



# THE CORE TRAINEE'S VOICE

'I find the closer allegiance between neuroscience and clinical practice exciting. Neuroscience is the foundation of psychiatry. As medics we specialise in the brain – that vast mass of neurons, interconnecting and forming pathways – which is the hardware of human experience.

Our patients present with symptoms of the mind – problems with memory, learning, emotion, behaviour or thought – but underlying that psychopathology is dysfunction in the brain.

A better understanding of neuroscience will enable treatments to be developed that work to correct the underlying problem, rather than managing the symptom. For our patients and the general public, this enables us to explain mental illness in a way that destigmatises it. For us as future psychiatrists, it gives both direction and inspiration.'

Claire Eccles