

South-West (St George's) training scheme

The posts within the scheme are mainly based in and around the Shaftesbury Clinic Secure Unit, Springfield Hospital. The Trust is a major provider of forensic services, and is in a position to offer a wide variety of training experiences in forensic psychiatry in all levels of security. All educational and clinical supervisors on the scheme undertake regular educational appraisal.

The St George's scheme has eight full-time psychiatry trainees, of whom one may be from the general adult psychiatry training programme when vacancies allow. In addition there is one post (for two years) as part of a five-year training programme for a forensic psychotherapy trainee.

Forensic services

The Trust forensic psychiatry services are multidisciplinary, comprising 61 beds on medium and low secure wards for men and women. The medium secure beds are located in the Shaftesbury Clinic and the 16 low secure beds for men are located on Hume Ward, also on the Springfield Hospital site.

There is also a Forensic Outreach Service, a Sexual Behaviour Service, a Substance Misuse Support Service, a Court Diversion and Criminal Justice Liaison Service, and, at nearby [HMP Wandsworth](#), a Prison Inreach Service and Prison Addictions Service (run by [South London & Maudsley NHS Foundation Trust](#)).

The forensic services provide multi-disciplinary assessment, treatment and rehabilitation for male and female mentally disordered offenders, and those with challenging behaviour and specialist rehabilitation needs, for South West London. It covers the London Boroughs of Wandsworth, Sutton, Merton, Richmond, Kingston, and has additional contracts with Surrey and Sussex.

Beyond the Forensic Service, the Trust provides a broad range of mental health services across the gamut of psychiatric specialties and offers a wide variety of training, academic and research opportunities.

Training posts

There are nine educationally approved training posts on the rotation:

Turner Ward

Turner Ward has beds for up to 18 patients - all male medium secure patients, up to seven of whom are long term medium secure patients. Most of these patients have a diagnosis of schizophrenia or schizo-affective disorder and/or personality disorder and a number also have histories of drug and alcohol misuse. The rate of admission of new patients to Turner ward is around one per month. Clinical records are maintained and updated using an electronic system (RiO).

Under the supervision of a clinical supervisor, the trainee will prescribe pharmacological and psychosocial treatments for the patients with whom they are working. During the course of the placement the trainee may need to manage emergencies that occur on the ward, during working hours. Such emergencies in a forensic setting could involve:

- assaults/aggression towards others
- self-harm or suicide attempts
- escapes or absconds from the ward
- medical emergencies.

There is always a consultant on emergency call who will support and supervise any emergency work the trainee is required to carry out. The ST may be called to see general psychiatric patients, as well as forensic patients, who require urgent psychiatric assessment when you are on call out of hours.

During their placements trainees follow the [Royal College of Psychiatrists' forensic psychiatry specialty curriculum](#) and maintain an up-to-date learning portfolio that they can bring to meetings with the training programme director.

As a minimum, this will be at the beginning, mid-term and the end of the placement.

During this placement the trainee will be a full member of the Turner multi-disciplinary team (MDT). They will attend the monthly business meeting if available. They will also attend the MDT Care Plan Review Meeting (ward round) on Tuesday mornings and the CPA (Care Programme Approach) reviews on Thursday mornings. They will discuss their experience of the MDT in supervision meetings with the consultant.

The trainee will participate in the teaching of medical students attached to the unit. This will include helping identify and consent suitable patients for the students to see and giving students opportunities to present and discuss the patients they have seen. The trainee may also have the opportunity to be involved in small group teaching and lecturing to clinical medical students.

Halswell Ward - Post 1

This post provides experience of working with eight male patients on a 16-bed admission and rehabilitation medium secure ward in the Shaftesbury Clinic. The trainee is part of a full multidisciplinary team which includes a consultant, core psychiatry trainee, psychologist, social worker, occupational therapist and nursing staff. The clinical focus of the week is the multidisciplinary team Care Plan Review Meeting (ward round) and CPA meeting, which take place every Monday morning and has a rotating chair and minute-taker, including the trainee.

