

Medical Psychotherapy

Royal College of Psychiatrists Higher Specialty
Curriculum (ST4 - ST6)

Version 1.0

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Purpose Statement

Specialists in Medical Psychotherapy are experts in integrating psychiatric, medical and psychological understanding of patients presenting to mental health services.¹

Medical Psychotherapy is deeply committed to a person-centred holistic (which includes biological, psychological, and social) approach to psychiatry and it provides expertise in the psychological and developmental aspects of mental illness/disorder. The majority of mental disorders presenting in adults are associated with adverse childhood experiences and a developmental holistic approach forms the bedrock of psychotherapeutically informed psychiatry.²³⁴

Medical Psychotherapists take a lead on the provision of comprehensive evidence-based psychotherapeutic interventions to those with complex and severe mental disorder and emotional distress, including personality disorder,⁵ complex trauma and psychosomatic disorders. This need has been identified in NHS Long term plan⁶ and psychotherapeutic interventions have shown to be effective in the treatment of mental disorders.⁷

Psychotherapeutic medicine and psychotherapeutic psychiatry are central to person-centred compassionate good medical practice.⁸ Specialists in Medical Psychotherapy are essential for the leadership, practice, development, and delivery of psychotherapeutic psychiatry through a range of clinical and training activities. These include playing a key role in the training of all psychiatrists through the provision of supervision, psychotherapy cases, and reflective practice, and in leading in these aspects of training as psychotherapy tutors⁹.

In addition, they play a key role within the wider organisation in developing reflective practice, contributing to complex case discussions, providing supervision to colleagues and advising on service changes that impact on training and clinical care. In these ways, medical psychotherapists apply psychotherapeutic expertise in psychiatric practice.⁹

¹ [The Role of the Consultant Psychiatrist in Psychotherapy](#), RCPsych, CRI39, 2006

² [The effect of multiple adverse childhood experiences on health: a systematic review and meta-analysis](#). *The Lancet Public Health*, 2017

³ [Adverse childhood experiences and mental health in young adults: a longitudinal survey](#) *BMC Public Health*, 2007

⁴ [Childhood Determinants of Adult Psychiatric Disorder](#) Tom fryers, Traolach Brugha, 2013

⁵ [Learning from the Cradle to the Grave: the psychotherapeutic development of doctors from beginning to end of a career in medicine and psychiatry](#) RCPsych

⁶ [The Five Year Forward View](#), NHS, 2016

⁷ [Psychotherapy for mental illness in Europe](#) Eva Woelbert, JRC Science and Policy Reports, 2015

⁸ [The Place of Psychotherapy in Contemporary Psychiatry](#) Saman Tavakoli, 2014

⁹ [The Place of Psychotherapy in Contemporary Psychiatry](#) Saman Tavakoli, 2014

They are trained in the leadership of multi-disciplinary psychotherapeutic teams working across a range of settings; managing and understanding complexity and risk; promoting a culture of enquiry and facilitating enabling environments for patients and staff.¹⁰

Exposure and engagement to psychotherapeutic practice and training within psychiatry fosters recruitment to psychiatry,¹¹ mitigates burn out, facilitates retention and supports the aims of 'Stepping forward to 2020/21: The mental health workforce plan for England'.^{12,13}

The Welsh Government's ten-year strategy to improve mental health and well-being has identified a range of areas that require attention.¹⁴ This includes providing better perinatal mental health care and addressing the mental health needs of frequent attenders of emergency departments.¹⁵ The strategy emphasises the importance of widening access to medical psychological therapies that tailor care to the individual.¹⁶

The Scottish Mental Health Strategy has identified the need to shift the balance of care towards mental health.¹⁷ The Scottish Mental Health Strategy 2017-2027 has an aim of achieving parity of esteem between mental and physical health. There is a particular focus on the prevention of mental illness and early intervention, improving access to treatment and improving the physical wellbeing of people with mental disorders. The Scottish Government plans to invest in the transformation of Primary and Urgent Care as well as in further development of Child and Adolescent Mental Health Services.

