

Training courses

Trainees have protected time to attend the two-monthly specialty training programme.

There is a three-day teaching skills course organised by St George's University of London which trainees are encouraged to attend.

There are regular in-house training opportunities, including clinical and educational supervisor training, which we encourage all higher trainees to complete by the time they obtain their CCT.

Trainees are required to undertake mandatory training in relation to their employment in the Trust. This includes multidisciplinary risk assessment and management training, and conflict resolution training.

Higher trainees can apply for study leave funding to attend courses and training outside the Trust.

Research opportunities

Trainees can use their special interest day to undertake research. There may also be opportunities to participate in clinical research with a trainee's main training post. We encourage trainees to become research active within their first three months on the training programme.

The Population Health Research Institute at St George's University of London runs a free twelve week course in applied research in mental health, which trainees starting out in research are encouraged to attend.

The Trust has an active Research and Development Department which periodically runs research workshops, which are open to all staff members. These workshops give trainees the opportunity to become principal investigators on a number of new studies, and to present research being undertaken.

Dr Diana Menzies is the Research Tutor for psychotherapy trainees and supports them trainees with research, audit or service evaluation projects and preparation of papers for publication.

Trainees working with the OCD/BDD Services are expected to publish at least one academic paper in a peer-reviewed journal and also to present research findings at national and international meetings. In addition to extensive databases on patient outcomes, which can be used for research, the services have two current major funded projects:

- Deep brain stimulation for severe obsessive compulsive disorder:
- A randomised controlled feasibility trial comparing the clinical and cost effectiveness of cognitive behavioural therapy(CBT) and selective serotonin reuptake inhibitors (SSRI) and their combination in the management of obsessive compulsive disorder.

Over the past five years, the service has published 18 papers; six book chapters and over 40 abstracts, as well as numerous shorter articles and book reviews.

Teaching opportunities

Psychotherapy trainees deliver psychotherapy teaching for medical students and for core psychiatry trainees on the Trust's MRCPsych course

Opportunities to enhance teaching skills offered by St George's University of London include:

- A three day teaching skills course

- A two day advanced teaching skills workshop
- A two day presentation skills course
- An advanced Post Graduate Certificate in Healthcare and Biomedical Education

Trainees can apply for the clinical teaching fellow post at SGUL via a competitive process; the post involves three teaching days and two clinical days within the as an out of programme episode (OOPE or OOPT).

Management and leadership training

As a requirement of their management and leadership competencies, all higher trainees are involved in at least one quality improvement project.

Trainees are encouraged to attend leadership and management courses - such training is available in-house. There are also opportunities to shadow the medical director and other Trust executives. Service improvement project opportunities, management courses and potential leadership roles are circulated to trainees whenever they become available.

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