

‘Medical Treatment of the Soul’ my best career choice ever!



Sharon Nightingale

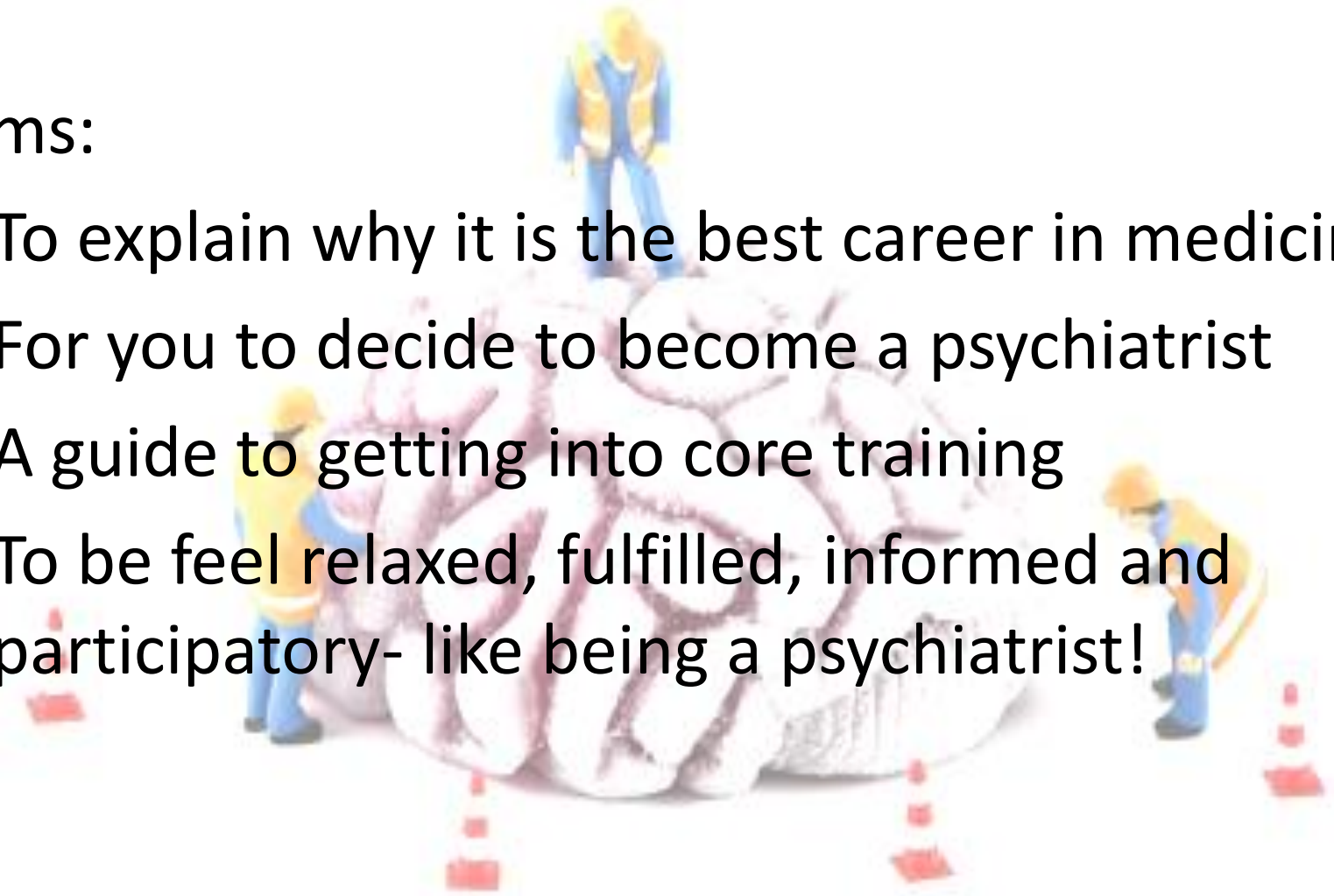
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Becoming and being a Psychiatrist

