



Why choose a career in Psychiatry?

- It is innovative, exciting and rewarding
- It offers high quality and well-structured training schemes
- There is opportunity to be involved with the treatment of a wide range of mental health problems
- There is the opportunity to work as part of multi-disciplinary teams with other healthcare professionals such as community psychiatric nurses, social workers, psychologists and occupational therapists
- You can work in variety of settings including hospitals, the community, special units, school, residential homes and prisons.

“The thing that most impressed me about psychiatry training in Wales is the outstanding supervision and support I have always received from the consultants working here”

Psychiatry Trainee, Wales

Useful Contacts:

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A CAREER IN:

Psychiatry



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Wales
Succeed and inspire.

Psychiatry Training in Wales

The Wales School of Psychiatry works closely with the NHS in Wales and the Royal College of Psychiatrists, to provide the highest quality psychiatry education and training at Core and Higher training levels. The working environment is dynamic, flexible to suit your career aspirations and enables you to achieve a good work-life balance.

Wales has a strong history of academic research in Psychiatry and continues to be at the forefront of research into the genetics of psychiatric disorders.

The Wales Deanery has established an MRCPsych course that is compulsory for CT1 and CT2 trainees to help them prepare for RCPsych membership examinations. As part of the MRCPsych course, we are developing further opportunities to enhance good practice through regular clinical simulation training.

The School provides excellent support to trainees in all aspects of their training. In addition to Training Programme Directors, there are lead consultants in a number of areas, such as: quality assurance, professional support, Less Than Full-time Training and education.

Training in Psychiatry is available in both North and South Wales. Trainees are recruited onto either the North Wales or the South Wales training programme, and in most cases will complete all of their training in the region of their choosing (i.e. trainees are not required to move from North to South Wales and vice versa). Training in Wales offers the unique opportunity to work in both urban and rural areas.

Psychiatrists enjoy a combination of intellectual challenge and the opportunity to really understand the 'whole patient'. With opportunities to pursue interests in areas such as Child, Adult, Old Age, Forensic and Learning Disability, this specialty offers diversity of practice across a broad range of clinical and community settings.

Core Training

Core Psychiatry is a three-year programme, with training based on the Royal College of Psychiatrists Competency Based Curriculum for Specialist Core Training in Psychiatry.

In **CT1**, trainees complete twelve months of General Adult Psychiatry.

In **CT2**, trainees complete a six-month placement in Old Age Psychiatry, and a further six-month placement in either Learning Disability or Child and Adolescent Psychiatry.

CT3 trainees can choose from placements in a variety of sub-specialties, such as rehabilitation, adult liaison, forensic and substance misuse.

Training programmes are available in the following Health Boards:

- ▶ Betsi Cadwaladr University Health Board – North Wales
- ▶ Cwm Taf University Health Board – South East Wales
- ▶ Cardiff and Vale University Health Board – South East Wales
- ▶ Hywel Dda University Health Board – South West Wales
- ▶ Abertawe Bro Morgannwg University Health Board – South West Wales
- ▶ Aneurin Bevan University Health Board – South East Wales

Your Role

The nature of the duties undertaken varies between placements. Core trainees are usually responsible for the day-to-day management of in-patients and community patients. They review their patients regularly, and present updates at the ward round or community round. They also see both new and follow-up patients in outpatient clinics. They attend multidisciplinary team meetings, where team members representing different professions can discuss the problems and needs of patients. Core trainees may also be involved in administering ECT. Undertaking on-call work allows Core trainees to develop skills in assessing acutely unwell



patients in a variety of settings, including those presenting to Accident and Emergency. Core trainees have the opportunity to develop skills in psychotherapy, and deliver evidence-based psychological treatment to patients under the direct supervision of a psychotherapist.

Each trainee gets an hour of protected time per week for consultant supervision where they discuss issues relating to their professional development and complete required workplace-based assessments, clinical log and reflective entries to add to their online portfolio.

We actively encourage you to develop academic and other interests and support applications for Time Out Of Programme Experience, Research or Training.

Higher Training

This stage lasts three years with the following programmes to choose from:

- ▶ General Adult Psychiatry
- ▶ Old Age Psychiatry
- ▶ Child and Adolescent Psychiatry
- ▶ Forensic Psychiatry
- ▶ Learning Disability Psychiatry



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Cymru (AaGIC)
Health Education and
Improvement Wales (HEIW)