

Description of the training programme

Our main training sites are at Springfield Hospital in Tooting, Tolworth Hospital and the Richmond Royal Hospital where the Trust's Psychotherapy and Personality Disorders services are based.

During their three years of training, trainees get extensive experience of supervised clinical work in their main model of specialisation, (psychoanalytic psychotherapy or CBT) as well as experience and training in teaching, research and audit, leadership and management. Trainees have the opportunity to develop further treatment competences in personality disorder through part-time placement with either an open-access community personality disorder service (the SUN Project), the Richmond Personality Disorder Treatment Service (mentalization based treatment) or the Wandsworth Complex Needs Service.

Trainees are supervised by consultant medical psychotherapists who represent a range of theoretical backgrounds. The training also offers other experiences which prepare the trainee to function as a consultant medical psychotherapist within the NHS. The training is designed to allow trainees to achieve the competences described in the Royal College of Psychiatrists' curriculum for psychotherapy.

Recruitment to the training programme is organised nationally in conjunction with Health Education England and the Local Education and Training Boards.

Trainees tend to use their special interest sessions to develop an area of psychotherapy interest such as an external group-analytic or psychoanalytic training, or forensic psychotherapy.

Trainees take part in our higher trainees' adult on-call rota, along with trainees in other specialties based at the Trust.

Peer Groups

Medical psychotherapy trainees meet regularly with others on the training scheme. They are also part of a wider peer group with other high specialty trainees. Psychotherapy trainees share academic programmes with the general adult and old age trainees.

Supervision arrangements

Trainees have specialist clinical supervisors for their individual and group therapy components of training. They meet with their educational supervisor, who oversees the educational aspects of their training, every two months. Trainees meet with the Training Programme Director monthly as a group, as well as individual meetings as required.

Academic programmes

The weekly psychotherapy seminar programme includes two hour-long reading seminars as part of a three year rolling programme. The [Prudence Skynner Family Therapy Clinic](#) run a foundation course in systemic family therapy, which trainees are encouraged to attend.

There are additional CBT and forensic seminars, for those undertaking training in these areas. There are weekly generic academic meetings at Tolworth and Springfield Hospitals.

Personal Therapy

Three hours per week personal psychoanalytic therapy is a requirement for specialising in psychodynamic psychotherapy. There is support and guidance how best to arrange this and the we provide financial support for the funding personal therapy..

Training, research and teaching

The [Wandsworth Complex Needs Service](#) is a multi-disciplinary team sited at Springfield Hospital providing an intensive mentalization based treatment (MBT) programme for patients with emotionally unstable personality disorder. It also provides a psychodynamic psychotherapy assessment and treatment service for patients from Wandsworth borough. The service has a system of liaison between senior members in the team and the local [community mental health teams](#) (CMHTs). Consultants are allied with one or more CMHT to provide consultation and reflection on dynamic issues in the management of personality disorder as well as advising on possible referrals to the service.

[The SUN project](#) is an open access community service for people with personality disorder. The clinical work takes place in groups and integrates coping process theory, therapeutic community principles, and an underlying psychoanalytic epistemology. In addition to clinical work the Speciality Trainee will have the opportunity to take a senior role in supporting the multi-disciplinary team.

[The Sutton and Merton Complex Needs Service](#) provides dialectical behaviour therapy and MBT to adults with personality disorder. MBT is provided through groups and weekly individual sessions. There are opportunities for trainees to be involved in either of these.

Tolworth Hospital Medical Psychotherapy Service provides assessments and treatments in psychoanalytic and group-analytic modalities.

Richmond Personality Disorder Intensive Treatment Service provides an intensive MBT programme for patients with emotionally unstable personality disorder.

Highly specialist OCD/BDD Services have one CBT training post, working in the nationally-funded and internationally renowned service for profound, refractory obsessive-compulsive and body dysmorphic disorders. In addition, the trainee works with an innovative and [NICE](#)-compliant outreach service for OCD, BDD and other severe neurotic disorders, as well as helping to develop training for and screening by dermatologists, plastic surgeons and others working in the aesthetic health services.

There are opportunities for trainees in dynamic therapy to lead reflective practice groups for community, ward or specialist teams, such as the eating disorders service.

On-call duties

The current on-call rota is a 40% banded full shift rota, but this is currently under review. At present as the number of trainees on the rota is fixed, new trainees are not placed on the rota until a vacancy arises, which is typically during their first year. The rotas are organised by the higher training rota representative and Medical Staffing Department.

Trainee representation

Trainees are represented on several Trust committees, including the Postgraduate Medical Education Committee, the Rotas Working Group, the Trust Trainees Forum, the Drugs and Therapeutics Committee and the Local Negotiating Committee. Furthermore there is trainee representation on several external committees.

Trainees' views on training

'I have recently joined the South West London and St George's Medical Psychotherapy training scheme and can say that I have found everyone to be extremely welcoming and professional. The rotation is well organised with tutors having an idea of your needs to begin with, what is expected of you over the three years, and how this can come together. Supervisors are supportive and have an

in-depth knowledge in their chosen fields, facilitating learning alongside the academic seminars. I would highly recommend this rotation to anyone thinking of training in medical psychotherapy'

Contact details

For enquiries about training in medical psychotherapy in the Trust please contact Training Programme Director, Dr Jale Cilasun: jale.cilasun@swlstg-tr.nhs.uk

For general enquiries about training in the Trust, go to the [Contact Us](#) page