

Section for the supporting trainees bit:

<https://www.rcpsych.ac.uk/members/your-faculties/child-adolescent-psychiatry/supporting-resident-doctors>

How to train in Child and Adolescent Psychiatry

There are many routes to achieve a Certificate of Completion of Training (CCT) within Child and Adolescent Psychiatry (CAP).

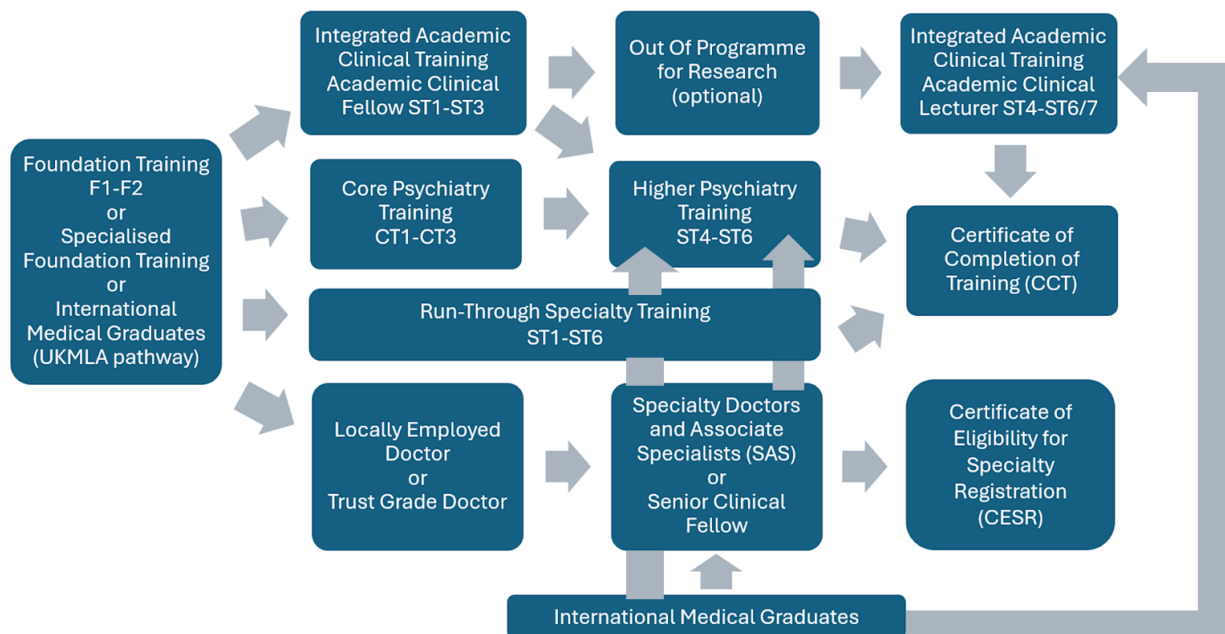


Figure 1: Overview of Child and Adolescent Psychiatry training pathways in United Kingdom

Established training programmes

The most common route to CCT is usually via core training (CT) in psychiatry (CT1-3) or equivalent international training in psychiatry (e.g. MD in Psychiatry) and applying for higher training (ST) in CAP (ST4-6) based on the same application criteria as the other psychiatry subspecialties. See further information [here](#).

For clinicians who are unsure about their long term career goals within psychiatry, core training allows a broad exposure to the core psychiatry subspecialties, to allow trainees to decide on which subspecialty will suit them best for higher training and beyond. All CTs undertake a 6-month placement in either CAP or Intellectual Disability. If you do not receive a 6-month placement in CAP, you can also undertake a taster in CAP to understand more about the specialty.

When applying to CAP higher training, this can be accredited exclusively in CAP (3-year training programme). Alternatively, a number of deaneries offer dual accreditation, most commonly in CAP/ID but more recently in Forensic CAP and CAP/Psychotherapy. In this instance, training is extended to 5 years.