The Scottish Mental Health Strategy emphasises the importance of understanding and addressing Adverse Childhood Experiences as an integral aspect of early intervention and prevention of mental illness. Commissioned by the Scottish Government, NHS Education for Scotland has developed the National Trauma Skills and Knowledge Framework as well as the national training plan for practitioners.

Northern Ireland has higher levels of mental ill-health than any other region in the UK.¹⁸ It has been identified that specialist services that address the underlying causes of mental disorders are required to meet need and holistic

¹⁰ [The Role of the Consultant Psychiatrist in Psychotherapy](#), RCPsych, CR139, 2006

¹¹ [Quality assurance report for medical psychotherapy](#), GMC, 2012

¹² [Stepping forward to 2020/21: The mental health workforce plan for England](#) NHS, 2017

¹³ [The State of Medical Education and Practice In the UK](#) GMC, 2018

¹⁴ [Together for Mental Health](#), Welsh Government, 2012

¹⁵ [Together for Mental Health](#), Welsh Government, 2012

¹⁶ [Together for Mental Health](#), Welsh Government, 2012 p.9

¹⁷ [Mental Health Strategy 2017-2027](#), Scottish Government, 2017

¹⁸ [Making Life Better](#), Northern Ireland Assembly, 2014

psychological medical assessment is crucial to proactively respond to mental health population trends.^{19,20}

Exposure to medical psychotherapy starts at the outset of core training in order to ensure all trainees develop their skills a psychologically informed psychiatrists. Higher training in Medical Psychotherapy begins with recruitment to specialist Medical Psychotherapy training, after successful completion of Core Psychiatry Training and the RCPsych examinations. Successful completion of the programme leads to a CCT in Medical Psychotherapy with entry on the specialist medical register.

Medical Psychotherapy specialty training can be a single CCT training that is recommended to take place over 36 months (Whole Time Equivalent) in order to achieve the required capabilities and gain the necessary experience. This can also be undertaken as a dual training alongside specialty training in General Psychiatry, Forensic Psychiatry, and Child and Adolescent Psychiatry. Dual training is recommended to take place over 60 months, with a recommended 36 months equivalent time spent training and working in Medical Psychotherapy.

The purpose of Medical Psychotherapy curriculum is to provide training in a range of psychotherapeutic treatments applicable to different mental disorders. The objective of this training is to enable those working towards a CCT in Medical Psychotherapy to gain expertise to mastery level in one evidence-based treatment modality of psychotherapy, and additional capabilities in at least two further psychotherapeutic modalities to ensure that they have the skills to meet the needs of a diverse patient population.

The CCT holder will have the skills to draw on a wide range of psychotherapeutic frameworks including psychodynamic, cognitive, behavioural, and systemic alongside their psychiatry training.

The training equips the CCT holder to specialise in the development, delivery and leadership of services focusing on assessment, diagnosis, treatment, management and prevention of mental disorders in adults, bringing together psychotherapeutic, psychological, social and biological perspectives.

The curriculum enables the Medical Psychotherapy consultant to lead on psychotherapeutic education and training for psychiatrists, allowing them to take up the GMC designated role of psychotherapy tutor.

The training allows the CCT holder to gain expertise to mastery level in reflective practice, supervision and education skills, being a resource for the rest of the medical workforce and other members of the multidisciplinary team to enhance and continue the development of psychotherapeutic skills within their psychiatric practice. The Medical Psychotherapy CCT holder can also lead on multidisciplinary team working, through their integration of psychotherapeutic, psychiatric and medical perspectives in the

¹⁹ [Service Framework for Mental Health and Wellbeing 2018-2021](#) Department of Health, 2018

²⁰ [Evaluation of the 2009-2011 Bamford Action Plan](#), Dept. of Health, Social Services and Public Safety, 2012

understanding of individuals, groups and organisations recognising how working with complex clinical presentations may create strain within teams.

The training builds on psychotherapy and psychiatry training in the core curriculum, including the development of advanced communication and interpersonal skills, examination skills, diagnosis and treatment to a mastery level.

It also involves the further development of capabilities in leadership and management, research and quality improvement.

