Be the brightest
Be the best

Psychiatric Training Committee (PTC)
Dr Chris Walsh, PTC Chair
New Trainee Welcome Talk
Welcome!
The Structure of Organisations in Psychiatry Training

**The College [RCPsych]**
- Designs training
- Creates curricula
- Formulates assessment methods (WPBAs etc.)
- Manages the e-Portfolio
- Sets standards for training
- Provides examinations

**The Deanery or ‘School’**
Deliver training regionally to psych. Trainees in NI. As NI is a devolved nation with regards to the RCPsych, they liaise back and forward with the college.
- Organise ARCP process
- Delivering MRCPsych Teaching Programme
- Organising Study Leave

**The BMA**
A separate organisation which can offer advice and mediation with regards to contracts, rotas etc.
Membership is optional.

**The Trust**
Trainees are seconded (Single Lead Employer) by the deanery or employed directly by the trust to work and train.
- Delivering local teaching
- Clinical and educational supervision
- Rotas
- Annual leave
The Structure of the PTC

Psychiatry Trainees  
[You!]

PTC Committee
- Meet 3-Monthly
- In constant contact via informal channels

Direct Access to Main College Stakeholders
Chief Examiner, Dean for Curricula, College Dean, Training Management Department, Events Department Etc.

Your Local Reps
[Part of ~40 Elected PTC Reps. Across UK]

The Deanery
[‘School’]

Faculties, Specialist Interest Groups, Sub-Committees
- We will discuss this on a later slide
- Everything from Addictions to Digital Psychiatry

Separate Formal And Informal Links Separate To The RCPsych PTC
Main Roles of the PTC

1. Making sure trainees are supported locally in their localities - knowing there is always someone to talk to about how training works, how systems are approached and who to talk to if you have any queries.

2. Above this, we feed back to the College on major issues such as curriculum development, exams, dual training etc. where we as a committee have meetings with the various deans and committees of the college.

3. To improve and retain quality trainees in psychiatry (Choose Psychiatry).

To improve the training that psychiatrists get in the UK, which has the knock-on effect of improving patient care.
The Psychiatric Trainees’ Committee (PTC) invites submissions for poster presentations at our 2022 Trainees’ Conference.

**Instructions**

Whether it’s your own work, or that of your organisation, we’re keen to hear about transitions you or others have experienced. The conference on transitions is characterised by four ‘themes’ of transition (Limbic, Frontal, Temporal, and Cerebellar lines), so please consider which line your work falls under, and think outside the box about what you are presenting and how you present it!

**Step 1**
Go to [www.traineeconference.co.uk](http://www.traineeconference.co.uk)

**Step 2**
Write your abstract

**Step 3**
Submit before closing at 5pm on Thursday 7 April

**Step 4**
You will be informed of the outcome by Friday 22 April

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**RCPsych Trainees’ Conference 2022**

**Mind The Gap**

Navigating Transitions as a Psychiatry Trainee

**Thu 26 & Fri 27 May 2022**

RCPsych HQ, Prescot Street, London

Face-To-Face (COVID Permitting)

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**Class / Ticket Type**

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**RCPsych Trainees Conference 2022**

A series of keynotes and workshops on a variety of transitions trainees face.

ALL PERMITTED: Limbic, Frontal, Temporal, and Cerebellar Lines

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**Content Line**

- Resilience
- Loss During COVID
- Friendships
- Being An IMG
- Disability
- Changing Grade
- Changing Location
- Job Satisfaction
- Lived Experience
- #Choose Psychiatry
- ARCP
- Our Defences
- Burnout
- Coming Out
- Becoming A Parent
- Caring For Others

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**26/05/22**

National Psychiatry Trainees Conference 2022

**Conference Title**

'MIND THE GAP'

**Location**

RCPsych, Prescot Street, London
Psychiatry: Beyond the Prescription

National Trainees’ Conference 2023

The Psychiatric Trainees’ Committee (PTC) is a National Committee of 40-50 representatives of psychiatry trainees in all parts of the UK in specialist groups.

