sensitivity throughout each session, prompting action based on informed comparisons</p> <p>Able to review entire progress of a treatment accurately</p>	<p>CBD, CP, SAPE, supervisor's report</p>
<p>Attitudes demonstrated through behaviours</p> <p>Continue to practice and develop a range of treatment skills</p>	<p>CBD, CP, SAPE, supervisor's report</p>

Intended learning outcome 6	
The doctor will demonstrate the ability to concisely, accurately and legibly record appropriate aspects of the clinical assessment and management plan	
6a Record keeping	Assessment methods
Knowledge Understand the use of different types and styles of record keeping as appropriate to the modality of therapy under consideration	SAPE, CBD, supervisor's report
Skills Use process notes, structured testing, audio and videotaped records of sessions and therapies appropriately	SAPE, CBD, supervisor's report

Intended learning outcome 7	
To be able to carry out specialist assessment and treatment of patients with chronic and severe mental disorders and to demonstrate effective management of these disease states	
7a Management of severe and enduring mental illness	Assessment methods
Knowledge Understand the psychological effects of chronic illness on interpersonal relationships and intrapersonal structures	CBD, SAPE, supervisor's report
Skills Develop professional alliances with patients over the long-term	CBD, SAPE, supervisor's report
Develop therapeutic optimism and hope	CBD, SAPE, supervisor's report
Assist and guide trainees in assessing and managing patients with severe and enduring mental illness	CBD, DONCS, supervisor's report
Contribute a psychotherapeutic perspective to the multidisciplinary assessment and management of patients with severe and enduring mental illness	CBD, DONCS

<p>Attitudes demonstrated through behaviours</p> <p>Help professionals from different backgrounds to understand and use psychotherapeutic concepts in managing this patient group</p> <p>Provide psychotherapeutic assessment and specific evidence based interventions for people with chronic, disabling and complex mental health problems</p>	<p>CBD, DONCS, mini-PAT</p> <p>ACE, SAPE, CBD</p>
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<p>Intended learning outcome 8</p>	
<p>To develop an understanding of research methodology and critical appraisal of the research literature</p>	
<p>8a Research techniques</p>	<p>Assessment methods</p>
<p>Knowledge</p> <p>Demonstrate an understanding of basic research methodology including both quantitative and qualitative techniques</p> <p>Demonstrates an understanding of the research governance framework including the implications for the local employer (NHS Trust or equivalent) of research.</p> <p>Demonstrates an understanding of the work of research ethics committees and is aware of any ethical implications of a proposed research study</p> <p>Demonstrate an understanding of how to design and conduct a research study</p> <p>Demonstrate an understanding of the use of appropriate statistical methods</p> <p>Describe how to write a scientific paper</p> <p>Demonstrate a knowledge of sources of research funding</p>	<p>Supervisor's report, JCP, DONCS</p> <p>Supervisor's report, DONCS</p>

<p>Knowledge of the evidence base in psychological treatments including the limitations of this evidence base and the specific methodological issues involved in gathering and evaluating evidence</p>	<p>CBD, CP, JCP, Supervisor's report</p>
<p>Skills</p> <p>Frame appropriate research questions</p> <p>Able to write a research protocol and draw up a realistic time line for the proposed study</p> <p>Able to apply successfully for R & D approval (if relevant)</p> <p>Able to apply successfully to an ethics committee (if relevant)</p> <p>Carry out a research project and able to modify protocol to overcome difficulties. Can adhere to time lines. Enters data onto standard computer software, eg EXCEL, STATA, SPSS etc</p> <p>Able to compare own findings with others</p> <p>Able to prepare research for written publication and follow submission instructions for most appropriate journal</p> <p>Able to present own research at meetings and conferences</p> <p>Able to read and evaluate research on psychological treatments and apply this flexibly and appropriately to clinical practice</p>	<p>Supervisor's report, DONCS</p> <p>CBD, JCP, DONCS, supervisor's reports</p>

Understands the particular complexities of research and audit design and implementation in psychological treatments	CBD, JCP, DONCS, supervisor's reports
Attitudes demonstrated through behaviours	
Demonstrate a critical spirit of enquiry	Supervisor's report, DONCS
Ensure subject confidentiality	Supervisor's report, DONCS
Work collaboratively in research supervision	Supervisor's report, DONCS
Demonstrate consistent compliance with the highest standards of ethical behaviour in research practice	Supervisor's report, DONCS
8b Evaluation and critical appraisal of research	Assessment methods
Knowledge	
Demonstrate an understanding of the principles of critical appraisal	Supervisor's report, JCP
Demonstrate an understanding of the principles of evidence-based medicine, including the educational prescription	Supervisor's report, JCP
Demonstrate knowledge of how to search the literature using a variety of databases	Supervisor's report, JCP
Skills	
Assess the importance of findings, using appropriate statistical analysis	Supervisor's report, JCP
Able to carry out a thorough literature search, critically analyse existing knowledge, synthesise information and summarise the relevant findings coherently.	Supervisor's report, JCP
Able to write a comprehensive literature review of a proposed topic of study	Supervisor's report, JCP

Able to communicate clearly and concisely with non-medical professionals, i.e. other members of the multidisciplinary team, and staff from other agencies, regarding the importance of applying research findings in everyday practice.	Supervisor's report, DONCS, JCP
Able to translate research findings to everyday clinical practice. Inclusion of research findings in case summaries and formulations and in letters to medical colleagues.	Supervisor's report, CBD, JCP
Able to appreciate the 'scientific unknowns' in the relevant field psychiatric practice	Supervisor's report, CBD, JCP
Adopt the principles of evidence based practice at a service level	Supervisor's report, CBD, DONCS
Attitudes demonstrated through behaviours Be able to appreciate the limitations and controversies within the relevant area of scientific literature	Supervisor's report, CBD, DONCS

Intended learning outcome 9	
To develop the habits of lifelong learning	
9a Lifelong learning	Assessment methods
Knowledge Understand the opportunities for continuing professional development as a doctor, psychiatrist and psychotherapist and how these may be kept in balance	Supervisor's report
Skills Recognise and use learning opportunities	Supervisor's report
Attitudes demonstrated through behaviours Maintains familiarity with clinical literature relevant to specialist's field of psychotherapeutic practice and psychotherapy generally	Supervisor's report

<p>Ensures continued personal, professional and psychological development through participation in appropriate personal psychotherapy which will usually be one to one although includes group analysis, at an agreed minimum weekly frequency designated by the Trainer and Training Programme Director throughout the course of higher medical psychotherapy training. Personal therapy or an agreed alternative is a prerequisite to developing self-reflective practice in reflecting on the ways conscious and unconscious emotion can help and hinder the therapeutic relationship and clinical capacity.</p> <p>Uses a personal development plan effectively to ensure clinical work is adequately supported through supervision, experiential learning and programmed teaching</p>	<p>Supervisor's report</p>
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Good Medical Practice, Domain 2: Safety and Quality

- *Contribute to and comply with systems to protect patients*
- *Respond to risks and safety*
- *Protect patients and colleagues from any risk posed by your health*

Intended learning outcome 10	
Develop the ability to conduct and complete audit in clinical practice	
10a Audit	Assessment methods
Knowledge	
Demonstrate a knowledge of different audit methods	Supervisor's report, DONCS
Demonstrate a knowledge of methods of sampling for audit	Supervisor's report, DONCS
Demonstrate a knowledge of obtaining feedback from patients, the public, staff and other interested groups	Supervisor's report, DONCS

