



The Medical Psychotherapy Faculty of the Royal College of Psychiatrists

DR JESSICA YAKELEY

RCPSYCH CHAIR MEDICAL PSYCHOTHERAPY FACULTY

Thank yous and welcomes

- ▶ Thank you to the outgoing:
 - ▶ Chair: Dr Jo O'Reilly
 - ▶ Vice Chair: Dr Rachel Gibbons
- ▶ Welcome to the newly elected:
 - ▶ Chair: Dr Jessica Yakeley
 - ▶ Vice Chair: Dr Vikram Luthra
 - ▶ Members:
 - ▶ Dr Sophie Atwood
 - ▶ Dr Tom Cant
 - ▶ Dr Dimitrios Chartonas
 - ▶ Dr Reena Manghnani
 - ▶ Dr Beena Rajkumar

Medical Psychotherapy Faculty Executive Committee

- ▶ Chair Jessica Yakeley
- ▶ Vice Chair Vikram Luthra
- ▶ SAC Chair Judith Mirsky
- ▶ Finance Officer Thomas Hillen
- ▶ 14 Elected and 14 Co-opted committee members- not all MPs/working in MP posts
- ▶ 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

Current committee members

Member	Year of joining	Position
Dr Jessica Yakeley	2026 (E)	Chair
Dr Vikram Luthra	2026 (E)	Vice Chair
Dr Thomas Hillen	2024 (E)	Financial Officer
Dr Haroula Konstantinidou	2026 (C)	Academic Secretary
Dr Pamela Peters	2026 (C)	Academic Secretary
Dr Zainab Abdul Hameed	2025 (C)	Committee Member
Dr Sophie Atwood	2026 (E)	Committee Member
Dr Parveen Bains	2024 (E)	Committee Member
Dr Hennah Bashir	2025 (C)	Equity Champion
Dr Daniel Beales	2024 (E)	Committee Member
Dr David Bell	2024 (C)	Northern Ireland
Dr Richard Bunn	2025 (C)	Committee Member
Dr Tom Cant	2026 (E)	Committee Member
Dr Dimitrios Chartonas	2026 (E)	Committee Member
Dr Anne Cooper	2026 (C)	Committee Member
Dr Katharine Coulthard	2024 (E)	Committee Member
Dr Florence Dalton	2024 (E)	Committee Member

Current committee members

Dr Karrish Devan	2025 (C)	Committee Member
Dr Thomas Dewhurst	2024 (E)	Committee Member
Dr Jennifer Dunn	2024 (C)	Committee Member
Dr Alasdair Forrest	2022 (A)	Scotland
Mrs Lucy Jenkinson	2026	Patient Representative
Dr Reena Manghnani	2026 (E)	Committee Member
Dr Katherine Claire McGinn	2025 (C)	Committee Member
Dr Judith Mirsky	2023 (C)	SAC Chair
Dr Josephine O'Reilly	2026 (C)	Immediate Past Chair
Dr Juan Perez-Olaizola	2025 (C)	Committee Member
Dr Beena Rajkumar	2026 (E)	Committee Member
Dr Louise Robinson	2024 (C)	Sustainability Champion
Ms Janet Seale	2023 (A)	Carers Representative
Dr Gerti Stegen	2024 (E)	Committee Member
Dr Giles Story	2024 (E)	Committee Member
Dr Sebastiao Viola	2020 (C)	Committee Member
Dr Svetlin Vrabtchev	2013 (C)	Committee Member

Medical Psychotherapy Executive Committee

- ▶ Meet 3x / year, one strategy day/ year, all in person at RCPsych London.
- ▶ Projects developed within 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, Opportunity to develop, support and influence college strategy propose initiatives whilst representing the faculty
- ▶ Vice Chair's role: Policy and Public Affairs Cttee (PPAC) , PPAC editorial board. Works very closely with Chair
- ▶ Parity of esteem campaign standing item at PPAC

MP Faculty Strategy 2026-2030

- ▶ **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
- Promoting sustainable practice throughout medical psychotherapy
- Consider the use of technologies and AI within medical psychotherapeutic work

