

The Medical Psychotherapy Faculty of the Royal College of Psychiatrists

DR JO O'REILLY

RCPSYCH CHAIR MEDICAL PSYCHOTHERAPY FACULTY

Dr Jo O'Reilly

Medical Psychotherapy Faculty Executive Committee

- ▶ Chair- Jo O'Reilly.
- ▶ Vice Chair Rachel Gibbons
- ▶ SAC Chair Judith Mirsky
- ▶ Finance Officer Thomas Hillen
- ▶ 14 Elected and 14 Co-opted committee members
- ▶ 3 Patient and carer reps
- ▶ 13 Regional Reps
- ▶ 1 PTC Rep
- ▶ Faculty Manager- Hayley Shaw. College staff
- ▶ All posts are voluntary, and for 4 years

Medical Psychotherapy Executive Committee

- ▶ Meet 3x / year, one strategy day/ year.
- ▶ Much of work undertaken in working groups, often in member's own time. The work has to be meaningful and enjoyable.
- ▶ Focus upon the optimising our creative potential as a group. What is our primary task? What do members want to achieve?
- ▶ Chair's role: member of college Council, Faculty Chairs meetings and joint projects, Policy and Public Affairs Cttee (PPAC) , PPAC editorial board
- ▶ Opportunity to develop, support and influence college strategy propose initiatives whilst representing the faculty
- ▶ Parity of esteem campaign standing item at PPAC

MP Faculty Strategy 2024

- ▶ **Primary Task:**
- ▶ **“Developing, integrating and sustaining psychotherapeutic practice within the heart of psychiatry for the benefit of patient care and to support staff to thrive in their work”**

- **Achieved through..**
- Collaboration with our colleagues, patients and carers
- Promoting an approach to psychiatry as a biopsychosocial discipline
- Working within psychiatric settings to contribute to the holistic care of patients
- Working within and developing psychological therapy services offering treatment across a wide range of mental health conditions and complexity
- Training psychiatrists in psychotherapeutic, reflective and relational skills
- Actively supporting the recruitment, retention and wellbeing of the workforce.
- Contributing to the understanding of organisational dynamics and demonstrating leadership in promoting a healthy culture within mental health services

Pillars and Activities

Patient Care and Clinical Services	Workforce	Training and Education	Academic and Research Activities	Communications and Influence
<ol style="list-style-type: none"> Promote BPS Formulation and clinical relationships at the centre of psychiatric care Promote equitable access to a range of psychological therapies 	Actively support recruitment and retention	To train psychotherapeutically skilled psychiatrists able to work in a range of settings and to develop the MP workforce	Develop academic and research activities and contribute to evidence base	To promote psychological understanding and psychotherapeutic practice across psychiatry towards influencing RCPsych policy and communications
Data collection re services, formulation, Parity of esteem campaign, personality disorder and stigma, patient safety group, psychedelic assisted psychotherapy advisory group	Med student psychotherapy schemes, consultant job planning, Choose psychiatry, Psych stars, Reflective practice, impact of suicide, homicide, SUIs, menopause and wellbeing cttes, ethnicity and diversity	MP Specialist advisory committee- curriculum, psychotherapy training, access to the MP Specialist register (CESR/ SSG process) formulation skills in training, promote dual training	Annual Faculty conference. Psychodynamic psychiatry day, publications, seminars for faculty members. Lack academic posts and research activities	Network of faculty members (4.5k) and regional reps, newsletter and seminars, links across faculties, sustainability, college council, PPAC, Publications team, psychological profession network

Working groups and committees

- ▶ Parity of Esteem For Psychological Thinking within a Biopsychosocial approach to psychiatry
- ▶ Specialist Advisory Committee (SAC)
- ▶ Academic Secretaries and Conference Planning
- ▶ Choose Psychiatry Campaign
- ▶ Mapping Consultant Medical Psychotherapy Posts
- ▶ Data Collection for secondary care psychological therapies across the UK
- ▶ Trainees Group
- ▶ Regional Reps Committee
- ▶ Ethnicity and Diversity
- ▶ Sustainability

Working Groups 2

- ▶ National Psychological Professions
- ▶ Wellbeing Group
- ▶ Personality Disorder and Stigma
- ▶ Psychedelic Assisted Psychotherapy
- ▶ Supporting Doctors Under Investigation
- ▶ Resources for medical students
- ▶ Gap- research/ NICE response group

Parity of esteem within the biopsychosocial model: is psychiatry still a psychological profession? Jo O'Reilly,¹ Rachel Gibbons,² Simon Heyland,³ Jessica Yakeley. BJPsych Bulletin Editorial BJPsych Bulletin (2023) Page 1 of 6, doi:10.1192/bjb.2023.62

The mourning process and its importance in mental illness: a psychoanalytic understanding of psychiatric diagnosis and classification, Rachel Gibbons BJPsych Advances, RCPsych article of the month for March 2024.

Demitting and Newly Elected Committee Members

Demitting

Sophie Atwood, Anne Cooper, Vikram Luthra, Miomir Milanovic, Pamela Peters, Mark Morris

Newly Elected

Dr Parveen Bains, Dr Dan Beales, Dr Katharine Coulthard, Dr Florence Dalton, Dr Thomas Dewhurst, Dr Gerti Stegen, Dr Giles Story

Importance committee represents psychiatrists working in a range of settings across psychiatry, regions and is culturally diverse