The trainee is involved in the assessment and ongoing management of Halswell Ward inpatients. The trainee attends the weekly Forensic Service Referrals Meeting, where decisions regarding referrals and allocations of patients are made.

The trainee gains experience in writing reports on patients - for the Courts, managers hearing, Tribunals etc. - with appropriate supervision. There is ample opportunity to carry out assessments of male patients in different levels of security including, prison. The trainee is involved in consultancy work with teams from other psychiatric specialties within the [borough of Merton](#), and attends CPA meetings, tribunals and managers' hearings, appropriate to their level of training.

The trainee also has the opportunity to teach and supervise the core psychiatry trainee and medical students who are attached to the team on a rotational basis.

Halswell Ward - Post 2

This post also provides clinical experience of working with eight male patients as part of the ward MDT, detailed above. In addition, the consultant supervisor for this post heads the [Substance Misuse Support Service](#) and also provides clinical leadership to the addictions service at [HMP Wandsworth](#) (see separate post entry below). The trainee will have the opportunity to assess and manage cases where substance misuse is a problem, including the pharmacological management of addictions in dual diagnosis patients. In addition, the trainee can co-facilitate prison-specific addictions groups.

Hume Ward

The acute low secure and specialist rehabilitation services are based on Hume ward, which is a male low secure ward located on the Springfield hospital site outside the Shaftesbury Clinic. Hume Ward has a total of 16 beds and is led clinically by Dr Olumoroti.

Ruby Ward

Ruby Ward is a 10-bed women's secure ward within the Shaftesbury Clinic that provides both medium and low secure specialist care for women (the difference being the degree of procedural and relational security applied to patients). It is linked to a rehabilitation flat, which can be used either by women in the process of discharge from Ruby Ward, or by men in the process of discharge from Halswell or Turner Wards.

The ward team provides admission, assessment, treatment, and rehabilitation for women requiring secure care. The model of care incorporates the biopsychosocial and recovery models. This service is designed to meet the needs of women with complex mental health problems who pose a high risk of harm to themselves or to others (but not so high as to require high secure care).

A gender sensitive approach to care and treatment within Ruby Ward recognises that gender inequalities and adverse social experiences effect women's mental health problems and risk behaviours.

This post provides experience in the assessment and management of up to 11 women in secure care. The trainee participates as a member of the multidisciplinary team in discussions around zoning of patients, produces medical and medico-legal reports on patients, and attends court as necessary with appropriate supervision.

The trainee provides assistance to other members of the MDT including psychologists, nursing staff and occupational therapists. There are opportunities for assessments of female patients from a variety of different levels of hospital security and women's prisons. The trainee also engages in consultancy work to the sector teams. Opportunities to attend CPA meetings, tribunals and manager's hearing are also available.

The trainee is encouraged to participate in service development projects and to collaborate on research projects and audits in the services and jointly with other secure services for women.

Forensic Outreach Service

A dedicated Forensic Outreach Service (FOS) provides support, treatment and monitoring for discharged patients meeting the FOS referral criteria, prior to their care transferring to local community teams. With a caseload of between 40-50 care co-ordinated patients at any one time, and a further 20-25 jointly managed, the core function of the team is to support patients and to monitor their mental states and behaviour and the risks of harm they may pose themselves and others. The FOS aims to hand the care of the patient over to a local team, once appropriate, and this may involve a period of joint working prior to transfer.

The FOS comprises three community psychiatric nurses (CPNs), one social worker, one occupational therapist, a half-time specialty doctor and one consultant psychiatrist in addition to the trainee. The FOS also offers training opportunities to medical and other professionals and students.

