

Financial Support for Medical Psychotherapy Trainees' Personal Therapy

There is a GMC approved [Medical Psychotherapy curriculum](#) minimum requirement of weekly psychotherapy, of any modality throughout the course of higher Medical Psychotherapy training.

Deanery/LETB	Funding for Personal Therapy
East Midlands	We have funding agreed for 2 sessions per week of personal therapy. This comes from a central study leave budget and has been based on recruitment.
East of England	There is funding available for higher trainees from the School of Psychiatry for personal therapy.
KSS	N/A
London	<i>in the process of trying to agree a uniform system across the four rotations in London</i>
Mersey	Funding for once per week personal therapy over the course of the training is provided via study leave budget as it is a curricular requirement. Trainees often have more than once weekly therapy for all or part of their training and for this they need to pay for themselves.
North West	Funding for once per week personal therapy over the course of the training is provided via study leave budget as it is a curricular requirement. Trainees often have more than once weekly therapy for all or part of their training and for this they need to pay for themselves.
North East	Funding for personal therapy from the HEE NE Specialty Training Budget.
Northern Ireland	Throughout higher training in the specialty, personal therapy sessions are funded by the Deanery, employing Trust and the trainee themselves in equal measure. The trainee then has a separate entitlement to their standard study leave budget.
Thames Valley	<i>Awaiting current information</i>
Peninsula	We fund personal therapy for our Psychotherapy (Blended Programme with Adult) trainee from School of Psychiatry Non-Pay budget at £50 per session. Budget of £2500 per year.
Wessex	N/A

Scotland	<p>The arrangement for all of Scotland is that all psychotherapy training (including personal therapy) is funded according to the rule of thirds - one third local Health Board, one third the Deanery and one third the trainee themselves.</p> <p>There is also a separate allocation of study leave budget to cover other meetings etc.</p>
Severn	Deanery will fund personal psychotherapy (one session a week for the whole of training) for Medical Psychotherapy trainees.
Wales	N/A
West Midlands	HEE fund 50% of trainees personal psychotherapy of 1-2 sessions weekly and trainees self-fund the other 50%.
Yorkshire & the Humber	<i>Awaiting current information</i>