If you’re a current psychiatry trainee – we are here for you! We represent you within and outside the College, and our number one priority this year is to improve our engagement with you. We understand the anxieties you may have had about your training and career progression, and we will continue to represent you within the College to make things as streamlined and trainee-friendly as possible. We do this by having representation across the College committees and working closely with the training and workforce team at the College.

Why not have a look at our website HERE, or view our ‘PTC and You’ pamphlet by clicking on the link to the right, to find out more about what we do and how to get involved!

We are really excited to see you at the RCPsych National Trainees’ Conference 2023!
We are so excited to share with you the amazing range of speakers and workshops which will be available across our two day conference. This is a provisional programme of confirmed speakers. Further speakers will be added and the final programme will be released in due course.

We were passionate to being together a blend of Welsh and National speakers to this event so that whether you’re travelling to, or are living in Cardiff, there will be a fantastic programme for you to enjoy.

Dr John Moore
PTC Secretary 2023

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<th>Programme</th>
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<td>Dr Pratima Singh</td>
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<td>Dr Amelia Lyons &amp; Dr Seb Viola</td>
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<td>Dr Chris Walsh</td>
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<td>Prof. John Crichton</td>
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<td>Ms Zoe Barber</td>
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<td>Dr Shahid Latif</td>
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Keynote Talk

Workshop
What’s happening with wellbeing where you are?

Dr Sangbarta Chattopadhyay explores trainee-led wellbeing projects that have developed innovative ways for trainees to connect, support and mentor each other across the UK.

We, the FTC, are keen to focus on tangible wellbeing initiatives that can make a real difference. But what do these initiatives look like? Do they always have to be as formal as therapy sessions or seminars?

Here, our trainee peers talk about their local trainee-led initiatives, and demonstrate how even simple ways of supporting one another can go a long way.

**Thames Valley, England**

**Dr Daniela Almeida Borges:**

“In the Thames Valley region, we have set up Trainees4Trainees (T4T), which facilitates peer support groups accessible to doctors in Foundation and Specialty training.

Group-based peer support and reflective practice are interventions known to reduce clinician burnout and optimise wellbeing. In this trainee-led project, we support the creation of 45-minute online group sessions facilitated by two trainees with special training in peer support. Trainees can use these sessions to discuss challenging experiences and think about their emotional responses in a supportive and validating environment.

Our trainee facilitators themselves are supported with 90-minute group training sessions and access to regular supervision from a consultant psychiatrist. We have run a variety of workshops, including a ‘Bake-off bonanza’ and a ‘Football fun night’, as well as a mindfulness session and a photography competition. Feedback has been overwhelmingly positive. We have organised social events to connect trainees praising its accessibility and reduced feelings that doctors experience overwhelming anxiety and distress in the context of stress, burnout, and job dissatisfaction.

Dr Masroor Phulpoto, Dr Jen Walker, Dr Alex Todd:

“In our trust, we have many well-attended events. These were open to and have involved trainees from both Foundation and higher grades. We have hosted several successful and well-attended events. These included a quiz night, a ‘Health and Wellbeing’ workshop and a photography competition. Our trainee facilitators have been extremely positive.”

Leverndale began to recognise a need for a structured environment, an inclusive voice and a supplementary layer of support in the context of stress, burnout, and job dissatisfaction. In Northern Ireland, we have hosted several successful and well-attended events. These included a quiz night, a ‘Health and Wellbeing’ workshop and a photography competition. Our trainee facilitators have been extremely positive.”

**The Reissue:**

Spring 2023 – Issue 4. The Reissue is intended to address feedback and concerns raised by trainees regarding the content, format, and availability of the magazine. It includes interviews with fellow trainees and other key thinkers, as well as reflections on the impact of the pandemic on wellbeing. The Reissue aims to provide an inclusive platform for trainees to share their experiences and insights, and to promote the importance of self-care and resilience in the face of ongoing challenges. Through this issue, we aim to foster a sense of community and mutual support among trainees, encouraging open and honest conversations about wellbeing and mental health.
Talks And Workshops On Developments In Psychiatry in Northern Ireland and Beyond

