

## RCPsych: Applying to Higher Training Webinar

Thursday 20 November 2025 17:00 – 18:00

	Question	Answer
1	I have an MD psychiatry degree and DNB degree from India. Will that be accepted in Master's degree section?	If this has been achieved as a standard part of training, then that wouldn't usually score.
2	If research is already published in a valid and legit journal with our name and affiliation on, does it still need confirmation from our supervisor?	if you are scoring it in the publications part, you will need a copy of the article or abstract and evidence that the journal is peer reviewed. If you want to use it as evidence of participation in research, then a letter explaining your role from your supervisor is needed.
3	What are the changes this time around apart from the different weighting for the evidence and interview?	Apart from the different weighting and the requirement for GMC registration at application, there are no changes to the recruitment process from last time.
4	Would being a co-author of an undergraduate publication score points? And what would be required to evidence this?	Yes. Evidence required: Abstract/copy of publication(s) or book chapter(s) or letter.  Evidence the paper was peer reviewed, such as a screenshot from journal website or evidence of peer reviewed process or evidence of the publication should be provided (photocopy of the title page, printout of a literature search showing the reference).
5	I'm a Wales Trainee. Could I please ask which domains typically carry the greatest weight for applicants	They all have roughly equal weight. As a core trainee, the easiest thing to do is probably a QI project that you can then

	entering General Adult Psychiatry ST4, and if there are particular areas you would recommend, I focus on at this stage?	present at a conference as you can potentially score that in multiple domains. it is hard for most trainees to have multiple publications and research and teaching etc. Look through the domains and see which ones you think are most achievable
6	Does the 'maximum' number of training posts mean anything at this point?	Not at this stage. Numbers are indicative at this stage.
7	What would be the most appropriate response to choose on the self-assessment, for delivering teaching to medical students?	The teaching domain has several different "levels" of teaching. If you have delivered formal teaching, you need evidence of the teaching, evidence of feedback and something from a teaching supervisor or a programme showing your involvement
8	Will the college release data on CASC results so that we can determine a rough idea of where we stand?	For anyone taking CASC exams in January 2026, results are scheduled to be released to candidates on Friday 27th February 2026, which is part way through the recruitment process so you would have your results before making any preferences of posts.
9	If I Pass CASC by April 2026 but I wouldn't be able to complete my psychotherapy competencies by my ARCP in June 2026, and my Psychotherapy cases are still ongoing? Am I able to join ST4 in August 2026?	You need to have an outcome 6 in core training. That will be down to the ARCP panel

10	When are referees asked for references? I am considering supervisors who are currently on sick leave/are due to leave the trust/are retiring?	References will only be requested once you have accepted an offer for a post. References aren't requested before this time.
11	How can we score our evidence at this stage? we may have things still pending	Evidence needs to be "complete" by time of upload in March. There must be a cut off.
12	do we need GMC registration even to apply, or it is needed at time of taking the post	GMC registration is required when you apply for the post in the August 2026 round.
13	How much notice do we get for interviews please?	Interviews are scheduled between 26th January 2026 and 9th February 2026. interview invites are scheduled to be sent out from 7th January 2026.
14	Can we change the scores of the self-assessment in March when evidence upload comes about? For example, if I am able to complete an ongoing project between now and March?	<p>Yes, you can usually update your self-assessment score during the evidence upload window in March, provided you have new achievements that meet the criteria.</p> <p>You can't physically change the score you have awarded yourself in the system, but you can upload your evidence to show you have now achieved the higher score. Consultants can amend scores up as well as down during the verification process, and they can amend your score up in line with your new evidence. If you are still not happy with the score awarded when you receive your verified score, you can appeal this at the end of the process and ask for another review.</p>