The trainee:

- gets experience in assessing and managing community patients with appropriate supervision
- participate in the daily patient discussion meetings
- produces medical and medicolegal reports on their patients under supervision
- provides medical advice and assistance to the other team members as needed
- monitors patients' placements at hostels and elsewhere
- assesses new patients to the service
- attend CPA meetings and Tribunals as appropriate;
- and attends meetings held under the Multi-Agency Public Protection Arrangements on occasion.

The consultant supervisor is also the clinical lead for the Criminal Justice Liaison and Court Diversion Service, based at Lavender Hill Magistrates' Court. The trainee working for the FOS provides clinical

input to the service one half-day per week, alongside other doctors, and has the opportunity to become more involved in assessing defendants, compiling court reports and assisting in managing the service.

HMP Wandsworth Inreach Team

This is a six month post working with patients in the healthcare wing of the prison (Addison Unit) and with the prison in-reach team. The Addison Unit is a 12-bedded healthcare facility run by the [South London & Maudsley Trust](#), with prison officers and nursing staff, for the most mentally unwell prisoners on the in-reach caseload. The prison in-reach team includes the trainee, three community psychiatric nurses and three dual diagnosis nurses, a prison transfer nurse and a matron who manages both the Addison Unit and the prison in-reach team.

The trainee gains experience in managing psychiatric presentations in prison (without use of the [Mental Health Act](#)), diversion of patients to hospital, and liaison with various London courts. They attend the daily morning meeting and other weekly meetings including the ward round, referrals meeting, complex cases meeting and clinical governance meeting. The post-holder will see patients in clinic on both the Addison Unit and in the main prison and work with the prison transfer nurse to divert and transfer patients to hospital as necessary.

HMP Wandsworth Addictions Service

The Addictions Services at HMP Wandsworth are run by prison staff, the [South London & Maudsley Trust](#), and the [Rehabilitation of Addicted Prisoners Trust](#) (RAPt). Services provided include initial detoxification and stabilisation of prisoners on the Induction Wing; maintenance therapy (methadone or Subutex) to prisoners on the Integrated Drug Treatment Strategy Wing (D wing); group work by the Counselling, Assessment, Referral, Advice and Throughcare Team; special physical education sessions; a six-week group programme, The Bridge; and [Alcoholics Anonymous](#) and [Narcotics Anonymous](#) meetings.

The trainee gets the chance to gain extensive experience in the assessment and management of substance misuse in a prison setting, including prescribing in clinic and co-facilitating therapeutic groups.

High Security

[Broadmoor hospital](#) provides treatment under conditions of high security for patients who, in the opinion of the Secretary of State, "require treatment under conditions of special security on account of their dangerous, violent or criminal propensities". Its catchment area covers London and the South of England.

Broadmoor hospital currently provides men only 210 beds. The average stay is five to six years, although many patients' stay is considerably shorter. Patients are transferred to conditions of lower security once the risks that they have posed are diminished. The hospital provides a full range of therapeutic treatments, tailored to each patient's individual needs, including assessment, specialist care and rehabilitation, and using a combination of medication and psychological therapies.

Currently there are 18 consultants at Broadmoor. There are also three part time consultant psychotherapists and a senior lecturer in forensic psychotherapy, a post held jointly between the Hospital and the Division of Population, Health Sciences and Education, based at St George's University of London.

There is provision for up to 11 trainee attachments, from the South London Forensic Psychiatry Training Scheme and also from other schemes in north London, Oxford and Hampshire. Other non-rotational attachments are also hosted. Trainees can choose from attachments to wards focussing on acute admissions of mentally ill patients, assertive rehabilitation, slow-stream rehabilitation, and severe personality disorder.

Special interest sessions

The trainee has two special Interest sessions per week, which can be used to develop areas of particular interest or to gain experience in areas not immediately linked to a current post, but relevant to developing competences in wider roles or areas of psychiatry relevant to forensic psychiatry. A wide variety of opportunities are available for special interest and a trainee's educational supervisor will discuss the options with them.

