

Frequently Asked Questions for Psychiatry Trainees



If you can't find the answer to your query below, please email the Training & Workforce team at specialtytraining@rcpsych.ac.uk

Trainees are also advised to read the following documents:

- [Specialty Specific Curricula, including core curriculum](#)
- [A Reference Guide for Postgraduate Specialty Training in the UK \(the "Gold Guide"\)](#)

This guide contains the following:

- Section A: CCTs and CESR CPs
- Section B: Applying to the College & GMC for a CCT or CESR CP

Section A: CCTs and CESR CPs

1. What is a CCT?

A [Certificate of Completion of Training \(CCT\)](#) is awarded by the GMC to doctors who have successfully completed an approved training programme. The award of a CCT allows entry to the GMC's Specialist Register which is required to be appointed to a substantive, honorary or fixed-term consultant post in the NHS. CCTs are listed in Annex V (point 5.1.2) of [EU Directive 2005/36/EC](#) as a specialist medical qualification which means they will be recognised as such in other member states. [Further information about the training pathway to a CCT can be found here.](#)

2. What are the eligibility criteria for a CCT in psychiatry?

- Completion of a minimum of 36 months at post-foundation/internship level in posts prospectively approved by the relevant competent medical authority.
- Successful completion of all sections of the MRCPsych Examination.
- Completion of a minimum of 36 months in advanced training posts prospectively approved by the relevant competent medical authority.

3. What posts can count towards a CCT?

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- Approved UK training posts. Since 1 April 2010, UK training posts have been approved by the GMC. Further information about post approval is available on the [GMC's website](#).
- Locum Approved for Training (LAT) posts provided the period of training is assessed via an Annual Review of Competency Progression (ARCP).
- Out of programme research/training that is prospectively approved by the relevant competent authority in the UK.
- Approved training posts in the EU can potentially count towards a CCT. See FAQ 14 below for further information.

4. What is a CESR CP?

A [Certificate of Eligibility for Specialist Registration – Combined Programme \(CESR CP\)](#) is awarded to doctors who have been appointed to a GMC-approved training programme above the usual entry point, and have successfully completed the rest of the approved training programme.

5. What are the eligibility criteria for a CESR CP?

- Completion of a minimum of 36 months of training/experience at post foundation/internship level.
- Successful completion of all sections of the MRCPsych Examination in psychiatry or a specialist qualification in psychiatry listed in Annex V of [EU Directive 2005/36/EC](#) which can lead to direct entry onto the GMC Specialist Register. The qualification must be compatible with the EEA qualifications listed on the [GMC website](#).
- Completion of a minimum of 24 months (2 years) in advanced training posts prospectively approved by the relevant competent medical authority. Trainees must obtain an ARCP outcome 6.

6. What posts can count towards a CESR CP?

- Staff grade/Specialty Doctor posts
- Locum consultant posts
- Trust grade SHO posts
- Locum Approved for Service (LAS) posts.
- Any other experience not prospectively approved by the relevant competent authority listed above.

7. Can I count time training in another medical specialty towards training in psychiatry?

Following the [Accreditation of Transferable Competences Framework](#), the Core Curriculum allows for up to a year of approved training in Core Medical Training, Paediatrics and Child Health, or General Practice to be counted towards Core Psychiatry Training. This applies to trainees entering core training in psychiatry from August 2015.

8. Do I need to be a member of the Royal College of Psychiatrists to get a CCT or CESR CP?

Yes. All doctors in training must [register](#) with the College so all training can be counted towards a CCT or CESR CP. This is a Gold Guide requirement. Registration must be retained throughout training.

9. What's the difference between a CCT and CESR CP?

Both CCTs and CESR CPs lead to specialist registration with the GMC and allow the holder to work as a substantive consultant in the UK. However, only CCTs are listed as a specialist medical qualification in [EU Directive 2005/36/EC](#) which means that they may be automatically recognised in other European countries. Please see the [GMC website](#) for further information.

10. Can I complete all training in Locum Approved for Training (LAT) posts and get a CCT?

No. Although there is no limit to the amount of LAT posts, training must not consist solely of LAT posts.

11. I work less than full-time. What is the minimum number of sessions I can work so it can count towards training?

The GMC's position statement on [less than full-time training](#) states that the minimum a trainee can work is 50%. However, there may be exceptional circumstances whereby a trainee may be returning to work on a phased basis. In cases such as these the GMC guidance states that the absolute minimum would be 20% of full-time training, with an expectation that trainees should not undertake a placement at this level for more than 12 months.

12. I didn't satisfactorily pass the MRCPsych examination in core training. Can I still get a CCT?

Yes. You can pass the Examination in a non-training post provided you submit evidence when applying for advanced training.

13. I have a specialist qualification in psychiatry from a country belonging to the European Union (EU). Can I still get a CCT?

No. You are not eligible for a CCT unless you have MRCPsych.

Please see the GMC's position paper on [Approved curricula and the role of UK and overseas exams](#) for further information.