Demonstrate an understanding of the structures of the NHS and social care organisations (or equivalents)	Supervisor's report, DONCS
Demonstrate an understanding of quality improvement methodologies	Supervisor's report, DONCS
Demonstrate an understanding of the principles of change management	Supervisor's report, DONCS
Skills	
Be able to set standards that can be audited	Supervisor's report, DONCS
Be able to measure changes in practice	Supervisor's report, DONCS
Be able to effectively apply audit principles to own work, to team practice and in a service wide context, including to relevant organisational and management systems	Supervisor's report, DONCS
Be able to supervise a colleague's audit project	Supervisor's report, DONCS
Attitudes demonstrated through behaviours	
Hold a positive attitude to the potential of audit in evaluating and improving the quality of care	Supervisor's report, DONCS
Show willingness to apply continuous improvement and audit principles to own work and practice	Supervisor's report, DONCS
Show willingness to support and encourage others to apply audit principles	Supervisor's report, Mini-PAT, DONCS

Intended learning outcome 11	
To develop an understanding of the implementation of clinical governance	
11a Organisational framework for clinical governance and the benefits that patients may expect	Assessment methods
Knowledge Demonstrate a knowledge of relevant risk management issues; including risks to patients, carers, staff and members of the public Demonstrate a knowledge of how healthcare governance influences patient care, research and educational activities at a local, regional and national level Demonstrate a knowledge of a variety of methodologies for developing creative solutions to improving services	CBD, CP, supervisor's report, Supervisor's report, DONCS Supervisor's report, DONCS
Skills Develop and adopt clinical guidelines and integrated care pathways Report and take appropriate action following serious untoward incidents Assess and analyse situations, services and facilities in order to minimise risk to patients, carers, staff and the public Monitor the safety of services Demonstrate ability to deviate from care pathways when clinically indicated Question existing practice in order to improve service	Supervisor's report, DONCS Supervisor's report, CBD, CP, DONCS Supervisor's report, CBD, CP, DONCS Supervisor's report, DONCS Supervisor's report, CBD, CP Supervisor's report, CBD, CP, DONCS

<p>Attitudes demonstrated through behaviours</p> <p>Demonstrate willingness to take responsibility for clinical governance activities, risk management and audit in order to improve the quality of the service</p> <p>Be open minded to new ideas</p>	<p>Supervisor's report, CBD, CP, DONCS</p> <p>Supervisor's report, CBD, CP, DONCS</p>
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Good Medical Practice, Domain 3: Communication, partnership and teamwork

- *Treat patients as individuals and respect their dignity*
- *Work in partnership with patients*
- *Work with colleagues in the ways that best serve patients' interests*

Intended learning outcome 14	
To demonstrate the ability to work effectively with colleagues, including team working	
14a Clinical teamwork	Assessment methods
<p>Knowledge</p> <p>Maintain and apply a current working knowledge of the law as it applies to working relationships</p> <p>Demonstrate an understanding of the responsibility of the team with regard to patient safety</p> <p>Demonstrate an understanding of how a team works and develops effectively</p> <p>Demonstrate an understanding of time management, values based practice and information management</p> <p>Understand specialist contributions of psychodynamic, systemic and cognitive therapeutic approaches to an understanding of team dynamics</p>	<p>DONCS, supervisor's report</p> <p>CBD, Mini-PAT supervisor's report</p> <p>CBD, Mini-PAT, DONCS</p> <p>CBD, Mini-PAT, DONCS</p> <p>CBD, Mini-PAT, DONCS, supervisor's report</p>

Skills

Facilitate the leadership and working of other members of the team	CBD, Mini-PAT, DONCS
Recognise and resolve dysfunction and conflict within teams when it arises	CBD, Mini-PAT, DONCS
Competently manage a service, or a part of the service, alongside consultant trainer	CBD, Mini-PAT, DONCS, supervisor's report
Show competence in supervised autonomous working	CBD, Mini-PAT, DONCS, supervisor's report
Use effective negotiation skills	CBD, Mini-PAT, DONCS, supervisor's report
Be able to work with service managers and commissioners and demonstrate management skills such as understanding the principles of developing a business plan	Mini-PAT, DONCS, supervisor's report
Manage change, with the involvement of service users and carers in teamwork.	Mini-PAT, DONCS, supervisor's report
Utilise team feedback	Mini-PAT, DONCS, supervisor's report
Manage complaints made about services	Mini-PAT, DONCS, supervisor's report
Competently participate in the NHS Appraisal Scheme	Mini-PAT, DONCS, supervisor's report

Able to use psychological understanding of groups and group processes to manage difficult emotional situations within clinical teams	CBD, DONCS, mini-PAT, supervisor's report
Able to act as an external consultant to a staff team	CBD, DONCS, supervisor's report
Explains the consultant's role convincingly giving examples of key consultation tasks	CBD, DONCS, mini-PAT, supervisor's report
Demonstrates how consultant's role and behaviour varies across range of contexts	DONCS, supervisor's report
Attitudes demonstrated through behaviour	
Be prepared to question and challenge the performance of other team members when standards appear to be compromised	Mini-PAT, CBD, DONCS, supervisor's report

Intended learning outcome 15	
Develop appropriate leadership skills	
15a Effective leadership skills	Assessment methods
Knowledge	
Demonstrate an understanding of the differing approaches and styles of leadership	Mini-PAT, DONCS, supervisor's report
Demonstrate an understanding of the role, responsibility and accountability of the leader in a team	Mini-PAT, DONCS, supervisor's report
Understand and contribute to the organization of urgent care in the locality	Mini-PAT, DONCS, supervisor's report

<p>Demonstrate an understanding of the structures of the NHS and social care organisations</p>	<p>Mini-PAT, DONCS, supervisor's report</p>
<p>Demonstrate an understanding of organisational policy and practice at a national and local level in the wider health and social care economy</p>	<p>Mini-PAT, DONCS, supervisor's report</p>
<p>Demonstrate an understanding of the principles of change management</p>	<p>Mini-PAT, DONCS, supervisor's report</p>
<p>Understand the principles of identifying and managing available financial and personnel resources effectively</p>	<p>Mini-PAT, DONCS, supervisor's report</p>
<p>Aware of national and local guidance and developments in relation to the provision of psychotherapy services</p>	<p>CBD, CP, DONCS</p>
<p>Skills Demonstrate a range of appropriate leadership and supervision skills including:</p> <ul style="list-style-type: none"> • Coordinating, observing and being assured of effective team working • Setting intended learning outcomes • Planning • Motivating • Delegating • Organising • Negotiating • Example setting • Mediating / conflict resolution • Monitoring performance 	<p>Mini-PAT, DONCS, supervisor's report</p>

Demonstrate ability to design and implement programmes for change, including service innovation	Mini-PAT, DONCS, supervisors Report
Displays expertise in employing skills of team members to greatest effect Acts as impartial mediator in conflicts over roles and responsibilities	Mini-PAT, DONCS, supervisor's report
Demonstrate active involvement in service design and development	Mini-PAT, DONCS, supervisor's report
Capable of advising on the implementation of and assisting in implementing local and regional initiatives in psychological treatment provision	Mini-PAT, supervisor's report
Attitudes demonstrated through behaviours	
Be prepared to question and challenge the performance of other team members when standards appear to be compromised	CBD, DONCS, Mini-PAT, supervisor's report
Willing to explore and to help other staff explore and develop non traditional and innovative models of psychological treatment provision where needed appropriately and safely	CBD, DONCS, Mini-PAT, supervisor's report

Intended learning outcome 16	
Demonstrate the knowledge, skills and behaviours to manage time and problems effectively	
16b Communication with colleagues	Assessment methods
Knowledge Demonstrate an understanding of the requirements of outside agencies for reports that are timely, accurate and appropriate	Mini-PAT, CBD, DONCS, supervisor's report
Skills Prepare and deliver reports for Mental Health Tribunals, Managers' Hearings, Coroners Courts and Courts of Law	Mini-PAT, CBD, DONCS, supervisor's report

Understand the roles and responsibilities of an expert witness	Mini-PAT, CBD, DONCS, supervisor's report
Attitudes demonstrated through behaviours Produce reports that are comprehensive, timely, accurate, appropriate and within limits of expertise	Mini-PAT, CBD, DONCS, supervisor's report

Intended learning outcome 17	
To develop the ability to teach, assess and appraise	
17a The skills, attitudes, behaviours and practices of a competent teacher	Assessment Methods
Knowledge	
Demonstrate an understanding of the basic principles of adult learning	Supervisor's report, DONCS
Identify learning styles	Supervisor's report, DONCS
Demonstrate an understanding of the correct use of a variety of teaching strategies	Supervisor's report, AoT,
Skills	
Identify learning outcomes	Supervisor's report, AoT, DONCS
Use a variety of teaching methods	Supervisor's report, AoT, DONCS
Evaluate learning and teaching events	Supervisor's report, AoT, DONCS
Facilitate the learning process and assess performance	Supervisor's report, AoT, DONCS

Organise educational events	Supervisor's report, AoT, DONCS
Demonstrate an ability to adapt teaching or training to the needs of particular learners e.g. medical students, colleagues from other specialties particularly primary care, paramedical professionals	Supervisor's report, AoT, DONCS
Provide supervision to junior colleagues working in General Psychiatry, whilst under appropriate supervision	Supervisor's report, AoT, DONCS
To ensure teaching is peer reviewed to improve teaching and learning performance	AoT, supervisor's reports
Attitudes demonstrated through behaviours Demonstrate a professional attitude to teaching	Supervisor's report, AoT, DONCS, mini-PAT
17b Assessment	Assessment methods
Knowledge	
Skills Use appropriate, approved assessment methods	Supervisor's report, DONCS
Give feedback in a timely and constructive manner	Supervisor's report, DONCS
Attitudes demonstrated through behaviours Be at all times honest when assessing performance	Supervisor's report, Mini-PAT, DONCS
17c Appraisal	Assessment methods
Knowledge Demonstrate an understanding of the principles of appraisal (including the difference between appraisal and assessment)	Supervisor's report, DONCS
Demonstrate an understanding of the structure of appraisal interviews	Supervisor's report, DONCS

Skills Conduct appraisal effectively and at the appropriate time	Supervisor's report, DONCS
Attitudes demonstrated through behaviours Show respect and confidentiality for the appraisee	Supervisor's report, DONCS

Good Medical Practice, Domain 4: Maintaining Trust

- *Be honest and open and act fairly with integrity*
- *Never discriminate unfairly against patients or colleagues*
- *Never abuse patients' trust or the public's trust in the profession*

Intended learning outcome 19	
To ensure that the doctor acts in a professional manner at all times	
19a Doctor patient relationship and confidentiality	Assessment methods
Knowledge Apply a working knowledge of the specific ethical and legal principles which apply particularly to psychotherapeutic relationships	CBD, Supervisor's report, SAPE
Demonstrates working knowledge of current recommendations for conduct of professional relationships in chosen field of psychotherapy, including guidance on confidentiality	CBD, Supervisor's report, SAPE
Develop a good understanding of the needs for information of a range of agencies	Supervisor's report, CBD, DONCS
Appreciate the different sensitivities of patients to a range of information held about them particularly in relation to psychological material	Supervisor's report, CBD, DONCS
Be aware of the principles and legal framework of disclosure	Supervisor's report, CBD, DONCS

<p>Skills</p> <p>Support and advise colleagues (both medical and non-medical) in dealing with complex professional interactions</p> <p>Demonstrate a sensitive and subtle understanding of the nature and importance of boundaries in psychological treatments including understanding the special strength of threats to boundaries in such treatments and the meaning and management of threats</p> <p>Demonstrate a capacity to deal appropriately and ethically with boundary violations when they are revealed including special capacities to plan treatments and future actions in the aftermath of such events</p> <p>Advise others (including non-healthcare professionals) on the safe and appropriate sharing of information</p>	<p>Supervisor's report, CBD, DONCS</p> <p>Supervisor's report, CBD, SAPES</p> <p>Supervisor's report, CBD, DONCS</p> <p>Supervisor's report, CBD, DONCS</p>
<p>Attitudes demonstrated through behaviours</p>	
<p>19e Risk management</p>	<p>Assessment methods</p>
<p>Knowledge</p> <p>Demonstrate a knowledge of matters such as health and safety policy</p>	<p>Supervisor's report, CBD, DONCS</p>
<p>Skills</p>	
<p>Attitudes demonstrated through behaviours</p> <p>Work in collaboration with patients and the multi-disciplinary team to enable safe and positive decision-making</p>	<p>Supervisor's report, CBD, DONCS</p>

10. METHODS OF LEARNING AND TEACHING

The curriculum is delivered through a number of different learning experiences, of which experiential workplace learning with supervision appropriate to the trainee's level of competence is the key. This will be supported by other learning methods as outlined below: -

- Appropriately supervised clinical experience
- Psychotherapy training (for all psychiatrists, not just those in Medical Psychotherapy Specialty Training)
- Emergency psychiatry experience
- Interview skills
- Learning in formal situations
- Teaching
- Management experience
- Research
- ECT Training
- Special interest sessions

Appropriately supervised clinical experience

Trainees must at all times participate in clinical placements that offer appropriate experience i.e. direct contact with and supervised responsibility for patients. **All training placements must include direct clinical care of patients.** Placements based on observation of the work of other professionals are not satisfactory. **Each placement must have a job description and timetable. There should be a description of potential learning objectives in post.** Training placements should not include inappropriate duties (e.g. routine phlebotomy, filing of case notes, escorting patients, finding beds, etc) and must provide a suitable balance between service commitment and training.

Medical Psychotherapy

The clinical experience in the Advanced Training Programme in Medical Psychotherapy **will consist of the equivalent of three years full time experience of which all three years must be spent in designated medical psychotherapy.**

Selection into advanced training in medical psychotherapy takes place at the same time and in the same way as selection into the other advanced training programmes in psychiatry. Not all schools of psychiatry will be able to offer training in each modality of medical psychotherapy. Indeed some schools of psychiatry are not in a position to offer advanced training programmes in medical psychotherapy. However, where they are offered the description of the training programme should outline which modality of therapy is offered.

There are several types of psychotherapy training offered:

a) Psychodynamic (psychoanalytic) psychotherapy

Psychodynamic psychotherapy gives patients a regular time to think - and talk – about the feelings they have about themselves and other people. This type of therapy enables patients to make connections between the past and the present.

Psychodynamic psychotherapy usually involves regular, 50-minute meetings. These can be weekly or more often if needed.

b) Cognitive Behavioural Therapy (CBT)

Behavioural psychotherapy helps patients overcome problems by changing how they behave. For example, helping patients to overcome fears, or phobias.

Cognitive therapy focuses more on the way that patients believe and think can keep problems going. It helps patients to test any unhelpful beliefs by talking about them, and then developing ideas that are more helpful and will benefit them. Patients then try these out in between sessions and so develop more helpful ways of thinking and acting. It can take account of what has happened in the past, but mainly looks at the present and future.

Cognitive behavioural therapy (CBT) combines these two techniques. It is structured, usually aimed at a particular problem and is fairly brief (6-20 sessions). Patients will also have a number of exercises to do between sessions. The National Institute for Health and Clinical Excellence (NICE) recommends CBT as a treatment for a wide range of problems.

c) Systemic (Family) Therapy

Family therapy is a form of psychotherapy that involves all the members of a nuclear or extended family. It may be conducted by a pair or team of therapists. In many cases the team consists of a man and a woman in order to treat gender-related issues or serve as role models for family members. Although some forms of family therapy are based on behavioral or psychodynamic principles, the most widespread form is based on family systems theory. This approach regards the family, as a whole, as the unit of treatment, and emphasizes such factors as relationships and communication patterns rather than traits or symptoms in individual members.

d) Interpersonal Therapy (IPT)

This is a treatment for depression, but it has also been used with other problems. It aims to help patients to understand how their problems may be connected to the way their relationships work. It then helps them to find out how to strengthen their relationships and find better ways of coping.

During their clinical training, trainees in Advanced Training in Medical Psychotherapy will undertake further supervised training in Psychotherapy to enable them to practice as Psychotherapy Specialists. This will consist of an in-depth exposure to one major mode of therapy, (ie psychodynamic/interpersonal therapy, cognitive behaviour therapy or systemic therapy) and some exposure to the other two. At the same time as they undergo this training, advanced trainees in Medical Psychotherapy will maintain core professional and psychiatric competencies as indicated in the Intended Learning Outcomes and in the Guide to ARCP panels in this Curriculum.

Clinical placements in advanced training in Medical Psychotherapy should last 12 months for a full-time trainee. This gives sufficient time for a realistic clinical experience and allows the completion of treatment programmes and time to build up and close down a clinical service. However, placements of up to 15 months may be acceptable if there are problems with rotational dates. It must be emphasised that advanced training in Medical Psychotherapy is not simply an extension of Core Psychiatry Training and the duties performed by advanced trainees must reflect this. There should not be a routine expectation that the higher trainee continues to work at a level appropriate for Core Psychiatry training. The specialty registrar (ST4-6) works more independently and has a greater supervisory, leadership and managerial role. There must be opportunity for the specialty registrar to develop supervisory skills. The clinical load should not be so heavy so as to jeopardise the research, teaching and managerial functions.

It is possible that many of the experiences required will not be available in a trainee's local deanery and therefore they may be required to travel outside the deanery to acquire some of the experience and training necessary to attain a CCT in Medical Psychotherapy.

Personal Psychotherapy

Following discussion with the GMC, the medical psychotherapy specialty curriculum and education committee have specified that personal psychotherapy is mandated in the curriculum,

This is in response to the recognition that to be able to help others who come with minds in distress, awareness of one's own state of mind is needed. This is achieved through personal psychotherapy in whichever modality of psychotherapy that the trainee majors in.

The minimum requirement is that this should be weekly psychotherapy of any modality and this must be maintained throughout the course of training. It is recognised that this is a minimum requirement and it will be desirable for trainees to have a greater frequency of sessions. For example those undertaking group analytic training to undertake twice weekly group analysis, and for those majoring in psychoanalytic psychotherapy three times a week personal therapy and psychoanalysis of 4-5 times a week sessions. For trainees who major in Cognitive Behavioural or Systemic

Therapy alternatives to analytic experiences can be negotiated with their Trainer and Psychotherapy Scheme Training Programme Director. Further guidance and information about current financial support for personal therapy within each HEE regional team is available on the Royal College of Psychiatrists' website:

<https://www.rcpsych.ac.uk/workinpsychiatry/faculties/medicalpsychotherapy/trainingandcpd.aspx#Finance>

Psychotherapy training (for all psychiatrists)

The aim of psychotherapy training is to contribute to the training of future consultant psychiatrists in all branches of psychiatry who are psychotherapeutically informed, display advanced emotional literacy and can deliver some psychological treatments and interventions. Such psychiatrists will be able to:

- Account for clinical phenomena in psychological terms
- Deploy advanced communication skills
- Display advanced emotional intelligence in dealings with patients and colleagues and yourself.
- Refer patients appropriately for formal psychotherapies
- Jointly manage patients receiving psychotherapy
- Deliver basic psychotherapeutic treatments and strategies where appropriate

A senior clinician with appropriate training (preferably a consultant psychotherapist) should be responsible for organising psychotherapy training within a School in line with current curriculum requirements. There are two basic requirements: -

Case based discussion groups (CBDG) are a core feature of early training in psychotherapeutic approach to psychiatry. They involve regular weekly meetings of a group of trainees and should last around one and one and a half hours. The task of the meeting is to discuss the clinical work of the trainees from a psychotherapeutic perspective paying particular attention to the emotional and cognitive aspects of assessment and management of psychiatric patients in whatever setting the trainee comes from. Trainees should be encouraged to share their feelings and thoughts openly and not to present their cases in a formal or stilted manner. Most trainees should attend the group for about one year. Attendance and participation in the CBDG will be assessed

Undertaking specific training experiences treating patients is the only reliable way to acquire skills in delivering psychotherapies. The long case also helps in learning how to deal with difficult or complicated emotional entanglements that grow up between patients and doctors over the longer term. Patients allocated to trainees should be appropriate in terms of level of difficulty and should have been properly assessed. Trainees should be encouraged to treat a number of psychotherapy cases during their training using at least two modalities of treatment and at least two durations of input. This experience must be started in Core training and continued in Advanced Training, so that by the end of Core Training the trainee must have competently completed at least two cases of different durations. The psychotherapy supervisor will assess the trainee's performance by using the SAPE.

Advanced trainees in Medical Psychotherapy will continue their psychotherapy training as indicated above in the section describing clinical placements in Advanced Training.

The psychotherapy tutor should have selected supervisors. Psychotherapy supervisors need not be medically qualified but they should possess appropriate skills and qualifications both in the modality of therapy supervised and in teaching and supervision.

Emergency Psychiatry

Trainees must gain experience in the assessment and clinical management of psychiatric emergencies and trainees must document both time spent on-call and experience gained (cases seen and managed) and this should be "signed off" by their Clinical Supervisor/Trainer.

A number and range of emergencies will constitute relevant experience. During Core Psychiatry training, trainees must have experience equivalent to participation in a first on call rota with a minimum of 55 nights on call during the period of core specialty training (i.e. at least 50 cases with a range of diagnosed conditions and with first line management plans conceived and implemented.) (Trainees working part time or on partial shift systems must have equivalent experience.)

Where a training scheme has staffing arrangements, such as a liaison psychiatric nursing service, which largely excludes Core Psychiatry trainees from the initial assessment of deliberate self-harm patients or DGH liaison psychiatry

consultations, the scheme must make alternative arrangements such that trainees are regularly rostered to obtain this clinical experience under supervision. Such supervised clinical experience should take place at least monthly.

Psychiatric trainees should not provide cross specialty cover for other medical specialties except in exceptional circumstances where otherwise duty rotas would not conform to the European Working Time Directive. No trainee should be expected to work to a level beyond their clinical competence and experience.

Where daytime on call rotas are necessary, participation must not prevent trainees attending fixed training events.

Advanced trainees in Medical Psychotherapy must have opportunities to supervise others as part of their experience of emergency psychiatry. They should not routinely perform duties (such as clerking emergency admissions) that would normally be performed by less experienced practitioners. They will usually participate in a general psychiatry out-of-hours cover rota. Experiences from this work should be assessed and will contribute to the Medical Psychotherapy trainee's advanced training.

Interview skills

All trainees must receive teaching in interviewing skills in the first year Core Psychiatry Training (CT1). The use of feedback through role-play and/or video is recommended. Soliciting (where appropriate) the views of patients and carers on performance is also a powerful tool for feedback.

Learning in formal situations

Learning in formal situations will include attending a number of courses for which the trainee should be allowed study leave: -

- It is essential that trainees in Core Psychiatry Training attend an MRCPsych course that comprises a systematic course of lectures and /or seminars covering basic sciences and clinical topics, communication and interviewing skills.
- Local postgraduate meetings where trainees can present cases for discussion with other psychiatrists, utilising information technology such as slide presentations and video recordings.

- Journal clubs, where trainees have the opportunity to review a piece of published research, with discussion chaired by a consultant or specialty registrar (ST4-ST6), Postgraduate meetings where trainees can present and discuss audit.
- Multi-disciplinary/multi-professional study groups.
- Learning sets which can stimulate discussion and further learning.
- Trainees must also exercise personal responsibility towards their training and education and are encouraged to attend educational courses run by the College's divisional offices.

Experience of teaching

It is important that all trainee psychiatrists have experience in delivering education. In Core Psychiatry training, trainees should have opportunities to assist in 'bedside' teaching of medical students and delivering small group teaching under supervision. Advanced trainees in Medical Psychotherapy should be encouraged to be involved in teaching CT1-3 trainees on the MRCPsych course and to be involved in the design, delivery and evaluation of teaching events and programmes.

Management experience

Opportunity for management experience should be available in all training programmes and should begin with simple tasks in the clinical, teaching and committee work of the hospital or service.

Attending courses and by shadowing a medical manager to get insight into management. For example, the final month of a ST4 placement could be spent working with a manager.

"Hands on" experience is especially effective, e.g. convening a working group, and it may be possible for a trainee to be given a relevant management task to complete.

Opportunity for involvement in administration and collaboration with non medical staff at local level on the ward or unit, at Trust level or on the training scheme itself to gain familiarity with and an understanding of management structure and process as part of a trainee's professional development as a psychiatrist.

ECT Training

All Core Psychiatry training programmes must ensure that there is training and supervision in the use of ECT so that trainees become proficient in the prescribing, administration and monitoring of this treatment.

Research

Opportunities must be made available for trainees to experience supervised quantitative or qualitative research and a nominated research tutor should be available within the programme to advise trainees on the suitability of projects. In Core Psychiatry training, research may be limited to case reports or a small literature review. In advanced training in General Psychiatry, trainees should have the opportunity to participate in original

Special interest sessions

It is educationally desirable that Advanced Trainees in Medical Psychotherapy have the ability to gain additional experiences that may not be available in their clinical placement. Two sessions every week must be devoted during each year from ST4-6 to such personal development, which may be taken in research or to pursue special clinical interests. Special interest sessions are defined as "a clinical or clinically related area of service which cannot be provided within the training post but which is of direct relevance to the prospective career pathway of the trainee". This experience must be appropriately managed, supervised and assessed. The Training Programme Director must prospectively approve the use of special interest time. Special interest and research supervisors must provide reports for the trainee's ARCP as required by the School of Psychiatry.

11. THE ASSESSMENT SYSTEM FOR ADVANCED TRAINING IN MEDICAL PSYCHOTHERAPY

Purpose

The Royal College of Psychiatrists Assessment System has been designed to fulfill several purposes:

- Providing evidence that a trainee is a competent and safe practitioner and that they are meeting the standards required by Good Medical Practice
- Creating opportunities for giving formative feedback that a trainee may use to inform their further learning and professional development
- Drive learning in important areas of competency
- Help identify areas in which trainees require additional or targeted training
- Providing evidence that a trainee is progressing satisfactorily by attaining the Curriculum learning outcomes
- Contribute evidence to the Annual Review of Competence Progression (ARCP) at which the summative decisions regarding progress and ultimately the award of the Certificate of Completion of Training (CCT) are made.

Assessment blueprint

The Assessment Blueprint supplement to this Curriculum shows the assessment methods that can possibly be used for each competency. It is not expected that all trainees will be assessed by all possible methods in each competency. The learning needs of individual trainees will determine which competencies they should be assessed in and the number of assessments that need to be performed. The trainee's Educational Supervisor has a vital role in guiding the trainee and ensuring that the trainee's assessments constitute sufficient curriculum coverage.

Trainees must pass the MRCPsych examination and successfully complete core training before entering Advanced Training in General Psychiatry.

Workplace Based Assessment (WPBA) is the assessment of a doctor's performance in those areas of professional practice best tested in the workplace. The assessment of performance by WPBA will continue the process established in the Foundation Programme and will extend throughout Core Psychiatry Training and Advanced Training in General

Psychiatry. It must be understood that WPBA's are primarily tools for giving formative feedback and in order to gain the full benefit of this form of assessment, trainees should ensure that their assessments take place at regular intervals throughout the period of training. All trainees must complete at least one case-focused assessment in the first month of each placement in their training programme. A completed WPBA accompanied by an appropriate reflective note written by the trainee and evidence of further development may be taken as evidence that a trainee demonstrates critical self-reflection. Educational supervisors will draw attention to trainees who leave all their assessments to the 'last minute' or who appear satisfied that they have completed the minimum necessary.

An individual WPBA is not a summative assessment, but outcomes from a number of WPBA's will contribute evidence to inform summative decisions.

The WPBA tools currently consist of:

- **Assessment of Clinical Expertise (ACE)** modified from the Clinical Evaluation Exercise (CEX), in which an entire clinical encounter is observed and rated thus providing an assessment of a doctor's ability to assess a complete case
- **Mini-Assessed Clinical Encounter (mini-ACE)** modified from the mini-Clinical Evaluation Exercise (mini-CEX) used in the Foundation Programme, part of a clinical encounter, such as history-taking, is observed and rated.
- **Case Based Discussion (CBD)** is also used in the Foundation Programme and is an assessment made on the basis of a structured discussion of a patient whom the Trainee has recently been involved with and has written in their notes.
- **Direct Observation of Procedural Skills (DOPS)** is also used in the Foundation Programme and is similar to mini-ACE except that the focus is on technical and procedural skills.
- **Multi-Source Feedback (MSF)** is obtained using the Mini Peer **Assessment Tool (mini-PAT)**, which is an assessment made by a cohort of co-workers across the domains of Good Medical Practice.

- **Case Based Discussion Group Assessment (CBDGA)** has been developed by the College to provide structured feedback on a trainee's attendance and contribution to case discussion groups (also known as Balint-type groups) in Core Psychiatry Training.
- **Structured Assessment of Psychotherapy Expertise (SAPE)** has been developed by the College to provide evidence of satisfactory completion of a psychotherapy case.
- **Structured Assessment of Psychodynamic Assessment (SAPA)** has been developed by the College from the Skills for Health psychotherapy Competencies to provide evidence of competence in performing a psychodynamic assessment of a case.
- **Case Presentation (CP)** developed at the College; this is an assessment of a major case presentation, such as a Grand Round, by the Trainee.
- **Journal Club Presentation (JCP)** similar to CP, and also developed at the College, this enables an assessment to be made of a Journal Club presented by the Trainee.
- **Assessment of Teaching (AoT)** has been developed at the College to enable an assessment to be made of planned teaching carried out by the Trainee, which is a requirement of this curriculum.
- **Direct Observation of non-Clinical Skills (DONCS)** has been developed by the College from the Direct Observation of Procedural Skills (DOPS). The DONCS is designed to provide feedback on a doctor's performance of non-clinical skills by observing them chairing a meeting, teaching, supervising others or engaging in another non-clinical procedure.

WPBA for Advanced Trainees

Doctors in Advanced Training Programmes should participate in at least one or two rounds of multi-source feedback a year and have at least one other WPBA performed a month. It is likely that the CbD will be an important assessment tool for these doctors because this tool permits a deep exploration of a doctor's clinical reasoning. The mini-ACE may be less important for most advanced trainees, except perhaps those engaged in areas of clinical work that they had not encountered in core training. As stated above, the College is developing the DONCS as a means of assessing performance of skills in situations that do not involve direct patient encounters. In time, it is possible that some psychiatric sub-specialty Advanced Training Curricula may introduce novel WPBA tools for specialised areas of work. Detailed information is contained in the Guide to ARCP panels.

12. Decisions on progress, the ARCP

Section 7 of the **Guide to Postgraduate Specialty Training in the UK** ("[Gold Guide](#)") describes the **Annual Review of Competence Progression (ARCP)**. The ARCP is a formal process that applies to all Specialty Trainees. In the ARCP a properly constituted panel reviews the evidence of progress to enable the trainee, the postgraduate dean, and employers to document that the competencies required are being gained at an appropriate rate and through appropriate experience.

The panel has two functions: -

1. To consider and prove the adequacy of the trainee's evidence.
2. Provided the documentation is adequate, to make a judgment about the trainee's suitability to progress to the next stage of training or to confirm that training has been satisfactorily completed

The next section is a guide for ARCP panels regarding the evidence that trainees should submit at each year of Core Psychiatry and Advanced Specialty training in Medical Psychotherapy. There are several different types of evidence including WPBA's, supervisor reports, the trainee's learning plan, evidence of reflection, course attendance certificates etc. The evidence may be submitted in a portfolio and in time, this will be done using the College e-portfolio.

Trainees may submit WPBA's that have been completed by any competent healthcare professional who has undergone training in assessment. In a number of cases, we have stipulated that a consultant should complete the assessment.

WPBA's in developmental psychiatry (i.e. in children and patients with learning disability) should be performed by a specialist child psychiatrist or learning disability psychiatrist.

The trainee should map the evidence that they wish to be considered for each competency. A single piece of evidence may be used to support more than one competency.

The suggested minimum number of WPBAs for ST4-ST6 trainees in Specialist Medical Psychotherapy Training is

WPBA	Minimum number required per year		
	ST4 50/50 IP /OP	ST5 (Specialty)	ST6 (Specialty)
ACE	2	2	2
Mini-ACE	*	*	*
CbD	4	4	4
mini-PAT	1	1	1
SAPE	2	2	2
SAPA	1	1	1
AoT	1	1	1
DONCS	1	1	1

* There is no set number of this form of assessment; they should be performed as required

13. Trainee and Trainer Guide to ARCPs in Advanced Training in Medical Psychotherapy ST4-ST6

The specialty have already developed forms which are intended to facilitate an ACE assessment of clinical work (SAPE) and assessment for treatment (SAPA). (See Appendix 2 and 3) These are specialty specific and allow a much more precise assessment of the skills needed in these situations. SAPE was developed from clinical peer evaluation and SAPA was developed from Skills for Health Psychotherapy Competencies. These have been piloted amongst trainers and trainees and altered in response to feedback.

In order to provide evidence for the Medical Psychotherapy specific components of intended learning outcomes, 1,2, 3, 5 and 7, trainees should do 12 WPBA's per year, 2 ACE's in assessment and treatment, 4 CBD's and a mix of others appropriate to the competencies being assessed. DONCS might be very useful in the latter group. There should therefore by the end of the training period be 6 satisfactory ACE's with a significant proportion being of completed treatments and assessments in the main modality. All modalities must have at least one CBD WPBA. Trainees should refer to the portfolio for descriptions of the other tools, particularly the use of a structured supervisor's report.

Intended learning outcome	ST4 1 year placement with first trainer	ST5 1 year placement with second trainer	ST6 Specialist placement agreed with TPD.
Be able to perform specialist assessment of patients and document relevant history and examination on culturally diverse patients to include: <ul style="list-style-type: none"> • Presenting or main complaint • History of present illness • Past medical and psychiatric history • Systemic review • Family history • Socio-cultural history Developmental history			
	By the end of ST4 the trainee will be able to independently assess a patient for psychotherapy and make initial recommendations about treatment.	By the end of ST5 the trainee will be able to independently assess a patient for psychotherapy who presents with a more complex range of symptoms or whose assessment poses technical challenges.	By the end of ST6 the trainee will be able to supervise the assessment of a patient for psychological treatment presenting to a more junior trainee or another staff member and also to assess patients in a specialist setting.
1b Patient examination, including mental state examination and physical examination			
	CBD of a psychotherapy case presentation of a patient the trainee has fully assessed, including a	CBD of a psychotherapy case presentation of a patient with more complex problems whom the trainee	CBD of a psychotherapy case presenting a patient in the specialist setting that the trainee is

	<p>collateral history.</p> <p>ACE conducted a psychotherapy patient not previously known to the trainee, to include assessment of suitability of the patient for psychological treatment.</p>	<p>has fully assessed, including a collateral history.</p> <p>ACE conducted a psychotherapy patient not previously known to the trainee, to include assessment of suitability of the patient for psychological treatment where the issues are substantially more complex.</p>	<p>attending.</p> <p>ACE of a case presentation of a typical patient the trainee has fully assessed within this specialist area including a collateral history</p> <p>DONCS of supervising a trainee's assessment and discussing the issues raised.</p>
<p>2 Demonstrate the ability to construct formulations of patients' problems that include appropriate differential diagnoses</p>			
	<p>By the end of ST4 the trainee will be able to independently construct a formulation for a psychotherapy patient in terms of one major modality of psychotherapy</p>	<p>By the end of ST5 the trainee will be able to independently construct a formulation for a psychotherapy patient in terms of two other major modalities of psychotherapy</p>	<p>By the end of ST6 the trainee will be able to construct a formulation in terms of any of three main modalities of psychotherapy and to balance the relative merits of these formulations one with another.</p>
	<p>CBD of a psychotherapeutic formulation</p>	<p>CBD of a psychotherapeutic formulation</p>	<p>CBD of a psychotherapeutic formulation</p>

3 Demonstrate the ability to recommend relevant investigation and treatment in the context of the clinical management plan. This will include the ability to develop and document an investigation plan including appropriate medical, laboratory, radiological and psychological investigations and then to construct a comprehensive treatment plan addressing biological, psychological and socio-cultural domains			
	By the end of ST4 the trainee will be able to independently construct a plan of investigations and treatment for a patient presenting for psychotherapy.	By the end of ST5 the trainee will be able to independently construct a plan of investigations and treatment for a complex patient presenting for psychotherapy.	By the end of ST6 the trainee will demonstrate expertise in advising on and planning treatment in patients with very specialized needs and across a wide range of different therapy types.
	CBD of investigations and management of a psychotherapy case.	CBD of investigations and management of a psychotherapy case appropriate to this competency level	CBD of investigations and management of a psychotherapy case appropriate to this competency level
4 Based on a comprehensive psychiatric assessment, demonstrate the ability to comprehensively assess and document patient's potential for self-harm or harm to others. This would include an assessment of risk, knowledge of involuntary treatment standards and procedures, the ability to intervene effectively to minimise risk and the ability to implement prevention methods against self-harm and harm to others. This will be displayed whenever appropriate, including in emergencies			
	By the end of ST4 the trainee will understand the contribution of psychological factors to the assessment of risk	By the end of ST5 will understand and be able to evaluate the contribution of psychological factors in the assessment of risk in	By the end of ST6 the trainee will understand the key psychological issues for patients and teams in the area of risk and be

		complex cases and also in complex systems of health care delivery	able to help teams manage themselves and patients to minimize risk.
4a Understand a psychotherapeutic perspective on risk.	CBD of a patient who poses significant risk	CBD of a patient who poses significant risk	CBD of a patient who poses significant risk or of a team where risk issues are critical.
4b Psychiatric emergencies	Mini-ACE of a Mental Health Act assessment.	CBD of the assessment and management of a patient in police custody out of hours.	DONCS of trainee chairing a case conference / CPA review of a high risk patient
4c Mental health legislation	<p>CBD of an out of hours Mental Health Act assessment and subsequent case management.</p> <p>CBD of a Mental Health Act Tribunal Report (or equivalent) the Trainee has written.</p> <p>ACE of trainee giving evidence in a Mental Health Act Tribunal (or equivalent).</p>	CBD of relevant mental health legislation and the management of a patient.	
4d Broader legal framework	Evidence of satisfactory completion of an appropriate course to gain approval to exercise powers	CBD of the process of assessing a patient for a court report and writing the report.	CBD of case involving the management of child protection issues.

	under the relevant mental health legislation		
4d Able to provide psychotherapeutic support following an untoward incident.	DONCS in an appropriate situation.	DONCS in an appropriate situation	DONCS in an appropriate situation.
5 Based on the full psychiatric assessment, demonstrate the ability to conduct therapeutic interviews; that is to collect and use clinically relevant material. The doctor will also demonstrate the ability to conduct a range of individual, group and family therapies using standard accepted models and to integrate these psychotherapies into everyday treatment, including biological and socio-cultural interventions			
	<p>By the end of ST4 the trainee should demonstrate an understanding of mental disorders and how psychodynamic, cognitive behavioral, systemic and integrative therapy models may be applied in practice</p> <p>The trainee should demonstrate mastery of the theory, technique and application of a recognized form of psychotherapy</p> <p>The trainee should demonstrate core skills of</p>	<p>By the end of ST5 the trainee should demonstrate the ability to plan psychotherapeutic treatments on the basis of individual formulation predicting the probable consequences of the treatment and its interaction with other factors in the patient's life. The trainee should demonstrate an awareness of current evidence based guidelines for treatment and their range of application. The</p>	<p>By the end of ST6 the trainee should display the ability to provide expert advice to other health and social care professionals on psychological treatment and care. They should demonstrate the ability to critically evaluate summary guidance in the light of the methods used.</p> <p>The trainee will demonstrate competence to deliver treatments in at least two further</p>

	<p>the chosen approaches and appreciate scope of application applying the skills from these models within integrated packages of care.</p> <p>The trainee should demonstrate skills in monitoring the process of therapy appropriately; they should employ watchful sensitivity throughout each session, prompting action based on informed comparisons.</p>	<p>trainee should demonstrate an understanding of the factors affecting the appropriate choice of therapist for a patient becoming able to combine published evidence with personal experience. The trainee should demonstrate the ability to review entire progress of treatment accurately</p> <p>The trainee should demonstrate validated competence in delivery of the treatment. The trainee should be able to develop the treatment model to meet the needs of specific situations and to use experience gained to enhance the knowledge and skills of other therapists.</p> <p>The trainee should demonstrate mastery across the broad range of clinical conditions within a range of</p>	<p>modalities of psychotherapy to a good standard.</p> <p>The trainee should demonstrate the ability to conduct a range of individual group and family therapies using standard accepted models and to integrate these psychotherapies in to everyday treatment</p> <p>The trainee should demonstrate ability to review the progress of a complex intervention with a sensitive appreciation of the outcome and the benefits of treatment along with the less beneficial areas. Can plan further treatment accordingly.</p>
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		common settings (outpatient, in patient, day settings) and across more than one modality (individual, group, family)	
Understand how to plan appropriate psychotherapeutic treatment.	CBD of the plan of a psychological treatment	CBD of the plan of a psychological treatment including discussion of evidence base and factors influencing the choice of treatment and therapist Several SAPE's of therapies in two further treatment models.	DONCS of the communication of a plan of a psychological treatment to a team including a review of evidence base and an appreciation of the strengths and weaknesses of the plan proposed taking local situation into account.
Demonstrate ability to deliver psychotherapeutic treatments.	Several SAPE's of a range of therapies appropriate to the competence and level	SAPE of the use of a psychological treatment appropriate to the competence and level	Several SAPE's of treatments in all three main models of treatment and potentially other models also.
Demonstrate the capacity to set psychological treatment within a wider context and to flex treatment where necessary	SAPE of the use of a psychological treatment appropriate to the competence and level	SAPE of the use of a psychological treatment appropriate to the competence and level	SAPE of the use of a psychological treatment appropriate to the competence and level
Able to monitor the progress of therapy	CBD of a review of the progress of a course of therapy	CBD of a review of the progress of therapy in a different modality	CBD of a review of the progress of a complex intervention

6 The doctor will demonstrate the ability to concisely, accurately and legibly record appropriate aspects of the clinical assessment and management plan			
6a Record keeping.	By the end of ST4 the trainee will demonstrate an understanding of the use of different types and styles of record keeping as appropriate to the modality of therapy under consideration.	By the end of ST5 the trainee will demonstrate appropriate skills in the use of structured testing, audio and video taped records of treatment including understanding of consent procedures	By the end of ST6 the trainee will be able to competently discuss complex confidentiality issues that arise in relation to psychotherapy notes.
	CBD with inspection of notes kept	CBD with joint review of tapes, tests used	CBD in a suitable case.
7 Develop the ability to carry out specialist assessment and treatment of patients with chronic and severe mental disorders and to demonstrate effective management of these disease states			
7a Management of severe and enduring mental illness	By the end of ST4 the trainee should be able to develop therapeutic optimism and hope in patients with chronic mental ill health.	By the end of ST5 the trainee should be able to contribute a subtle psychotherapeutic perspective to the multidisciplinary assessment and management of patients with severe and enduring mental illness.	By the end of ST6 the trainee will be able to assist and guide trainees in assessing and managing patients with severe and enduring mental illness The trainee will be skilled in developing therapeutic alliances with complex or hard to engage patients over the long term.
	SAPE of work with a patient with a severe and enduring	CBD of the management of a patient with severe and	CBD of the management of a patient with severe and

	mental disorder.	enduring mental illness in a multidisciplinary context.	enduring mental illness showing long term involvement with the patient and capacity to manage episodes of alliance rupture and repair.
16 To develop an understanding of research methodology and critical appraisal of the research literature			
	<p>By the end of ST4, the trainee should be able to frame an appropriate research question, conduct a relevant literature search, write a comprehensive review of this literature and write a research protocol (this may be for a project that the trainee will conduct or it may be in 'shadow' form)</p> <p>Initial awareness of the specific problems of audit and research in psychotherapy and of the contribution that tackling these problems has made to research practice in other areas.</p>	<p>By the end of ST5, the trainee should demonstrate the ability to collect data and enter it into standard computer software (this may be from the trainee's own research or audit) and be able to demonstrate the incorporation of research findings in their everyday practice</p> <p>Ability to critically appraise research proposals with psychological factors in mind showing a balanced approach to evidence in psychological treatments.</p>	<p>By the end of ST6 should demonstrate the ability to prepare findings of research, audit or similar work for dissemination beyond the trainee's workplace and be able to communicate the importance of applying research findings to colleagues</p>

16a Research techniques	Special Interest/research supervisor's reports or supervisor's report	Special Interest/research supervisor's reports or supervisor's report	Copy of publications (if applicable) Special Interest/research supervisor's reports or supervisor's report
16b Evaluation and critical appraisal of research	DONCS on the evaluation of an original research paper of relevance to in-patient or out-patient General Psychiatry. Supervisor's report	Supervisor's report	DONCS on the evaluation of an original research paper in a specialist area (e.g. EIP, AO, crisis, eating disorders, neuropsychiatry etc) if not completed in ST5 Supervisor's report
18 To develop the habits of lifelong learning			
	In this stage of training, the trainee will continue to demonstrate commitment to their professional development and to professionally-led regulation	In this stage of training, the trainee will continue to demonstrate commitment to their professional development and to professionally-led regulation	In this stage of training, the trainee will continue to demonstrate commitment to their professional development and to professionally-led regulation
18a Maintaining good medical practice	Supervisors' reports Reflective prose on issues raised in relation to clinical practice around GMC "good	Supervisors' reports Reflective prose on issues raised in clinical practice around GMC "good medical	Supervisors' reports Reflective prose on issues raised in clinical practice around GMC "good medical

	medical practice”	practice”	practice”
18b Lifelong learning	An effective individual learning plan outlining learning needs, methods and evidence of attainment Evidence of self reflection	An effective individual learning plan outlining learning needs, methods and evidence of attainment Evidence of self-refection	An effective individual learning plan outlining learning needs, methods and evidence of attainment Evidence of self-reflection
18c Relevance of outside bodies	Evidence of continued GMC registration	Evidence of continued GMC registration	Evidence of continued GMC registration
12 Demonstrate the ability to conduct and complete audit in clinical practice			
	BY the end of ST4, the trainee will have completed an audit project using a different methodology from that which they used in core training and will be able to demonstrate the application of audit principles to their own work.	By the end of ST5 the trainee will be able to demonstrate the ability to conduct an audit project without direct supervision, be able to set standards and be able to demonstrate how the results of an audit project have quality improvement	By the end of ST6, the trainee will demonstrate the ability to supervise a colleague’s audit project and will have been involved in a service-wide quality improvement project) if not completed in ST5)
12a Audit	Completed audit report Supervisor’s report	Completed audit cycle report Supervisor’s report	DONCS of ability to supervise an audit conducted by a Core trainee Supervisor’s report

