



The Philosophy of the Faculty of Medical Psychotherapy

The Faculty of Medical Psychotherapy is committed to furthering understanding of, and advancing appropriate psychological treatment for, diverse forms of human distress and disorder. The approach to understanding people and the systems within which they are located integrates biological, psychological and social levels of explanation, and pays special attention to the significance of relationships in a lifespan developmental perspective. This is an approach to understanding and promoting wellbeing, as well as shaping and informing interventions for ill-health and social dysfunction. We recognise the potential significance of trauma and transitions in mental illness and of resilience in mental health.

The Faculty of Medical Psychotherapy seeks to teach and disseminate this perspective both within and outside the Royal College of Psychiatrists, and to ensure it is embedded in the training and practice of psychiatry. We encourage and support research in psychotherapy and related fields. We are committed to raising public awareness of the profound importance of relationships throughout development and in treatment. In all this we work collaboratively with our patients and with their families and friends, respecting their privacy and dignity, as well as with other colleagues, professions and organisations.

The Faculty of Medical Psychotherapy supports clinicians to deliver this approach across a range of settings including:

1. The direct delivery of clinical care to individuals to promote their recovery from mental distress;
2. The targeting of psychological and social interventions to reduce distress in families, in communities, and in the broader systems in which an individual lives;
3. The provision of clinical supervision to raise the quality of health care;
4. The provision of robust clinical governance frameworks for psychological therapy services;
5. The training of undergraduate and postgraduate medical staff;
6. The development and maintenance of psychological, social and cultural health in institutions;
7. The promotion of public understanding of mental health

Kevin Healy

Chair of the Faculty of Medical Psychotherapy

On behalf of the executive, March 2011