

## ST4 Psychiatry

### LETB/Deanery: East Midlands Deanery – North Scheme

#### Programme Details

##### General Adult Psychiatry

The Higher Specialist training programme comprises of a three year rotational scheme and includes placements across 3 regional NHS trusts namely Nottinghamshire Healthcare NHS Trust, Derbyshire Healthcare Foundation Trust and Lincolnshire Partnership Trusts.

An excellent range of posts are available on the rotation, with opportunity for certification in all the accredited General Adult Psychiatry sub-specialties experience in many other specialist areas.

The training scheme fully adheres to the curriculum for advanced training in General Adult Psychiatry as set out by the Royal College of Psychiatrists, London. The training is based on the 18 General Adult competences and the expectation is that each trainee will demonstrate and evidence the competencies that they gain each year relevant to their level of training.

As an established academic centre with strong links to the Institute of Mental Health and the University of Nottingham, the educational and research opportunities are excellent at all levels.

The East Midlands is an exciting place in which to live and work. It is home to a population of wide cultural and ethnic diversity, has a thriving City Centre with a full range of social and leisure activities and is within easy reach of open countryside in the Sherwood Forest and Derbyshire Peak Districts. The City's historic origins make it an attractive tourist centre and its proximity to the M1 and its fast rail links north and south make it highly accessible. It is also close to both Nottingham East Midlands and Birmingham Airports.

Further information **about the North Scheme can be found at**  
**<http://www.vle.eastmidlandsdeanery.nhs.uk/course/view.php?id=524>**

##### Dual Old Age and General Adult Psychiatry

Details will be provided in due course

##### Psychiatry of Learning Disability – Regional (North and South)

The Higher Specialist training programme comprises a three year rotational scheme and includes placements across 3 regional NHS trusts namely Nottinghamshire Healthcare NHS Trust, Lincolnshire Partnership Trusts and Leicestershire Healthcare Foundation Trust. These are currently managed as north and south sub schemes; however trainees have opportunities to work in both regions. An excellent range of posts are available on the rotation.

We have always had an excess of approved trainers and posts as encouraged by Royal College of Psychiatrists. All approved trainers have participated in education and training and/or recruitment in recent years.

The first two years (ST4/ST5) of this three year programme in Psychiatry of Learning Disability is mapped to the GMC approved RCPsych advanced specialist curriculum, providing 12 months experiential learning under supervision working with adults with learning disability and carers, in a range of community settings as well as inpatient work which is available across all 3 sites. In the third year (ST6) there would be opportunity to receive more specialist training across approved posts eg Forensic, Child LD. There are opportunities to work and gain experience in Low secure settings (Nottingham) and medium secure settings (St Andrews, Northamptonshire) and other specialist services such as locked rehabilitation (both Nottingham and Leicester).

Trainees are allocated Educational Supervisors for the entire duration of training, working together with the TPD to ensure educational processes are overseen, and conduct mid and end of year appraisal and portfolio reviews.

Research opportunities are excellent across both schemes. As an established academic culture with strong links to the University of Nottingham and Leicester, as well as within the ID faculty the college of the educational and at all levels. Special interests and additional core competencies sessions include psychotherapy, epilepsy, and clinical genetics neurology etc. Teaching, Audit and research opportunities are well supported.

In the past the trainees have made excellent presentations (poster + papers) both at local and national level and have won prizes.

#### Forensic Psychiatry

The East Midlands Forensic Psychiatry training scheme offers a first rate, wide-ranging education in Forensic Psychiatry. We are one of the few training schemes able to offer placements ranging from community based services, through low and medium secure services to the high secure service based at Rampton Hospital.

A career in Forensic Psychiatry is not for everyone – working at the interface of medicine and the law, every potential trainee requires an excellent grounding in psychopathology, a clear, non-judgmental approach to some of the most challenging patients in the healthcare and criminal justice systems and a keen, analytic mind. Training in Forensic Psychiatry is enjoyable, fascinating and varied, offering significant ethical, legal, professional and emotional challenges. It can be difficult, but will never be dull. Uniquely, Expert Witness work is a fundamental part of Forensic Psychiatry training and our trainees enjoy working with solicitors and barristers in both Magistrates' Courts and the Crown Court, to provide expert advice to Courts in cases involving questions of mental health associated with criminality.