RCPsych NI Annual Trainees’ Conference 2022

Wednesday 8th June 2022, Face-To-Face

Innovation Factory, Forthriver Business Park, 385 Springfield Rd, Belfast BT12 7DG

*And other puns from famous psychiatrists in EMQs

### Talks

- **‘Cade’** You Tell Us What Might Be Coming?
  - An Update on the MHA/MCA
  - Dr Adrian East
  - Consultant Forensic Psychiatrist

- **‘Jung’ Babies**
  - Northern Ireland’s Evolving Perinatal Service
  - Dr Keira Walsh
  - Consultant Perinatal Psychiatrist

- **What We ‘Maynert’ See**
  - Sensitively and Knowledgeably Approaching our Transgender Patients
  - Mr John O’Doherty
  - The Rainbow Project

- **‘Beck’ To Basics Of Diagnosis**
  - How Will ICD-11 Change My Practice as a Psychiatry Trainee?
  - Dr Conor Barton
  - Consultant Old-Age Psychiatrist

- **‘Klein-ing’ Out Of A Restrictive Past**
  - Evolving Approaches In Eating Disorder
  - Dr David Coyle
  - Regional Eating Disorder Consultant

- **‘Meyer’ The Future Be Bright**
  - Navigating The Mental Health Strategy 2021-2031
  - Dr Richard Wilson
  - Chair, RCPsych Northern Ireland

- **‘Laing’ The Groundwork**
  - The New Curriculum - Why, How and When?
  - Dr Ross Runicman
  - Portfolio and Curriculum Mastermind

### Workshops

- **Start Giving A ‘Kraeplin’ About Yourself**
  - How To Do What We Tell Patients To Do (and Don’t Do Ourselves)

- **Climbing Up The ‘Adler’**
  - The College’s Position Statement on Personality Disorder Services
# RCPsych NI Trainees’ Conference

**Keynote Addresses From:**

- **Dr Suhana Ahmed**
  - Clinical Director and Mentor
- **Dr Mark Finnerty**
  - Consultant and Special Interest in ECT
- **Dr Lade Smith CBE**
  - RCPsych President Elect, Change-Maker
- **Prof. Siobhan O’Neill**
  - NI Mental Health Champion
- **Mr Timothy Sharkey BL**
  - & Dr John Sharkey
  - Barrister and Medico-legal Psychiatrist

**Watch our video for this event by scanning or clicking the QR code.**

**BOOK HERE**

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<tr>
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**Details**

- **Wednesday 7th June 2023**
- 09:30 - 16:30
- Europa Hotel, Belfast
- £90 - Trainees/SAS
- £132.50 - Consultants

**Poster details:**

- **RCPSYCH ROYAL COLLEGE OF PSYCHIATRISTS LOGO AND BRAND GUIDELINES**
- **Our Logomark**
- Wherever possible our logomark should primarily always be used on a white background and displayed as below.
- When used online the logomark should always appear top left to provide clear visibility for the viewer.
What does that mean for you?

Now that you are starting higher training, there are lots of moving parts of training, from study leave, to supervisors reports, building your CV, PDP - everything is completely manageable and really enjoyable if you feel you are on the right track and know what to do.

We aim to build relationships with you via supporting you in whatever way we can to settle into psychiatry training and feel confident in what you’re doing. Please contact us! We can point you in the right direction of who to speak to, connect you with another trainee with experience, or chat to your ourselves if we can help.
What does that mean for you? [2]

The next step would be to help you to get involved with the College in terms of *areas which interest you*, so that you can build links, get involved with projects, and start to build your CV.

These include:

- Being part of running **regional educational events**.
- Being part of running the **national PTC conference**.
- Being linked to an educational sub-group/**specialist interest group** (LGBTQI+ [Rainbow], Quality Improvement, Digital Psychiatry, Women and Mental Health).
- Being linked to a **Faculty within the college** (including Neuropsychiatry, Eating Disorders, Addictions, Forensic, Psychotherapy and Academic).
Please give us a shout!

Chris Walsh
chriswalshpsych@gmail.com

General Enquiries
PTCsupport@rcpsych.ac.uk