This curriculum provides a framework for this training enabling the achievement of essential Medical Psychotherapy specific clinical and generic professional capabilities through development of the professional values, behaviours, knowledge and skills required in order to provide high-quality, evidence-based care for a diverse patient population.

A consultant Medical Psychotherapist will be able to work with and treat mental disorders for the whole range of patients including acute and long-term disorders, in settings such as psychological therapy services, specialist units such as personality disorder services, psychiatric inpatient units, physical health settings and community and primary care mental health teams.

Further curricula are available for the following other established psychiatry specialties:

- Child & Adolescent Psychiatry
- Forensic Psychiatry
- Learning Disability Psychiatry
- General Psychiatry
- Old Age Psychiatry.

Medical Psychotherapy has limited interdependencies with the training with other specialties. During training in Medical Psychotherapy, a trainee develops the knowledge and skills needed to have overall clinical responsibility, lead a team, understand governance, and health care structures.

The recommended three years spent in training will provide appropriate development of transferable skills and experience (e.g. advanced leadership, emergency psychiatry, reflective practice and complex decision making) as well as specialised skills and experience in Medical Psychotherapy.

The skills and knowledge trainees develop and demonstrate in their training have not changed in this new curriculum.

The Medical Psychotherapy learning outcomes are mapped to the Generic Professional Capabilities Framework (GPCs) ensuring ease of transfer between medical specialties. Through attainment of the High-Level Learning Outcomes (HLOs), this curriculum will enable trainees to lead and work in multidisciplinary and multi-professional teams; provide leadership and participate in research, teaching and training in a variety of clinical settings. It will also enable trainees to gain experience in formulating person-centred holistic care and treatment.

It provides opportunities to develop expertise to work with a wide range of patients and understand the need to signpost to other relevant specialties where appropriate.

This purpose statement has been endorsed by the GMC's Curriculum Oversight Group and confirmed as meeting the needs of the health services of the countries of the UK.

The below tables outline the High Level Outcomes (HLOs) and Key Capabilities (KCs) to be achieved under 16 key themes.

The reference in brackets below each HLO is to the GMC Generic Professional Capabilities. HLOs are mapped to the nine GPCs.

High Level Outcome 1 (GPC 1)	Demonstrate the professional values and behaviours required of a Consultant Psychiatrist with reference to Good Medical Practice, Core Values for Psychiatrists (CR204) and other relevant faculty guidance.
Themes	Key Capabilities (KCs). By the end of ST6, you will be able to:
1.1 Professional Relationships	<p>Work collaboratively with patients, families, carers of all ages, and colleagues respecting their autonomy, diversity and valuing their contribution.</p> <p>Recognise, validate and actively address systemic and structural inequalities, intersectionality, and their impact on clinical outcomes for patients and their carers of all ages and on working relationships with colleagues.</p> <p>Consistently demonstrate a holistic and person-centred clinical approach to patients that is honest, empathic, and respects their dignity while maintaining a hopeful, realistic, helpful and compassionate approach, which maintains appropriate boundaries.</p> <p>Demonstrate a working knowledge of the specific ethical and legal principles which apply particularly to psychotherapeutic relationships.</p> <p>Appreciate and take into account different sensitivities of patients to a range of information held about them, and how they are recorded and shared, particularly in relation to psychological material.</p> <p>Apply an understanding of the role of the consultant psychiatrist in medical psychotherapy in the context of the multidisciplinary team and in multiagency working.</p> <p>Demonstrate when working with others, the ability to be flexible, lead, use initiative, be able to prioritise, and be adaptable, taking time to think and reflect in complex situations and tolerate uncertainty, including using new technologies as appropriate.</p>
1.2 Professional Standards	<p>Understand the impact of workload, patient and organisational dynamics and projective processes on your own well-being.</p> <p>Apply strategies to take care of your wellbeing, seeking timely support and guidance, including your own personal psychotherapy, acknowledging if you have a protected characteristic which might impact on your training or if you are having difficulties adapting to working in the UK.</p> <p>Use the method of receiving, reflecting and responding to understand the emotional impact of work on the individual and team, including the impact of suicide, trauma and homicide.</p>

	Make clear, accurate and contemporaneous records, producing reports in a timely, accurate and appropriate way, within the limits of your expertise.
	Demonstrate continued personal, professional and psychological development through participation in appropriate personal psychotherapy.
	Consistently demonstrate a positive and conscientious approach to completion of your work.
	Adapt to patient needs and requirements, ensuring confidentiality and balancing this against risk and sharing of information.
	Maintain professional standards, and support colleagues and wider teams to maintain their standards, promoting structures to understand underlying dynamics and their impact.
	Demonstrate an understanding of the principles of sustainability and how they underpin sustainable psychiatric practice.

