Psychiatry as a Foundation Doctor

Names of presenters
Myths about psychiatry

- People don’t get better
- