

Improving Preparedness for the Psychotherapy Long Case Among Resident Doctors in Core Psychiatry Training: A Quality Improvement Project

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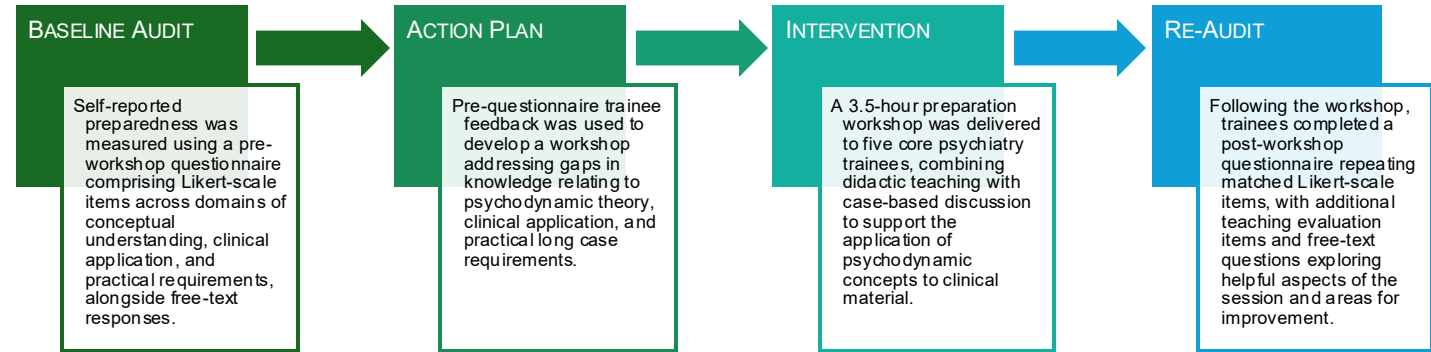
INTRODUCTION

Completion of a psychotherapy long case, defined as a minimum of twenty therapy sessions, is a mandatory requirement of Core Psychiatry Training, with psychodynamic psychotherapy commonly used as the therapeutic modality. Despite this, trainees frequently report low confidence in their understanding of psychodynamic concepts and their application in clinical practice, indicating a need for targeted teaching.

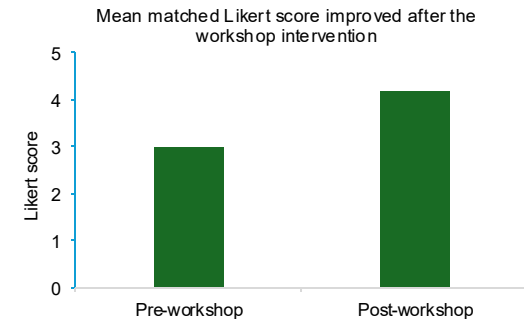
AIMS

To improve core psychiatry trainees' perceived preparedness for the psychotherapy long case through a structured preparation workshop.

METHOD



RESULTS



Mean Likert-scale scores across matched domains improved from 2.97 pre-intervention to 4.17 post-intervention, demonstrating a shift from neutral to positive agreement across multiple domains, including conceptual understanding, a application of psychodynamic techniques, and awareness of practical requirements.

QUALITATIVE FEEDBACK

Helpful Aspects	Areas for improvement
<i>"The clinical scenario was very helpful to learn how to apply the concepts discussed."</i>	<i>"Clarification of practicalities of completing long case within training time."</i>
<i>"Using the case example to highlight different psychodynamic processes."</i>	<i>"Practicalities of the process of joining a group and what the current availability is."</i>

CONCLUSION

A brief, structured psychodynamic teaching intervention was associated with improvements in self-reported preparedness for the psychotherapy long case across multiple domains. Further evaluation with larger cohorts and objective outcome measures is warranted.

DECLARATIONS & GOVERNANCE

Declaration of interest: None declared.
Funding: No financial sponsorship was received for this project.
Governance: Approved by the Trust as a quality improvement project.