High Level Outcome 2.1 (GPC 2)	Demonstrate advanced communication and interpersonal skills when engaging with patients, their families, carers of all ages, their wider community, colleagues and other professionals.
Theme	Key Capabilities (KCs). By the end of ST6, you will be able to:
2.1 Communication	Demonstrate highly developed listening skills with attention to the meaning of verbal, non-verbal and bodily aspects of communication, including understanding how unconscious processes affect communication, especially projective processes (e.g., splitting).
	Demonstrate timely, effective and sensitive communication and liaison with colleagues including other members of the multidisciplinary team, the patient's GP, and other primary/secondary/tertiary and third sector colleagues, acting as a consultant to wider teams where appropriate.
	Synthesise complex information, including outcome of assessment, treatment and management plans, and communicate it in a timely and effective tailoring language to convey complex psychological understanding with colleagues, patients, families and carers of all ages.
	Consistently demonstrate effective communication approaches with patients and relevant others, including those with neurodevelopmental disorders making reasonable adjustments and adaptations where appropriate, including the use of new technologies.
	Use communication to ensure shared, informed decision making with patients, taking into consideration their ideas, values, concerns and expectations.

	<p>Recognise the limitations of assessment where language or cultural influences impact on communication and demonstrate skills in supporting those in whom English is not their first language, including the use of interpreters, providing information in other languages.</p> <p>Adapt your communication style and approach, taking into consideration communication and sensory needs, making reasonable adjustments when required.</p> <p>Establish authentic therapeutic relationships with patients while maintaining professional boundaries and consistency of care, to facilitate communication and help patients feel understood.</p> <p>Explain the outcome of assessment, treatment and management to patients, and their families, carers of all ages as well as relevant others.</p> <p>Demonstrate timely, effective communication and liaison with colleagues including other members of the multidisciplinary team, the patient's GP, and other primary/secondary/tertiary and third sector colleagues, acting as an external consultant to staff teams where appropriate.</p>
High Level Outcome 2.2 (GPC 2)	Demonstrate advanced skills in the psychiatric assessment, formulation, diagnosis and person-centred holistic* management of an appropriate range of presentations in a variety of clinical and non-clinical settings within Medical Psychotherapy.
Theme	Key Capabilities (KCs). By the end of ST6, you will be able to:
2.2 Clinical Skills	<p>Demonstrate advanced knowledge of the theoretical underpinnings of the major psychotherapeutic treatment modalities and the psychological understanding of mental disorder and the development of the mind.</p> <p>Demonstrate an advanced understanding of mental disorders and how cognitive-behavioural, psychodynamic, systemic and other psychotherapeutic approaches may be applied in clinical practice across the full range of these disorders.</p> <p>Demonstrate an appropriate understanding of learning and behavioural stages of human development through the lifespan including awareness of normative as well as variations in presentations, for example with neurodevelopmental conditions and across cultures.</p> <p>Demonstrate an advanced understanding of the psychological effects of acute and chronic physical illness on emotional life and interpersonal relationships.</p>

Demonstrate a specialist understanding of the relative contributions of the factors below in formulation and differential diagnosis:

- emotional, cognitive, and behavioural developmental processes and transitions across the lifespan,
- the integration of biological vulnerability with attachment relationships, adverse childhood experiences, the impact of loss, and trauma,
- understand developmental pathways of personality disorder.

Demonstrate advanced knowledge of the theory, technique and application of a recognised major modality (cognitive behavioural, psychodynamic, systemic) of psychotherapy, and capability in the theory and technique of two additional major modalities of psychotherapy.

