

**HENW**

**Psychotherapy Logbook**

**CT1-2 Years (CBD Groups)**

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| --- | --- | --- |
|  | **Document** | **X When included** |
| **1.** | Record of Case Based Discussion Group (formerly Balint Group) Attendance |  |
| **2.** | Record of Presentations at Case Based Discussion Group (formerly Balint Group) |  |
| **3.** | CBDGAs Completed in Portfolio online |  |

**Please ensure you read the minimum data set on the** [**HENW Psychotherapy information webpage**](https://www.nwpgmd.nhs.uk/Specialty_Schools/Psychiatry/psychotherapy-information) **prior to completing**

Complete a record of attendance and case presentation log for each 6 month block of groups attended. Facilitator completes a CBDGA at end of each 6 month block if eligibility criteria are met.

**Introduction**

**Trainees will be required to attend the ARCP Panel if Psychotherapy competencies for that training year are not met.**

It is important that each trainee keeps their Psychotherapy Logbook up to date and presents it in its entirety as part of their ARCP evidence each year.

To aid trainees in collating and submitting their Psychotherapy competence evidence for each ARCP, there is guidance on the **minimum data set** required. This checklist will be used by the Psychotherapy Assessor on the ARCP Panel each year, to assess each trainee’s evidence.

In order to coordinate the needs of trainees’ points of contact for trainees interested in psychotherapy are:

Merseycare: [Simon.Graham@merseycare.nhs.uk](mailto:Simon.Graham@merseycare.nhs.uk).

Cheshire & Wirral Parrtnership: [Sonia.Mangwana@cwp.nhs.uk](mailto:Sonia.Mangwana@cwp.nhs.uk)

North West Boroughs Healthcare: [Helen.Sowden@nwbh.nhs.uk](mailto:Helen.Sowden@nwbh.nhs.uk)

Lancashire Care: [Phil.Brown@lancashirecare.nhs.uk](mailto:Phil.Brown@lancashirecare.nhs.uk)

Pennine Care: [spandaraparambil@nhs.net](mailto:spandaraparambil@nhs.net)

Greater Manchester Mental Health : [Rosemary.Clarke@gmmh.nhs.uk](mailto:Rosemary.Clarke@gmmh.nhs.uk) or

[Rachel.Jukes@gmmh.nhs.uk](mailto:Rachel.Jukes@gmmh.nhs.uk)

Cumbria: [mike.rigby@cumbria.nhs.uk](mailto:mike.rigby@cumbria.nhs.uk)

Mark Evans is Psychotherapy Training Programme Director (East) for ST4-6

Simon Graham is Psychotherapy Training Programme Director (West) for ST4-6.

Helen Sowden is Psychotherapy Tutor for HENW (West) (responsible for Psychotherapy training CT1-3).

Trainees are referred to the Psychotherapy Training Section of [The Royal College of Psychiatrists website](http://www.rcpsych.ac.uk/workinpsychiatry/faculties/medicalpsychotherapy/trainingandcpd.aspx) for fuller details of training requirements and competency measures.

The Psychotherapy Logbook is to be uploaded as a **single PDF** tagged as a “**Psychotherapy Form”** on the RCPsych Portfolio Online System. Signatures must be present where indicated.

**CASE BASED GROUP ATTENDANCE REGISTER**

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| --- | --- |
| **Trainee Name:** |  |
| **Dates of Training Placement:** |  |

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| --- | --- | --- | --- | --- |
| **Date** | **Attended**  **Y/N** | **Reason For Any Absence Or Cancellation** | **Presented Case**  **Y/N** | **Signature Of**  **Facilitator** |
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| **Summary:** |  |
| **Total number of groups attended:** |  |
| **Total number of groups available:** |  |
| **Percentage attendance of groups:** |  |
| **Total number of cases presented:** |  |
| **Signature of Facilitator:** |  |
| **Date:** |  |

**TRAINEE RECORD OF CASES PRESENTED IN CASE BASED DISCUSSION GROUP**

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| --- | --- |
| **Trainee Name:** |  |

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| --- | --- | --- |
| **Date & Case Initials** | **Brief Description Of Case** | **Satisfactory (Y/N)** |
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| **Case Discussion Group Leader’s Signature:** |  |
| **Date:** |  |