Arnold Lodge in Leicester, The Wells Road Centre in Nottingham, the Francis Willis Unit in Lincoln and Rampton Hospital all provide access to a range of diverse services, under expert supervision. We are also in a strong position to offer supervised training in prison mental health services across a huge range of prisons, from Yorkshire to Leicestershire.

For the first time, we are delighted to be able to offer placements at the Herschel Prins Centre in Leicester and at the Wheatfield Unit in Northampton. These services are new to the scheme and will be available at the request of individual trainees.

The scheme therefore offers posts in the following NHS Trusts: Nottinghamshire Healthcare NHS Trust and Lincoln Partnership NHS Foundation Trust with Northamptonshire Healthcare NHS Foundation Trust and Leicestershire Partnership Trust available at the specific request of individual trainees.

We have 9 posts on our training scheme and our 3 vacancies follow the success of 3 trainees who have all gone on to Consultant jobs or senior academic posts in Forensic Psychiatry in the East Midlands or further afield within the UK.

All trainees benefit from an identified Clinical Supervisor to provide expert clinical supervision on a daily basis, as well as an Educational Supervisor, to oversee training over the entire three years of the programme and provide ongoing guidance, support and career development advice.

	<p>Throughout the three years of training, a whole day each week is dedicated to time to develop research skills and a special interest. Our trainees have used this time for a huge range of projects. Many of our trainees undertake Masters degrees in Law, Criminology or related fields during their training, and use special interest time for this. Excellent research opportunities are available under expert supervision from dedicated academic staff and from Consultants with a strong background in research and publications in peer-reviewed journals. Towards the end of training, trainees can gain management experience by working alongside senior clinicians and managers within one of our NHS Trusts. We are developing Management Fellowships, which will be available to trainees from late 2015 onwards.</p> <p>Training takes 3 years, subject to satisfactory progression, and leads to a Certificate of Completion of Training in Forensic Psychiatry.</p> <p>More information about our training scheme is available online at our scheme website, <a href="http://www.forensicpsychiatrytraining.co.uk">www.forensicpsychiatrytraining.co.uk</a>.</p> <p>Please contact the Training Programme Director, Dr Nicholas Taylor, on 0116 207 7786 with any questions. Informal enquiries are most welcome and you are warmly invited to come and visit the scheme and see what we do.</p> <p><u>Dual Medical Psychotherapy and General Adult Psychiatry (majoring in CBT)</u> This scheme provides a 5 year training programme leading to dual CCTs in General Adult Psychiatry and Medical Psychotherapy. This post majors in Cognitive Behavioural Therapy. The training is comprised of postings within the established higher training programmes for General Adult Psychiatry and Medical Psychotherapy within the East Midlands Local Education and Training Board.</p> <p>The programme is guided by an awareness of the need for the delivery, supervision and promotion of psychotherapy in a range of general psychiatric settings and for the integration of general psychiatric practice and principles within specialist psychotherapy settings. <a href="http://www.vle.eastmidlandsdeanery.nhs.uk/mod/folder/view.php?id=8454">http://www.vle.eastmidlandsdeanery.nhs.uk/mod/folder/view.php?id=8454</a></p> <p><u>Child &amp; Adolescent Psychiatry</u> Details will be provided in due course.</p> <p>Link to further information, if available: <a href="http://www.eastmidlandsdeanery.nhs.uk">www.eastmidlandsdeanery.nhs.uk</a></p>
<b>Training Locations (e.g. Hospital sites and Trusts)</b>	-
<b>Employment Information: - Employer(s) if known</b>	-
<b>Travel and Relocation expenses policy - if this differs from national guidance</b>	(Refer to Paragraphs 277 – 308 in the <a href="#">Junior Doctors' Terms and Conditions of Service</a> )
<b>Other Policies and Guidance</b>	-
<b>Contact Details</b>	<a href="mailto:Heem.medicalrecruitment@nhs.net">Heem.medicalrecruitment@nhs.net</a>
<b>Link to relevant</b>	<a href="http://www.eastmidlandsdeanery.nhs.uk">www.eastmidlandsdeanery.nhs.uk</a>

**LETB/Deanery: East Midlands Deanery – South Scheme**

**Programme Details**

General Adult Psychiatry

The Higher Specialist training programme comprises a three year rotational scheme and includes placements across 2 regional NHS trusts namely Leicestershire Partnership NHS Trust and Northamptonshire Healthcare NHS Foundation Trust.