Many of our trainees use some of their special interest time to undertake additional part-time or distance learning qualifications. Particularly popular are Masters' degrees in law (LLM), either specifically in mental health law, or covering some other area of relevant law, such as criminal law or human rights; diplomas and MScs in Forensic Mental Health, most notably the courses provided at the Institute of Psychiatry; and postgraduate certificates or diplomas in medical education. The training programme director can help a trainee identify suitable courses in their area of interest.

Special interest time can also be used to focus on your research projects.

The following Trust services offer special interest experience to forensic trainees:

Psychotherapy

The Trust's (non-forensic) Psychotherapy Department provides treatment for people with severe personality disorders, as well as providing psychotherapy training for specialist trainees. There are three personality disorder services serving the boroughs of Wandsworth, Kingston & Richmond, and Sutton & Merton. The main treatment modalities are Mentalisation-Based Treatment (MBT) and Dialectical Behaviour Therapy (DBT). There are opportunities for trainees to undertake special interest sessions in these services to increase their expertise in working with people with personality disorder.

Forensic Psychology and Sexual Behaviour Service

The service consists of six clinical psychologists, and three arts psychotherapists, specialising in Art, Music and Dance Movement Therapy. Each multi-disciplinary ward-based team includes a clinical psychologist. The arts psychotherapists work across teams. The Psychology Group Programme consists of a group programme run across three terms per year.

Groups include Managing Mental Health and Offending Behaviour. These primarily use a CBT approach. The psychologists also run workshops, such as assertiveness training and cannabis & mental health. Longer-term specialist group treatments include the Sexual Behaviour Group, CBT for Psychosis, Enhanced Thinking Skills, Dialectical Behaviour Therapy (DBT) and Mentalisation Based Therapy (MBT). There are opportunities for trainees to co-facilitate any of the above groups or workshops with a psychologist, excluding DBT and MBT (unless they have received specific training).

There is also the opportunity for trainees to spend six-months with the Sexual Behaviour Service, participating in joint assessments and the weekly team meeting.

Criminal Justice Liaison and Court Diversion Service

Forensic and general adult trainees are welcome to gain experience in this service, which is based at [Lavender Hill Magistrates Court](#) in Battersea.

Substance Misuse Support Service

Trainees are welcome to undertake additional sessions in this service, under the supervision of a consultant forensic psychiatrist.

Neuropsychiatry

Trainees can join the Neuropsychiatry Service based at St George's Hospital to gain experience in assessment and management of patients with a range of neuropsychiatric disorders.

Traumatic Stress Service

Special interest sessions with the service, based at Springfield Hospital, allows trainees to obtain specialist experience in the assessment and treatment of victims of trauma (specifically interpersonal violence) and an understanding of its relevance and applicability to forensic psychiatric practice.

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.

Supervision

Trainees have a clinical supervisor in each post in which they work, who may also be the educational supervisor for that post. The clinical supervisor timetable is expected to provide one hour of individual supervision each week, focussing on the trainee's clinical role.

Each trainee is also allocated an educational supervisor. The educational supervisor is expected to provide one hour of weekly personal supervision to help the trainee achieve the required competences. Educational supervisors give regular feedback on how an individual's training is progressing and on areas where more work and development is needed.

Trainees have a training programme director (TPD) who supports them as they progress through their training. The TPD meets regularly with the trainees to discuss their progress and any problems that arise in the course of training.

Forensic Academic Programme

The Forensic Academic Programme is held weekly. The Programme is based at the [Institute of Psychiatry](#) during academic term, and at the Shaftesbury Clinic, Springfield Hospital outside academic term. All sessions are open to trainees from across the wider training schemes. At the time of writing, the programme comprises:

A Forensic Film Club based at a public house near the Shaftesbury Clinic runs in the evening intermittently during the year, depending on interest.

