

# PRAXIS

## The BJPsych Bulletin trainees' section in its third year

[Your title here]

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**Aims and method** The BJPsych Bulletin created a new trainees' section called Praxis in 2018. The aim has been to engage trainees, improve their confidence in approaching clinical complexity, support personal and professional development and to foster collaborations with people with lived experience.

Since 2018 Praxis has commissioned and published two new article types as well as a yearly editorial competition. The first article type is clinically inspired and problem based; aiming to capture the fertile discussion of local case presentations with comprehensive analysis from a variety of perspectives. Trainee authors have collaborated with experts from different disciplines to examine how existing evidence can be applied in practice. Involvement of people with lived experience is strongly encouraged. The second article type reflects commissioned or proposed editorials on subjects relating to personal and professional development.

**Results** To date Praxis has published 13 editorials and 5 case-based papers. Contributors have included 13 trainees and foundation doctors, 27 psychiatrists, 8 people with lived experience and 3 members of the multidisciplinary team. Highlights included Sandy Miles' editorial – "Addressing shame: what role does shame play in the formation of a modern medical professional identity?" which won the 2020 Editor's choice award. The case-based paper "When self-harm is about preventing harm: emergency management of obsessive-compulsive disorder and associated self-harm" by Erika Palombini, Joel Richardson, Emma McAllister, David Veale and Alex Thomson was shared by 333 users on Twitter. This article's attention and reach is in the top 5% of all research outputs scored by Altmetric.

The winner of the 2020 Praxis Editorial Award on the topic "Is the climate a mental health crisis?" was recently announced. Dr Daniel Romeu's winning entry is now available online. The topic for the 2021 competition will be announced at the RCPsych Congress this year.

**Conclusions and clinical implications** Praxis strives to publish articles exploring complexity in clinical practice and issues related to trainees' personal and professional development. Multidisciplinary co-authoring and collaboration with people with lived experiences remain strongly encouraged. Inquiries and ideas for future papers are very welcome.

**Keywords** Trainees; education; co-production; burnout; supervision; discrimination; complexity; neuroscience; supported and valued; #choosepsychiatry

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