There are also a number of other routes to CAP or Dual Accreditation CCT via an established training programme.

The most direct is applying for the CAMHS run through training programme, which can be accessed following FY2 and runs from ST1-ST6 with no need for further application or interview for higher training. Within the CT rotations, trainees are expected to complete the usual placements in ST1 and ST3, but undertake one 6-month placement in CAMHS and one 6-month placement in a paediatric linked post (e.g. paediatric liaison) within ST2. See further information [here](#).

Foundation doctors can also apply to broad-based training, a 2-year CT programme with 6-month placements in internal medicine, general practice, paediatrics and psychiatry. Trainees are then able to enter psychiatry core training at CT2 level and complete the rest of CT before applying to an ST post. Broad-based training is only currently offered in Scotland. See further information [here](#).

SAS training

Many clinicians are interested in subspecialties for which training numbers are often difficult to secure in ST programmes or which are not offered as dual accreditations, such as Forensic CAP or Addictions CAP. Alternatively, doctors may prefer greater flexibility in post location and duration, or they may want more time for work-life balance or to study for membership exams. SAS posts can offer the opportunity to focus mainly on direct patient care, with fewer clinical and non-clinical responsibilities usually required of a trainee. However, many trusts support SAS doctors to be involved in service development, management and leadership, teaching and research.

A number of doctors therefore find that taking the [SAS route](#) (which can work towards accreditation for entry into an ST programme or completing training) allows them to build a portfolio career that encompasses a broader range of clinical experiences and allows training completion via [CESR](#). SAS doctors can attain their CESR by evidencing the same level of knowledge, skills and higher-level competencies as CCT-holders, by applying to the GMC for the [Portfolio Pathway](#). If successful in meeting these requirements, doctors qualify for entry onto the GMC's Specialist Register and are eligible for appointment to a consultant post.

Academic training

Training in psychiatry at every level can be completed as an academic trainee, whereby a proportion of their training is protected for research or academic-related work. This is a great route for doctors who want to work as clinical academics in the future. Foundation doctors can apply to Academic Clinical Fellowships in CAP (see [here](#)) which is equivalent to ST1-ST3. Upon completion of ST3, they will resume ST4-ST6 training without further need for higher training application. If trainees have obtained a PhD by the time they start ST4, there is also an option to apply for Academic Clinical Lectureships in CAP (see [here](#)). This is equivalent to ST4-ST6 (or ST7). Trainees may opt to go out of programme to complete their PhD at any stage of their training with agreement of local training programme directors, after which they can either resume normal clinical training (ST4-ST6) or academic clinical lectureship. Opportunities for integrated clinical academic training vary in different geographical regions. See further information [here](#).

Time out of training

Alongside this, utilising time out of training (TOOT) at any stage in your career can be a great way to broaden experiences in research, education, fellowships, other clinical or professional experiences, or to take time out to have a family or to recover from illness. See further information [here](#). TOOT can sometimes be counted towards [training time](#).

For further information and personal stories to bring these training journeys to life, be sure to check out our podcast series! *(with eventual link!)*

Section for the News bit of the website:

<https://www.rcpsych.ac.uk/members/your-faculties/child-adolescent-psychiatry>

Career journeys in Child and Adolescent Psychiatry

Deciding on your chosen career path can be an incredibly exciting time, but it can also be confusing and stressful, not least because of the many different paths that you can take to the same destination.

Why choose Child and Adolescent Psychiatry?

As Child and Adolescent Psychiatry (CAP) trainees, we know that CAP can be an amazing subspecialty to choose, combining a developmental approach with person and family-centred holistic care, working in fabulously varied MDTs and underpinned

by scientific rigour and with huge potential for further research and deeper understanding about our young people, their diagnoses and effective treatments. As a child and adolescent psychiatry consultant, you will be a clinician, an educator, a supervisor, a leader, a researcher and much much more.