The Forensic Personality Disorders Service at the Shaftesbury Clinic runs quarterly Forensic Personality Disorder Seminars to which trainees are invited if their clinical commitments allow.

There is also an internal academic meeting at the [Bracton Centre](#) which trainees may attend during placements there, subject to agreement with their supervisor.

Research opportunities

Both the Institute of Psychiatry (IOP), [Kings College](#), London and St George's University of London (SGUL) are world-class academic institutions with a strong track record of medical research. Trainees are encouraged to continue their research interests from earlier in their training, and to develop new areas of interest and expertise. A number of supervisors from across the scheme have research interests, and formal academic appointments at the IOP or SGUL.

Trainees discuss potential research interests with their educational supervisors, or with other potential research supervisors, at an early stage in their training. Both the IoP and SGUL, and to a lesser extent each of their affiliated mental health trusts, has a number of resources that can help trainees with project design, protocol registration and ethical approval if required, advice on statistical analysis, and general research guidance.

Many former trainees on the South London training scheme have completed high-quality projects which they have gone on to present locally, publish in peer-reviewed journals (sometimes very high-impact journals) and to present at national and international conferences. Some trainees have gone on to take up academic posts chiefly on the strength of their research.

Audit

Trainees are expected to take part in clinical audit during their clinical posts, as part of routine clinical governance: this is something that is assessed as part of the ARCP. Trainees can design their own audit, in consultation with their clinical supervisor, or they may prefer to participate in a departmental or Trust-wide audit that is led by others. As well as collecting, analysing and reporting data, trainees can present their findings internally and (when appropriate) externally, and to write them up for publication if they are of sufficient wider interest.

Teaching

Junior doctors and medical students attached to the forensic services greatly value teaching by the higher specialty trainees, and all trainees are strongly encouraged to take part in teaching whenever they can, according to their specific interests. For example, this might include small-group teaching within their own teams or wards; providing teaching sessions to the MDT on a specific topic; lecturing medical students at the medical schools; leading seminars for medical students; or lecturing core psychiatry trainees on the MRCPsych programme.

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

Management and leadership experience

During the three years of training, and especially in the final two years, trainees are given the opportunity to develop their management and leadership skills, as laid out in the Royal College of Psychiatrists curriculum. There are four main ways of achieving this, and trainees are encouraged to cover all four:

- Participating in routine management meetings (eg, referrals and bed management meetings, departmental management meetings, consultants' business meetings) and service development projects;
- Attending and actively participating in team reflective practice meetings;
- Acting up for the team consultant during leave and providing clinical leadership to the MDT;
- Participating in formal trainee management programmes, where offered by the Trust, and/or shadowing a clinical director or other suitable manager for a period of time.
- External management and leadership training courses suitable for trainees are offered by the [London Local Education & Training Boards](#), [the Kings Fund](#), [the Cassel Hospital](#), and by the [NHS Leadership Academy](#). Trainees are particularly encouraged to consider the Academy's [Mary Seacole Programme](#), which is a centrally-funded introductory management programme leading to a diploma in healthcare leadership, aimed at trainees and other staff at an equivalent level of experience.

External visits

Trainees are encouraged to visit different institutions to gain experience of specialist services related to forensic psychiatry. Trainee representatives may organise group visits for all trainees on the scheme. Suggestions of places to visit include:

- [The Ministry of Justice Mental Health Unit](#)
- [Grendon Underwood Therapeutic Community Prison](#)
- Black Museum, Scotland Yard
- [Old Bailey](#) (Central Criminal Court)
- Young Offender Institutions such as [HMYOI Feltham](#)
- Women's prisons such as [HMP Holloway](#) or [HMP Bronzefield](#)
- High-security prisons such as [HMP Belmarsh](#)
- Probation Service offices

Contact details

For enquiries about training in forensic psychiatry in the Trust please contact Training Programme Director, Dr Seán Whyte: sean.whyte@swlstg-tr.nhs.uk

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