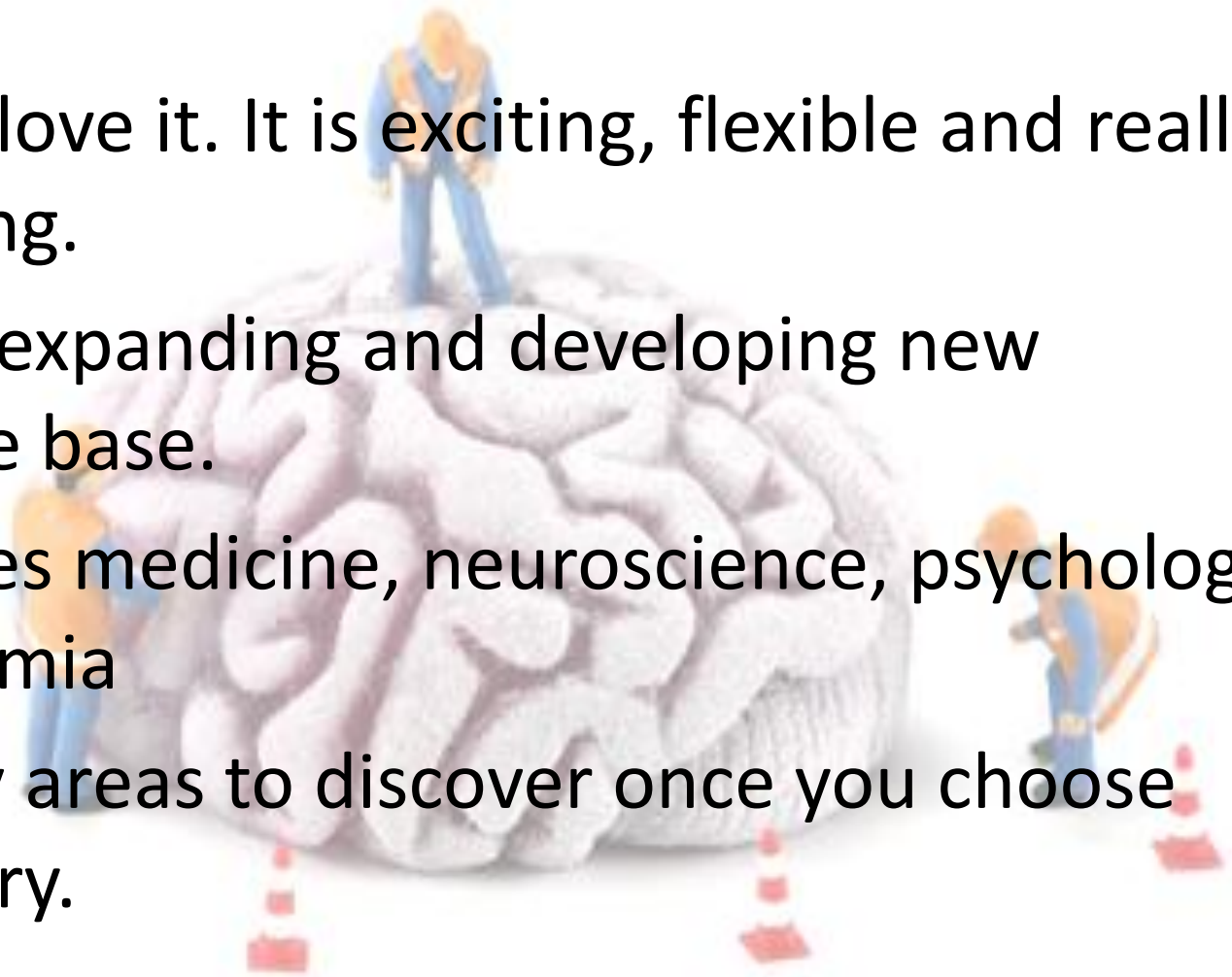
Aims:

- To explain why it is the best career in medicine
- For you to decide to become a psychiatrist
- A guide to getting into core training
- To be feel relaxed, fulfilled, informed and participatory- like being a psychiatrist!