Supporting doctors

Within the CAP faculty, we strongly believe in supporting resident doctors to develop a career that is enjoyable, varied and works with their long term career and personal goals. Taking opportunities, trying different training routes, as well as having a family or exploring other professional or personal goals during the steps to consultancy are an integral part of what it means to be a great psychiatrist, and to have a meaningful life.

Launching our podcast!

We want to cut through the confusion to help you understand how you can develop a varied career portfolio that will enhance your professional life, or equally the quickest route to CCT if that is your priority!

We will therefore be delving into the incredible career and life stories of our fellow child and adolescent psychiatrists in a new podcast, to bring to life the many different options that are available to you if you have decided that this is the speciality for you (or if you are still deciding!)

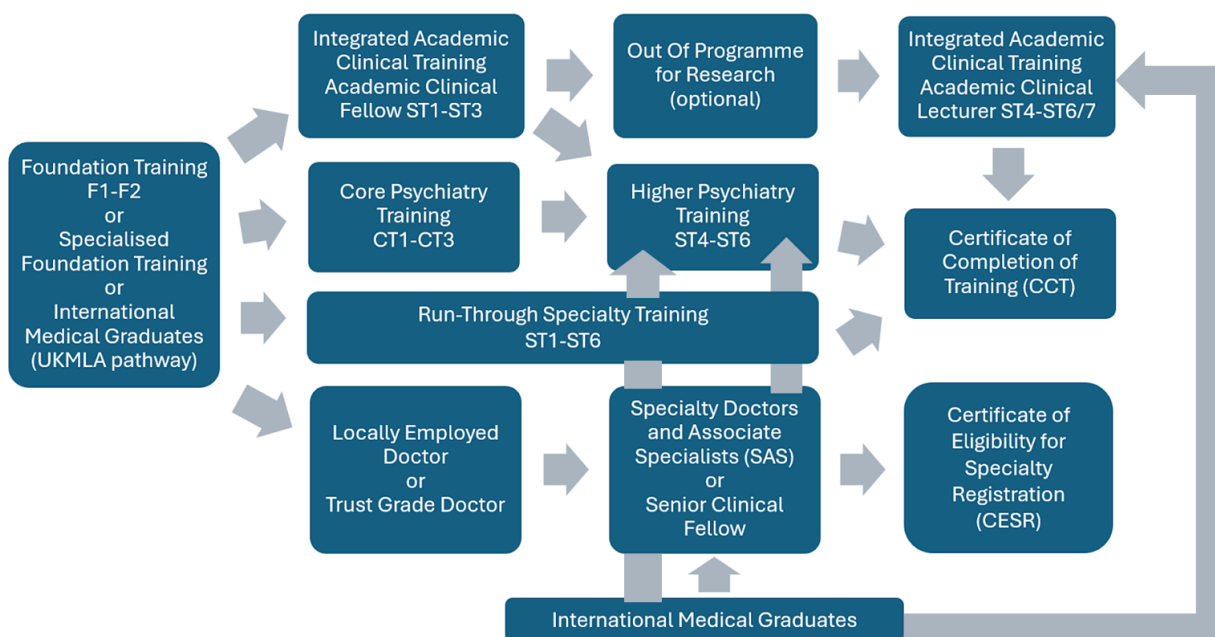


Figure 1: Overview of Child and Adolescent Psychiatry training pathways in United Kingdom

From the FY2 that decides to apply for CAP run through training, to the STs on dual accreditation programmes (currently offered in CAMHS ID, Forensic CAMHS and CAMHS psychotherapy) and the consultants who took the SAS route in order to broaden their career portfolio to work in various subspecialties; from academic trainees to those taking time out of training for research, alternative medical and non medical career opportunities, as well as parental leave, we hope to bring these stories to life, and hopefully help budding child and adolescent psychiatrists, as well as those already on a CAP training programme, achieve their goals.

We can't wait to share this podcast with you soon!