Demonstrate advanced psychotherapeutic skills across a broad range of clinical conditions, within a range of clinical settings.

Establish a comprehensive psychotherapeutic assessment, taking into account the biological, social, cultural and spiritual factors of the patient, clarifying key issues, treatment needs, referrals to other services and assessment of patients presenting with personality disorder or problematic personality traits.

Promote psychological and psychotherapeutic understanding of mental disorder; complex psychiatric presentations; and factors that predispose to and maintain psychiatric breakdown including the impact upon staff, towards improving case formulation and patient care.

Assess the general health of patients, taking into account the impact of their physical health on their mental health needs and vice versa. This assessment should include consideration of nutritional, metabolic, endocrine and reproductive factors and disorders, and the physical and mental impact of substance use and addiction on clinical presentation.

Assess patients from a range of different cultural, spiritual, and religious backgrounds and demonstrate and understanding of how those with protected characteristics, including asylum seekers and refugees, may impact on clinical presentation.

Elicit information required for each component of a psychiatric history and psychological formulation and be able to gather this information, identifying and seeking to understand the underlying psychopathology.

Assess and evaluate the impact of a patient's current social situation, motivation and readiness to receive treatment and psychological defences, balancing the benefits and potential harms of psychological treatments and factors affecting the appropriate choice of psychotherapy, making use of available resources.

	Offer psychiatric and psychotherapeutic expertise to other practitioners, in order to enhance the clinical understanding, management of complex presentations, under the care of a range of health and social care teams.
	Establish a person-centred holistic formulation which is well-evidenced, coherent and person-centred, and use this as the basis for appropriate recommendation for treatment in each of the major psychotherapeutic modalities or other appropriate interventions.
	Conduct a range of individual, group and family therapies using standard accepted models.
	Lead the triage and discussion of referrals for psychotherapeutic and psychological treatments, taking into account the clinical complexity and the organisational context in which you are working.
	Use formulation to devise a safe, effective, collaborative and co-productive management plan to ensure continuity of care in the immediate, short and longer term.
	Lead on the delivery of a comprehensive psychological treatment plan including evidence-based psychological therapies for personality disorder.
	Demonstrate an understanding of how physical treatments can be used for the treatment of mental disorders and apply this under supervision.
High Level Outcome 2.3 (GPC 2)	Apply advanced management skills within Medical Psychotherapy in situations of uncertainty, conflict and complexity across a wide range of clinical and non-clinical contexts.
Theme	Key Capabilities (KCs). By the end of ST6, you will be able to:
2.3 Complexity & Uncertainty	Demonstrate an understanding of unconscious processes, including transference, countertransference, projection and splitting and the impact of these on yourself and others.
	Demonstrate advanced psychotherapeutic assessment and treatment skills when working with complex and multiple comorbid presentations.
	Effectively use advanced communication, including use of technology, where appropriate and necessary, taking into account limitations, complexities and demands of this on psychotherapeutic practice and complex dynamics, including establishing and maintaining appropriate boundaries, managing challenges.

	Provide psychotherapeutic understanding, strategies and support for the impact of suicide and anxiety about risk, the impact of this on teams, and all those around the patient, and how it affects clinical management.
	Demonstrate expertise in understanding the underlying factors in crisis presentations, taking into account the patient's developmental history and individual vulnerabilities, to formulate urgent care plans.
	Assess, liaise and provide psychotherapeutic advice on the clinical management of patients with mental disorders, including personality disorder, in high risk situations.
	Provide a psychotherapeutic perspective on risk. encompassing unconscious projective processes and splitting, using specialist psychotherapeutic knowledge and skills to inform assessment of risk.
	Apply an understanding of organisational dynamics to enhance the capacity of the organisation to contain anxiety and manage risk and clinical complexity.
	Assess suitability of, and where appropriate provide, psychotherapeutic intervention in the aftermath of an emergency.
	Identify psychopathology in all clinical situations, including those that are urgent and/or complex.
	Work systemically with complex relationships and family dynamics which impact on mental health.
High Level Outcome 3.1 (GPC 3)	Apply advanced knowledge of relevant legislative frameworks across the UK to safeguard patients and safely manage risk within Medical Psychotherapy.
Theme	Key Capabilities (KCs). By the end of ST6, you will be able to:
3.1 Knowledge of legal and organisational frameworks in your UK jurisdiction	Demonstrate advanced awareness of specialist aspects of the law applied to psychotherapy and legal and ethical limits to confidentiality, including the situations, principles and frameworks for disclosure of confidential information.
	Apply national and local guidance and developments in relation to the provision of psychological therapy services.
	Balance the duty of care to the patient and the protection of others taking into consideration human rights legislation, the patients' self-empowerment, and potential impact on patients' commitment to therapeutic relationships when considering the use of legal powers.
	Apply knowledge of how healthcare governance and policy influences patient care, research and educational activities at a local, regional and national level.

