RCPsych: Foundation Doctor Conference 2026

15 October 09:00 – 16:00

	Question	Answer
1	For run through training e.g. CAMHS, does every trust offer this? if not, do you know which areas of the UK offer it?	Live answered at 00:28:55
2	Would it be better to do a couple of taster days in each subspecialty or a week/2 weeks in one	Live answered at 00:30:01
3	Can you talk more about clinical fellowships? Is it possible to do one abroad?	Live answered at 00:34:02
4	With specialty combinations for dual training (e.g. Child and Adolescent with medical psychotherapy), if you start on a single training pathway as the combination you want isn't available in a region then can you switch or add in another specialty at a later stage in your training?	Live answered at 00:48:30
5	If someone chooses to do dual training, are they limited to having patients that fit both sub-specialties, e.g. exclusively treating children and adolescents with learning disabilities? Or can they work with children without learning disabilities, and then separately with adults with learning disabilities?	Live answered at 00:50:13
6	If choosing LTFT while on dual training - do you split the reduction in hours between each speciality equally? Thanks :)	Live answered at 00:52:16
7	Do you mind explaining further what an endorsement is? Apologies if I've missed this early on.	Live answered at 00:53:27

8	How do we see which deaneries have CAP run through?	You can see where RT posts are available here, but it will only show the next intake: https://medical.hee.nhs.uk/medical-training-recruitment/medical-specialty-training/psychiatry/core-psychiatry-training/overview-of-core-psychiatry-training/posts Live answered at 01:14:00
9	Given you need two years in a specialty, does that mean you can be a Specialty Dr in multiple areas? If you start a training route in another speciality, can you still work as a specialty dr in another speciality?	Live answered at 01:30:53
10	Do you have to have gone through core training for a SAS career	Live answered at 01:34:30
11	If we do become a SAS doctor, do we tend to remain within one subspecialty e.g. adult or CAHMS? (e.g. as opposed to standard core training rotating between subspecialties)	Live answered at 01:34:45
12	Please could you talk more about the ACF application process? Would you still recommend this?	Live answered at 01:51:45
13	Thank you - appreciate that this wasn't your route into research, but there are some ACF posts available at CT1 level. It's challenging to think about research projects straight out of foundation training, and I wondered if having a research idea is essential to ACF applications?	Live answered at 01:53:06
14	Essentially are research fellowships compatible with most training pathways i.e. can be done during core	Live answered at 01:54:28

	training or higher training, but with extra protected time for research?	
15	For the clinical fellow applications, are these advertised on oriel etc or locally? Sounds like a great idea.	Live answered at 02:16:27
16	How can we get training for Balint group involvement?	Live answered at 02:17:11 Emma mentioned the Balint Society: https://balintsociety.org.uk/
17	You mentioned a RCPsych foundation group, how do I join this?	You can become a foundation doctor associate here: https://www.rcpsych.ac.uk/become-a-psychiatrist/foundation-drs/foundation-doctor-associates
18	How did you balance your time in preparing teaching material with clinical work/life?	Live answered at 02:36:27
19	Did you get paid for your various roles?	Live answered at 02:37:33
20	Is it best to book MSRA exam via Oriel or directly via Pearson Vue centre? Heard conflicting advice.	Live answered at 03:16:20
21	How would you compare the level of difficulty in the MSRA to the MLA?	Live answered at 03:16:45
22	Do you see your score first before preferencing or after? Also how does the timing of the exam work with reasonable adjustments?	Live answered at 03:17:24
23	How long is your score on the MSRA valid for? E.g. if you did it at the end of F2 but then took an F3 could you still use it to apply for CT afterwards?	Live answered at 03:18:18

24	What's your advice to increase our chance for getting into psychiatry after foundation training? What can we do during these 2 years of FT?	Live answered at 03:18:36
25	What do you think about making having other interests outside of medicine a requirement? For example, an application asked me about my biggest achievement outside of medicine, or medical entry and encouragement to demonstrate other extracurricular activities, or even a portfolio outcome being related to drs looking after their own wellbeing. If the aim is to get people to do things outside of medicine/look after their wellbeing, doesn't make these elements a part of the process...	Live answered at 04:23:35
26	How much time can you take out of doing medicine? Not training but what if I got a job in a different industry? In that time, do you continue your GMC membership etc?	Live answered at 04:48:39