The Future of Medical Psychotherapy Training
An A to Z of Medical Psychotherapy Experience

Medical Psychotherapy Faculty Conference
London 24th April 2015

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The Future of Medical Psychotherapy Training..
Thinking Cradle to Grave

- Undergraduate to postgraduate therapeutic education – developing psychotherapeutic medicine
- Cradle – developmental perspective - patient
- Cradle – developmental perspective - doctor
- Grave – risk, responsibility – patient & doctor
- Grave - learning from experience – patient & doctor

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Three Rs

**Recruitment**  medical psychotherapy as **key**

**Retention**  medical psychotherapy as **glue**

**Revalidation**  medical psychotherapy as **renewal**

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Fourth R

Resilience  medical psychotherapy as container

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- CBD groups or Balint groups – one year CT1 (2010)
- Short therapy case – 12-20 sessions CT2/3 (2013)
- Longer therapy case – over 20 sessions CT2/3 (2013)
- Self reflective practice (ILO 19) CT/ST (2013)
- Medical psychotherapy leadership of core training (2015)
- Credentialing in medical psychotherapy (......)
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- Medical student Balint groups (by 2017)
- Foundation year Balint groups (including BBT)
- Core training Balint groups (continue to CT2 and CT3)
- Advanced training Balint groups & therapy cases ST4 above
- Consultant psychiatrist/specialty doctor Balint groups
- Credentialing in psychotherapy for consultant psychiatrists
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- General Adult Psychiatry Dual CCT
- Forensic Psychiatry Dual CCT
- Medical Psychotherapy Single CCT
- Child and Adolescent Psychiatry Dual CCT
- ID/LP Dual CCT?
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Well, an A to F..

Limitations..
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Affects

anxiety, aggression and attitude

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accessible, achievable and affordable

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Body

brain, behaviour and brevity

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bespoke, bearable and believable
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Cradle to grave

cure, curiosity and countertransference

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credibility, compassion and credentialing

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Defences

destructiveness, dependency and doubt

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dual, demand and delivery
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Evidence
efficacy, effectiveness and existence

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economics, equipoise and empathy

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Failure
formulation, feelings and faith

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foundations, faculties and future

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Discussion - questions about the future...

This is not a crystal ball...
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Thank you

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Drawing from Life - Psychoanalytic Pictures of Psychiatry
Medical Student Associates Page

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