13 to develop an understanding of the implementation of clinical governance			
	By the end of ST4, the trainee will demonstrate an awareness of risk management issues and healthcare governance issues	By the end of ST5, the trainee will demonstrate an understanding of risk management issues and healthcare governance issues	By the end of ST6, the trainee will demonstrate an ability to handle a Singular Untoward Incident (SUI) and ability to work nationally, regionally or locally to develop and implement clinical guidelines and care pathways (if not completed in ST5)
13a Organisational framework for clinical governance and the benefits that patients may expect	Supervisors' reports DONCS of ability to manage a clinical complaint	Supervisors' reports DONCS of ability to manage a clinical or ability to act upon an SUI	Supervisors' reports DONCS of ability to report and act on a SUI either in a real or 'shadow' situation (if not completed in ST5)
14 Demonstrate the ability to work effectively with colleagues, including team working			
	By the end of ST4, the trainee will be able to describe the roles a psychotherapy specialist can play within multidisciplinary teams.	By the end of ST5 the trainee will be able to demonstrate an understanding of team dynamics and demonstrate an understanding of time management, values based practice and information management in teams with	By the end of ST6, the trainee will be able to understand the specialist contributions of psychodynamic, systemic and cognitive approaches to an understanding of team functioning and be able to advise teams and

		special reference to the psychological factors in the patient and the team that may affect this.	intervene in team processes to enhance team functioning acting in the role of consultant to the team.
	CBD of a case being managed by a multidisciplinary team focusing on team issues. Supervisors' reports	DONCS of an appropriate task or function within a team conducted by the trainee. Supervisors' reports	DONCS of an intervention in a team aimed at improving team functioning. Supervisor's reports
15 Develop appropriate leadership skills			
	By the end of ST4 the trainee should be able to demonstrate the ability to effectively chair a multi-disciplinary team meeting in a general psychiatry service and to lead the team for a short period of time under consultant supervision. The trainee should be able to describe the role of a leader and different approaches and styles of leadership including some knowledge of the leadership qualities framework.	By the end of ST5 the trainee should be able to demonstrate the ability to effectively chair a multi-disciplinary team meeting in a specialist psychotherapy service. Should have awareness of the principles of identifying and managing available financial and personnel resources effectively	By the end of ST6, the trainee should have taken a leading part in a change management project and should have demonstrated the ability to mentor a colleague. Trainee should be aware of national and local guidance and developments in relation to the provision of psychotherapy services.

	<p>One round of Mini-PAT</p> <p>Supervisors' reports</p>	<p>One round of Mini-PAT</p> <p>DONCS of ability to chair and manage psychotherapy team meeting / ward round. DONCS in acting up as consultant in a psychotherapy service for a 2week period under close consultant supervision.</p> <p>Supervisors' reports</p>	<p>One round of Mini-PAT</p> <p>DONCS of ability to design and implement a service improvement project within the psychotherapy service or of a psychotherapeutic nature within another service</p> <p>Supervisors' reports</p>
16 Demonstrate the knowledge, skills and behaviours to manage time and problems effectively			
	<p>By the end of ST4 the trainee should demonstrate the ability to prepare and deliver a report for a Mental Health Tribunal and/or Managers' Hearing</p>	<p>By the end of ST5, the trainee should have demonstrated the ability to write reports for outside agencies (if not completed in ST4)</p>	<p>By the end of ST6, the trainee should demonstrate the ability to act as an expert witness, either in a real or 'shadow' situation (if not completed in ST5)</p>
16b Communication with colleagues	<p>One round of Mini-PAT</p> <p>Supervisors' reports</p>	<p>One round of Mini-PAT</p> <p>Supervisors' reports</p>	<p>One round of Mini-PAT</p> <p>Supervisors' reports</p>

17 To develop the ability to teach, assess and appraise			
	By the end of ST4, the trainee will demonstrate an ability to use a number of different teaching methods and an ability to conduct workplace-based assessments (WPBA's) for foundation or core trainees	By the end of ST5, the trainee will demonstrate an understanding of the basic principles of adult learning and of different learning styles	By the end of ST6, the trainee will demonstrate an ability to organise (including evaluate) educational events (if not completed in ST5) and an ability to conduct an appraisal of a colleague
17a The skills, attitudes, behaviours and practices of a competent teacher	AoT of ward based undergraduate teaching. AoT of clinic/domiciliary based teaching.	AoT of small group teaching (if not completed in ST4)	Record of an AoT performed on a junior colleague's teaching Supervisor's report
17b Assessment	Log of shadow supervision sessions provided to core or foundation trainee Record of WPBA's conducted on others DONCS of trainee conducting a WPBA on a junior colleague or an in-course assessment of a medical student, including giving feedback	Log of shadow supervision sessions provided to core or foundation trainee, (generally one hour per fortnight) including helping the trainee develop an appropriate learning plan (if not completed in ST4) DONCS of shadow supervision session	Log of supervision or support to non-medical members of the team assessing core or foundation trainees

17c Appraisal	Supervisor's report	Supervisor's report Record of discussion of educational supervisor's ARCP report	DONCS on completion of foundation or core trainee shadow ARCP appraisal form (if not completed in ST4) Supervisor's report Record of discussion of educational supervisor's ARCP report
19 To ensure that the doctor acts in a professional manner at all times			
	By the end of ST4 the trainee will demonstrate an understanding of the issues surrounding confidentiality and the appropriate sharing of information and the need for safe and positive decision-making with respect to risk management in psychotherapy services.	By the end of ST5, the trainee will demonstrate a sensitive understanding of the nature and importance of boundaries in psychological treatments including an understanding of the special strength of threats to boundaries in such treatments and the meaning and management of threats.	By the end of ST6 will not only exemplify the highest standards of professionalism in their own practice but will also demonstrate an ability to support and advise colleagues in dealing with complex professional interactions, including the safe and appropriate sharing of information. The trainee will demonstrate a capacity to deal appropriately and

			ethically with boundary violations when they are revealed including special capacities to plan treatments and future actions in the aftermath of such events.
19a Doctor patient relationship	One round of Mini-PAT	One round of Mini-PAT	One round of Mini-PAT
19b Confidentiality	CBD on a case where confidentiality issues are salient.		Supervisor's report
19d Risk management	Mini-ACE or CBD on assessment of risk in a complex case		Mini-ACE or CBD on assessment of risk in a complex case in a specialist area
19e Recognise own limitations	Log of cases where discussion with a senior colleague has been sought, due to knowledge limitations, and lessons learnt.	DONCS of providing clinical supervision (if not completed in ST4) Log of cases where discussion with a senior colleague has been sought, due to knowledge limitations, and lessons learnt.	Log of cases where the trainee has provided clinical supervision
19f Probity	Supervisors' reports	Supervisors' reports	Supervisors' reports
19g Personal health	Supervisors' reports	Supervisors' reports	Supervisors' reports