Pillars and Activities

Patient Care and Clinical Services	Workforce	Training and Education	Academic and Research Activities	Communications and Influence
- 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 regarding services analysed; recommendations from personality disorder and stigma work pending; psychedelic assisted psychotherapy position statement completed; formulation skills across the College guidance, template, & CPD module completed; ongoing contribution to assisted dying work; contribution to statement on regulation of psychotherapists; NHSE safety planning contribution completed. Addressing impact of non-recent child sexual abuse on adult survivor's mental health position statement – completed.	Completed: Consultant job planning and CPD activities papers CR207 & OP98, Guidance on supporting psychiatrists affected by patient suicide, Guidance on supporting psychiatrists under and investigation, Ethnicity and diversity survey, Contribution to Menopause statement, Violence and aggression survey, Ongoing discussions re workforce expansion and increase training posts; links established with the College Wellbeing Committee; Online monthly group for MP continues	Completed: Specialty Specific Guidance; Portfolio route standards; Paper B psychotherapy syllabus; Formulation for WPBA; Exam questions updated; CASC Writing panel involvement- new medical psychotherapy stations Guidance on resident doctors psychotherapy capabilities; Continued: Psych Star scheme, psychotherapy tutor email group, and resident doctor conference Cross-faculty seminar series approved –to start November 2026	Academic and Research Working Group established; Faculty Research Day July 2026; Psychodynamic psychotherapy position statement (in process); Support for evidence base documents on psychological therapies & RP; survey on psychiatrists' views of personal psychotherapy in analysis; Faculty publications and research activity continue across multiple areas.	Network of faculty members (4.5k) and regional reps; Newsletter; Links across faculties, Wellbeing Ctte, college council, PPAC, Publications team, National Psychological Profession Working Group, RCPsych Accreditation Program for Psychological Therapies (APPTS); PEEPS working group established; Annual residential conference, final Psychodynamic Psychiatry Day, and trainer and trainee conference completed; Psychotherapy seminar series piloted & authorised

Current working groups

Area	Current focus	Lead or owner
SAC	Training, curriculum, portfolio route, exam syllabus, resident doctor capabilities, supervisor guidance, credentialing questions, and higher training recruitment.	Judith Mirsky
PEEPS	Representation of partially represented, emerging, and evidence based psychotherapies, including CBT, systemic, MBT, DBT, schema therapy, open dialogue, and other approaches.	Katharine Coulthard and Anne Cooper
Academic and Research	Research day, psychodynamic psychotherapy position statement, research network development, small grants, and publications.	Giles Story with Dan Beales
Psychotherapy seminar series	Cross Faculty seminar series through College learning and events structures.	Vikram Luthra
Sustainability	Faculty contribution to sustainability and links with wider College work.	Nora Gribbin
Conference planning	Faculty conference on Body Mind Integration, 3 to 4 September 2026, and future academic secretary arrangements.	Sophie Atwood, Parveen Bains, Anne Cooper, Vikram Luthra (outgoing secretaries) Haroula Konstantinidou and Pamela Peters (current secretaries)

Current working groups

Newsletter	Faculty newsletter and communication with members.	Parveen Bains, succession in progress
Violence and aggression	Survey, presentation, and potential research strand on violence and aggression experienced by psychiatrists.	Thomas Hillen
Psychological Professions and PPN	Strategic links with national psychological professions and Psychological Professions Network.	Vikram Luthra, Cath Smith, William Burbridge James
Wellbeing Committee links	Doctors under investigation, coroners, suicide and homicide impact, and broader clinician wellbeing work.	Rachel Gibbons, Vikram Luthra, Bessie Venables
Resident doctors	Resident doctor psychotherapy training, conference activity, and training concerns.	Resident doctor representatives
Online monthly group	Supportive online group for medical psychotherapists.	Mark Morris

Workstreams requiring decision or new leadership

Area	Current focus
ACCOMP	Succession is needed and the Faculty needs to decide whether and how this work should continue.
Psychedelic psychotherapy	Position statement and guidance launched. Ongoing Faculty leadership is needed for future queries and developments.
Medical student engagement	Proposed working group linked to MSPS and medical student psychotherapy activity.
Access and waiting times	Potential group using four nations survey data to develop a blueprint for psychological therapy pathways.
Digital and AI	Emerging work on AI tools as therapists, process notes, reflective notes, and case write ups.
Credentialing	Requires a coherent Faculty position linking modality specific proposals to psychotherapeutic psychiatry and SSG routes
Wales workforce	Requires continued focus because of absent or minimal provision.
Suicide and homicide resources	Resources must remain visible and accessible on College and Faculty webpages. Requires ongoing lead for this work

President's priorities 2026-2029

- ▶ Seven Priority Areas

- ▶ 1. Clinical Effectiveness
- ▶ 2. Safer Mental Health Services
- ▶ 3. Applying Research
- ▶ 4. Early Life Mental Health
- ▶ 5. Wider Determinants of Mental Health
- ▶ 6. Physical Activity and Lifestyle Determinants
- ▶ 7. Integrated Care

Priorities MP Faculty 2026-2030

- ▶ Working closely with colleagues across faculties to promote psychotherapeutic approaches to psychiatry – emphasis on holistic biopsychosocial formulation, containing clinical relationships and reflective practice spaces for staff
- ▶ Increase MP training and consultant posts
- ▶ Address inequities in service provision for broad range of psychological therapies across UK
- ▶ Enhance diversity within faculty including wider range of psychological therapies
- ▶ Develop academic activity and training posts
- ▶ Digital and AI work – impact on our work
- ▶ Internal/External training courses and faculty input