14. I completed some training in psychiatry in a country belonging to the EU. Can I still apply for a CCT?

Yes. EEA nationals who have undertaken some specialist training in another European Union member state and who have been appointed to a UK training programme can request to have their previous training counted for the award of a CCT. However, you will need to provide your

Deanery/LETB with confirmation of approval from the competent authority of the relevant European country that this training meets the minimum requirements of [EU Directive 2005/36/EC](#). It is the responsibility of your Deanery/LETB to verify that the EU training has been appropriately approved and to decide how much of the time spent in the EU training can count towards a CCT. This discussion should take place before your first ARCP and you will need to provide the College with written confirmation from your Deanery/LETB of which posts have been verified and how much time is being counted when you apply for your CCT.

15. Can I undertake an Acting up Consultant post and will this count towards my CCT or CESR CP?

Yes. Doctors can spend up to 3 months in an Acting up Consultant post in the final year of training. For more information please see the College's [Acting Up as a Consultant guidance](#).

16. How do I calculate my completion of training date?

You can use our [Completion of training date](#) spreadsheet for an estimate, this will need to be approved by your deanery, once it has been, please [let us know](#).

17. If I take time out of training for maternity/paternity or sick leave, will my completion of training date need to be extended?

In accordance with the GMC's position statement on [Time out of training](#), trainees who have been absent for more than 14 days in a 12 month period will require their completion of training date to be reviewed by their Deanery. Training should normally be extended to make up for the time taken out, however each trainee should be considered on an individual basis, and any changes will reflect the trainee's competence.

18. Can annual leave accrued during maternity leave count towards my training?

Please see the below taken from page 42 of the Gold Guide (7th edition):

Where trainees returning from statutory leave (e.g. maternity/paternity/adoption leave) have been able to account for unused annual leave, in accordance with the GMC's position

statement on time out of training, this may impact on the core training programme end date or CCT/CESR(CP)/CEGPR(CP) date when this is reviewed at the ARCP.

You should discuss your individual circumstances with your deanery and TPD.

19.Can Keep in Touch (KIT) days during maternity leave count towards my training?

Yes

20.How do I get an endorsement on the Specialist Register?

Trainees working towards a CCT/CESR CP in General Adult or Old Age psychiatry can obtain subspecialty recognition ("an endorsement") on the GMC's Specialist Register. You must spend at least 12 months whole time equivalent in an approved placement in the recognised subspecialty and meet all curricula competencies.

General Adult trainees can get an endorsement in the following subspecialties:

- Liaison psychiatry
- Rehabilitation psychiatry
- Substance Misuse psychiatry

Old Age trainees can get an endorsement in Liaison psychiatry.

Trainees must indicate on their CCT/CESR CP application if they would like an endorsement/s. It is possible for General psychiatry trainees to gain endorsements in two subspecialties.

21.Can I count time spent as a core trainee in a sub-specialty of general psychiatry towards an endorsement?

No.

22.Can my special interest sessions count towards an endorsement?

No.

23.Can time spent in an Acting Up Consultant post count towards an endorsement

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Yes, time spent in Acting up Consultant posts can count towards an endorsement providing they are in the relevant sub-specialty and all other requirements are fulfilled.

24. Which curriculum will I be assessed against?

All trainees must be working to the most up to date curriculum published on the [Royal College of Psychiatrists' website](#) and the [GMC website](#).

25. How many nights do I need to spend on-call during my core training?

The [Core Curriculum](#) states (page 105):

During Core Psychiatry training, trainees must have experience equivalent to participation in a first on call rota with a minimum of 55 nights on call during the period of core specialty training (i.e. at least 50 cases with a range of diagnosed conditions and with first line management plans conceived and implemented.) (Trainees working part time or on partial shift systems must have equivalent experience.)

Please refer to the [Core Curriculum](#) for further details of the knowledge, skills and behaviours that should be demonstrated.

26. How many nights do I need to spend on-call during my advanced training?

There is no specific number of nights. Higher trainees are also expected to undertake out of hours working for the duration of their training as part of a second on-call rota. This is in order to further develop skills in emergency psychiatry, particularly with respect to Mental Health Act work, but also to gain experience of supervising doctors on first on-call rotas. The frequency of out-of-hours work for both higher and core trainees is a matter for local employers but it should be frequent enough for appropriate skills to be acquired and maintained.

Please refer to the [relevant curriculum](#) for further details of the knowledge, skills and behaviours that should be demonstrated.

27. Can I apply for Higher Training if I already have specialist registration in psychiatry?

Yes, it may be possible to count some of the time spent training for one CCT towards training for a second one.

Section B: Applying to the College & GMC for a CCT or CESR CP

1. How do I apply for my CCT or CESR CP?

At the end of your training you need to apply to both the GMC and the College. These applications can be made at the same time but both need to be completed before your certificate will be awarded. Full details are available on the [College website](#).

2. When will I receive my CCT?

Once the College receives the application form with the relevant documentation, and is satisfied that you meet the requirements for a CCT, we will send a recommendation to the GMC. The College will notify you once a recommendation has been sent to the GMC.

3. How soon can I be interviewed for a substantive consultant post?

You can't be interviewed until you are within six months of your expected CCT date. If you are applying for a post before your CCT date, make sure you highlight your expected date of completion in your application.

4. How soon can I take up a substantive consultant post?

As soon as you have been entered onto the GMC's Specialist Register.

5. What happens when I take up a substantive consultant appointment?

[Please let us know](#).