	Demonstrate an advanced understanding of the impact of political and social factors on patient care, organisational dynamics and anxiety.
	Apply the legal and ethical requirements and duties in providing psychotherapy and in relation to psychotherapeutic relationships.
	Use the relevant mental health legislation, including the use of emergency powers and compulsory treatment where appropriate.
	Develop and adopt clinical guidelines and integrated care pathways.
	Assess patients for the purposes of preparing and delivering medico-legal reports.
	Meet the requirements to apply for relevant statutory approval where appropriate.
High Level Outcome 3.2 (GPC 3)	Work effectively within the structure and organisation of the NHS, and the wider health and social care landscape.
Theme	Key Capabilities (KCs). By the end of ST6, you will be able to:
3.2 Working within NHS and organisational structures	Apply an advanced understanding of the structures of NHS and social care services, including psychological therapy services and regulatory authorities, and demonstrate ability to work within their requirements, including understanding how services are funded and organised, organisational policy, dynamics and practice across the healthcare sector.
	Apply an advanced understanding of organisational policy, dynamics and practice at a national and local level in the wider health and social care system.
	Demonstrate an advanced understanding of the requirements of outside agencies for reports that are timely, accurate and appropriate.
High Level Outcome 4 (GPC 4)	Demonstrate leadership and advocacy in mental and physical health promotion and illness prevention for patients within Medical Psychotherapy and the wider community.
Theme	Key Capabilities (KCs). By the end of ST6, you will be able to:
4.1 Health promotion and illness prevention in community settings	Promote a psychological understanding of well-being, and how this can contribute to the prevention of Mental Disorders, including an understanding of the interrelationship between the body and mind.
	Engage with your wider community around health promotion and illness prevention, addressing health inequalities, and the social, cultural, spiritual and religious determinants of health.

	Lead, advocate and educate health and non-health professionals in health promotion and illness prevention.
High Level Outcome 5 (GPC 5)	Demonstrate effective team working and leadership skills to work constructively and collaboratively within the complex health and social care systems that support people with mental disorder.
Themes	Key Capabilities (KCs). By the end of ST6, you will be able to:
5.1 Teamworking	Demonstrate an advanced understanding of group and interpersonal dynamics, including individual personal qualities and emotions, and use these to formulate unconscious, conscious and systemic contributors to interactions within and between teams.
	Demonstrate how skills have been gained through training in organisational and interpersonal dynamics, as well as through your own therapy.
	Apply an advanced working knowledge of the roles and responsibilities of, and the interface between, multidisciplinary team members.
	Demonstrate open mindedness and encourage dialogue, recognising the importance of different/divergent perspectives and utilise team feedback.
5.2 Leadership	Recognise and appraise the leadership skills of others in various contexts.
	Demonstrate the development and application of your own leadership skills in a variety of clinical and non-clinical settings.
	Demonstrate inclusive leadership style and awareness of the impact of hierarchy and power within relationships with patients and colleagues.
	Demonstrate an understanding of how your own leadership style and approach impact on others, adapting your approach to meet the needs of the team.
	Lead, take charge, and offer opinions and direction.
	Support colleagues to enhance their performance and support their development.
	Provide clinical supervision to colleagues at all times.
	Competently manage and lead a team/service, providing consultation and specialist advice to team members and other agencies.
	Critically appraise the performance of colleagues and to escalate concerns where appropriate.