15	Can I please ask if I am currently doing a QI project but unlikely to finish by march can I get a letter from the QI to the effect that I am doing the QI?	Live answered  It has to be completed.
16	So we can't apply at all without GMC?	Applicants need to hold full registration with the General Medical Council (GMC) at the time of application, and hold a current licence to practise on the date your post commences
17	I received an award for poster presentation during the conference. Where will this score more?	Live answered  It depends on which conference it's being presented at. If it's a national or international conference, then you're more likely to get a higher score as opposed to a regional conference.
18	Is there any evidence to suggest that those of us who did CASC a long time ago, before it counted in ST4 applications and all that mattered was passing CASC, do worse than people who have done CASC more recently? People who have taken it more recently will have been aiming for a high mark to get ST4 post, rather than just aiming to pass.	Live answered  There is no evidence to suggest that candidates who sat CASC a long time ago perform worse than those who have taken it more recently. The CASC score is always calculated relative to the candidate's cohort, which means performance is benchmarked against others sitting the exam at the same time. This approach ensures fairness and removes any disadvantage based on when the exam was taken. For candidates who sat CASC under the old process (pre-2014), where adjustments cannot be applied, they are awarded the median score of all candidates in the current round. Analysis of median CASC scores over recent years shows no significant

		upward trend, so later cohorts are not consistently achieving higher marks. Overall, the data indicates that timing of when CASC was taken does not impact outcomes.
19	I am not GMC registered yet I am not working in UK and passed paper a and paper b and had CASC in November, will I be able to apply or not please	You will not be able to apply without GMC registration. You need to hold full registration with the General Medical Council (GMC) at the time of application, and hold a current licence to practise on the date your post commences
20	When are rankings released in concordance with preferencing? I am trying to match up ST applications with my partner who is also submitting an ST application in another specialty.	Rankings will be released just prior to offers being made. We are unable to calculate final scores and rankings until the Self-Assessment process has fully completed which won't be until late March. For ST4 Psychiatry it is hard to predict offers based solely on rankings as candidates are preferencing across all regions as well as all subspecialties in Psychiatry
21	Is it The highest you score in CASC, the highest you increase your chance of getting ST4 post?	<p>Live answered</p> <p>A higher CASC score does not strongly predict your chances of getting an ST4 post. While ranking plays some role, ST4 psychiatry recruitment is highly influenced by your preferences for subspecialties and regions. Candidates with lower rankings often secure their first-choice posts if they preference less competitive specialties or locations, so overall, CASC score has limited impact compared to preference strategy.</p>

22	When are the number of posts confirmed in each locality?	Final post numbers will be loaded into Oriel for when the preferencing window opens in March
23	Are we able to amend our self-assessment score at the time of uploading evidence if we have new evidence that would count for a higher score?	Yes, you can usually update your self-assessment score during the evidence upload window in March, provided you have new achievements that meet the criteria.
24	Is there information about minimum scores required or lowest ranking successful applicant for different subspecialties in different localities?	Live answered  No, it changes year to year and it's really variable.
25	I wanted to ask can we submit ongoing QI project as evidence with a letter for the QI lead that the project is ongoing and may not be concluded until March next year	No, it needs to be fully completed or they don't score a mark.
26	About IMGs who attempted CASC in November Doha and awaiting results, can we apply without GMC registration	Live answered  No
27	can the self-assessment marks be changed later on? i.e. if we complete a project before the submission of documents, could we increase our score?	Live answered  Sometimes people upload documents that they didn't put into their original self-assessment and then will put it into an appeal if they didn't get marks from that.
28	can we find out the spread of CASC marks so that we can roughly estimate where we stand for applications?	Live answered  No, you can't reliably estimate your application standing from your CASC mark alone. ST4 applications are complex and

		influenced by factors like subspecialty and regional preferences, so ranking is hard to predict. The best approach is to preference the posts you genuinely want rather than trying to second-guess competitiveness.
29	Is there any advice on deciding whether or not to do higher training? Particularly after a rubbish time in core training some years previously, I'm not sure if higher training is a good idea.	<p>Live answered</p> <p>If core training was difficult, take time to prioritise your well-being first—higher training will always be available. Many find higher training rewarding, with more flexibility and opportunities to develop special interests, and it's considered one of the best systems globally. Ultimately, the decision should balance your readiness and personal circumstances.</p>
30	I was nominated for an award, but didn't receive it, does that help?	<p>Live answered</p> <p>No, you need to win the award.</p>
31	what is the median score?	<i>This was asked in relation to the CASC score for candidates of the 'old' (pre-2014) system, where adjustments cannot be applied. They are awarded the median score of all candidates in the current round. The median score therefore varies round to round,</i>
32	If I received a merit at medical school (top 10percent in the 4th year of medical school) - would it be possible to use an official email from my medical	In some UK medical schools, and if you studied in the UK and have lost your transcript, you can request a new transcript