An excellent range of posts are available on the rotation, with opportunity for endorsement in rehabilitation, substance misuse and liaison psychiatry. The rotation also has opportunities for working in the sub-specialities of perinatal psychiatry and eating disorders. Placements in forensic psychiatry including low secure unit and psychiatric intensive care units are also possible for further experience. The rotation also offers (subject to further competitive interviews) the scope for leadership posts in partnership with St Andrews Healthcare. The training scheme fully adheres to the curriculum for advanced training in General Adult Psychiatry as set out by the Royal College of Psychiatrists, London. The training is based on the 18 General Adult competences and the expectation is that each trainee will demonstrate and evidence the competencies that they gain each year relevant to their level of training.

As an established academic centre with strong links to the University of Leicester, the educational and research opportunities are excellent at all levels.

The East Midlands is an exciting place in which to live and work. It is home to a population of wide cultural and ethnic diversity which also enhances the range and scope of psychiatric training and experience. Leicester has a thriving City Centre. The area has a full range of social and leisure activities and is within easy reach of open countryside in the Sherwood Forest and Derbyshire Peak Districts. Leicester is well connected by both motorways and public transport to other areas of the country. The Birmingham and East Midlands Airports are also within easy reach.

Further information about the North Scheme can be found at:

<http://www.vle.eastmidlandsdeanery.nhs.uk/course/view.php?id=524>

Old Age Psychiatry

Details to Follow

Psychiatry of Learning Disability

Details to Follow

Forensic Psychiatry

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We have 9 posts on our training scheme and our 3 vacancies follow the success of 3 trainees who have all gone on to Consultant jobs or senior academic posts in Forensic Psychiatry in the East Midlands or further afield within the UK.

All trainees benefit from an identified Clinical Supervisor to provide expert clinical supervision on a daily basis, as well as an Educational Supervisor, to oversee training over the entire three years of the programme and provide ongoing guidance, support and career development advice.

Throughout the three years of training, a whole day each week is dedicated to time to develop research skills and a special interest. Our trainees have used this time for a huge range of projects. Many of our trainees undertake Masters degrees in Law, Criminology or related fields during their training, and use special interest time for this. Excellent research opportunities are available under expert supervision from dedicated academic staff and from Consultants with a strong background in research and publications in peer-reviewed journals. Towards the end of training, trainees can gain management experience by working alongside senior clinicians and managers within one of our NHS Trusts. We are developing Management Fellowships, which will be available to trainees from late 2015 onwards.

Training takes 3 years, subject to satisfactory progression, and leads to a Certificate of Completion of Training in Forensic Psychiatry.

More information about our training scheme is available online at our scheme website, [www.forensicpsychiatrytraining.co.uk](http://www.forensicpsychiatrytraining.co.uk)

Please contact the Training Programme Director, Dr Nicholas Taylor, on 0116 207 7786 with any questions. Informal enquiries are most welcome and you are warmly invited to come and visit the scheme and see what we do.

#### Dual Medical Psychotherapy and General Adult Psychiatry (majoring in CBT)

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The programme is guided by an awareness of the need for the delivery, supervision and promotion of psychotherapy in a range of general psychiatric settings and for the integration of general psychiatric practice and principles within specialist psychotherapy settings.

<http://www.vle.eastmidlandsdeanery.nhs.uk/mod/folder/view.php?id=8454>

	<p>Child &amp; Adolescent Psychiatry Details to follow</p> <p>Link to further information, if available: <a href="http://www.eastmidlandsdeanery.nhs.uk">www.eastmidlandsdeanery.nhs.uk</a></p>
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