High Level Outcome 6 (GPC 6)	Identify, promote and lead activity to improve the safety and quality of patient care and clinical outcomes of a person with mental disorder.
Themes	Key Capabilities (KCs). By the end of ST6, you will be able to:
6.1 Patient safety	Demonstrate a comprehensive psychotherapeutic understanding and perspective on risk.
	Demonstrate an advanced knowledge of methods to obtain feedback from patients, the public, staff and other interested groups.
	Undertake reviews of a critical incident with sensitivity to the needs and standpoints of all participants.
	Apply the principles of empathic understanding and a psychologically minded approach to risk assessment and management.
6.2 Quality improvement	Apply an understanding of the impact of quality improvement activities in improving patient outcomes and system performance.
	Lead on quality improvement activities relevant to your clinical practice, including supervising others.
	Disseminate findings from quality improvement activities, implement and manage relevant change.

High Level Outcome 7 (GPC 7)	Lead on the provision of psychiatric assessment and treatment of those who are identified as being vulnerable within Medical Psychotherapy. Demonstrate advocacy, leadership and collaborative working around vulnerability and safeguarding in patients, their families and their wider community.
Themes	Key Capabilities (KCs). By the end of ST6, you will be able to:
7.1 Safeguarding	Apply knowledge of individual and systemic factors contributing to vulnerabilities and safeguarding concerns in people of all ages.
	Apply safeguarding frameworks within which identified risks can be managed, and legal considerations for taking appropriate actions when children or vulnerable adults may be at risk.
	Manage risk to patients, families, carers of all ages, staff and members of the public.

High Level Outcome 8.1 (GPC 8)	Promote and lead on the provision of effective education and training in clinical, academic and relevant multi-disciplinary settings.
Theme	Key Capabilities (KCs). By the end of ST6, you will be able to:
8.1 Education & Training	Understand the principles of lifelong learning, undertaking opportunities for continuing professional development as a doctor, psychiatrist and psychotherapist.
	Apply understanding of the principles and methods of learning, education, teaching, training and feedback in a variety of clinical and non-clinical settings, adapting as appropriate to the target audience in a timely and constructive manner.
	Adapt teaching or training to the needs of particular learners e.g., medical students, colleagues from other professions and specialties, including primary care.
	Lead in developing training activities that promote the specialty of medical psychotherapy and its contribution to psychiatry.
High Level Outcome 8.2 (GPC 8)	Demonstrate effective supervision and mentoring skills as essential aspects of education to promote safe and effective learning environments.
Theme	Key Capabilities (KCs). By the end of ST6, you will be able to:
8.2 Supervision	Actively take part in clinical, psychiatric and educational supervision; demonstrate effective supervision and mentoring skills and promote safe and effective learning environments.
	Demonstrate experience and expertise in providing clinical supervision in psychotherapy.
	Provide safe and effective clinical supervision in emergency and non-emergency situations and settings.
	Demonstrate the professional qualities of an effective trainer; be able to teach and guide individuals and groups.
	Use supervision and reflection effectively, developing therapeutic and reflective skills and technique within a modality, recognising your limitations.
	Conduct appraisal effectively and at the appropriate time.

High Level Outcome 9 (GPC 9)	Apply an up-to-date advanced knowledge of research methodology, critical appraisal and best practice guidance to clinical practice, following ethical and good governance principles.
Theme	Key Capabilities (KCs). By the end of ST6, you will be able to:
9.1 Undertaking research and critical appraisal	<p>Critically evaluate data, papers, reviews, and meta-analyses and implement findings in daily clinical practice.</p> <p>Translate research into local clinical practice and disseminate critical appraisal findings to wider communities.</p> <p>Apply knowledge of up-to-date appropriate statistical methods.</p> <p>Demonstrate proficiency in the use of objective evidence-based clinical assessment instruments.</p> <p>Work within ethical frameworks when carrying out or appraising research.</p> <p>Apply the principles of Research Study Protocols where available.</p> <p>Demonstrate practical contribution to an ethically approved research study where relevant research support is available.</p>