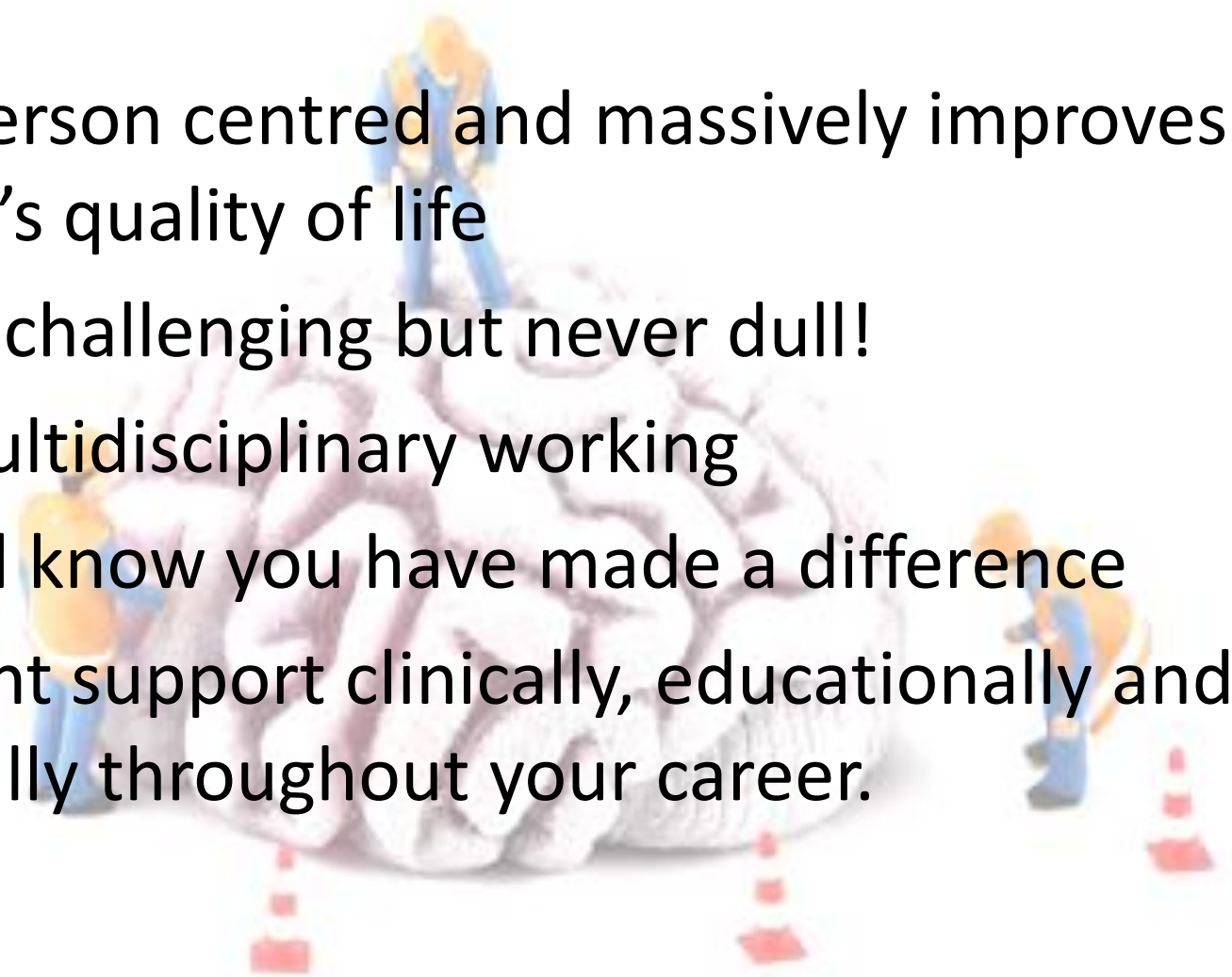
Psychiatry as a Career

- You will love it. It is exciting, flexible and really rewarding.
- Forever expanding and developing new evidence base.
- Combines medicine, neuroscience, psychology & academia
- So many areas to discover once you choose psychiatry.



Psychiatry as a Career

- Truly person centred and massively improves patient's quality of life
- Can be challenging but never dull!
- Real multidisciplinary working
- You will know you have made a difference
- Excellent support clinically, educationally and pastorally throughout your career.



No Health without Mental health



'1 in 4 people, like me, have a mental health problem. Many more people have a problem with that.' "I'd never heard the word before, but for the first time I had a diagnosis that explains the massive highs and miserable lows I've lived with all my life."

No Health without Mental health



“The clinic was probably the best thing that could have happened because I felt safe there. I had counselling and started to recover.”

The Life of the Trainee

..Multidisciplinary Team Work

..Teaching

.. Regular Supervision

..Psychotherapy

..Audit

..Different work environments

..Broad scope of specialties



Giving the CV a boost...

- Work Experience
 - F1 and F2 placements are available will very good feedback from GMC survey for the West Yorkshire Foundation School
 - Many more F1 and F2 placements planned nationally from 2013 to 2015
 - If not possible, apply for taster days in foundation
- Audit Experience
 - FY Audit around mental health issues
- Be a free student associate of Royal College of Psychiatrists
 - <http://www.rcpsych.ac.uk/discoverpsychiatry/studentassociates.aspx>
- Generic Skills
 - Team Worker
 - Leader and Communicator
 - Teacher

Don't forget to give evidence of these skills!



Signposts to aid training in psychiatry

- Yorkshire School of Psychiatry
 - www.yorksandhumberdeanery.nhs.uk/psychiatry
 - Royal College of Psychiatry
 - www.rcpsych.ac.uk/specialitytraining
 - Taster days in Foundation Years (contact me)
 - ?Questions
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