	school informing me of this as evidence if I can't find my medical school transcript.	from your university. They may charge for this (sometimes about £10). It is recommended to get a new transcript.
33	I was leading a clinic in India, continue to do so, but work in UK as SAS doctor, does this help in leadership role	<p>Live answered</p> <p>You need to be appointed to a specific leadership role, You can't just say you led a clinic or a team but actually have obtained a leadership position.</p>
34	Thanks for a great session. Just to double check, can one audit project can be used in two domains such as international presentation and regional change?	<p>Live answered</p> <p>You can use the same example in two domains, but you cannot use the same evidence in both domains, it has to be different evidence from different parts of the audit. For example, under the domain of audit use the actual audit they have done that resulted in change with a certificate and then if they have presented the audit afterwards they can also score it under the presentation domain, but in this one upload evidence of the poster presented and the acceptance letter from the Congress (so not upload the actual audit again) and they would score under both domains as they have used different evidence. One of the common mistakes we have is candidates score themselves under these 2 domains for e.g, but upload the same audit evidence under both and we can't accept the same pieces of evidence twice, so they lose marks in one of the domains.</p>



35	Can you tell us about which locations or subspecialty are more popular or heavily subscribed?	<p>Live answered</p> <p>London is usually- the most heavily subscribed place but it does vary from year to year so you can have a look at the websites to try and figure some of them out.</p>
36	So for evidence such as being a leader, eg scout or girl guide group when much younger, what sort of evidence should we prep for? Can a support or reference letter serve as evidence? Can one use an old reference letter?	<p>Live answered</p> <p>Yes, you can use a reference letter as long as it's signed on a formal headed paper from that organisation then it would be seen as evidence.</p>
37	if I have master's degree in another specialty from a different country, will that be counted?	<p>Live answered</p> <p>It depends on what the Master's degrees is. Generally, they check if the Postgraduate degree is relevant to medicine. The fact that the degree is from a difference country is not a problem as long as you have the certificate from a recognised university and it hasn't been downloaded off the internet.</p>
38	Can I talk in interview about working in a non-psychiatry specialty? I work as a specialty doctor in a different specialty	<p>Yes, if it is relevant to the question. The questions are designed to be non-specialty specific (mainly in Psychiatry) but there's nothing to stop somebody using examples from working in another specialty when discussing team working as one.</p>
39	I am doing a Medical education diploma Does it carry a big weight in ST4 for General adult if it will be completed by March 2027?	<p>Live answered</p> <p>No, you would need to have completed the qualification. But if you're doing a Medical Education Diploma then you may have done some projects along the way that you may be able to use</p>

		in the teaching domain, but you wouldn't be able to use the actual diploma until you receive it.
40	Can a certificate for presentation at international congress count towards evidence for international presentation?	<p>Live answered</p> <p>Yes, if people from different countries have attended then it counts even if it was held in your hometown.</p>
41	For the evidence, can an electronic signed letter saved as PDF count? Or does it need to be on paper?	<p>Live answered</p> <p>Yes, as long as it is a formal letter from the organisation as most letters are now sent in via PDF.</p>
42	Does presenting an audit to a local trust clinical governance team count?	<p>Live answered</p> <p>Yes, in the audit project section.</p>
43	Any advice on how to prepare when not working in psychiatry? I have completed core training 4 years ago but not worked in psychiatry	<p>Start collating your Self-Assessment evidence early if it is from areas of work, you may have completed in Core Training or before, to ensure you still have access to everything ready for the upload window opening. For the interviews, the stem questions will be published on our website at the following page <a href="https://medical.hee.nhs.uk/medical-training-recruitment/medical-specialty-training/psychiatry/higher-psychiatry-training/overview-of-higher-psychiatry-training/interviews">https://medical.hee.nhs.uk/medical-training-recruitment/medical-specialty-training/psychiatry/higher-psychiatry-training/overview-of-higher-psychiatry-training/interviews</a> a week before the interview window opens, make sure you access these and maybe book in some time with your current supervisor to go through some</p>

		interview prep beforehand. There are also some general tips about preparing for your interview and how the interviews will run on this page.
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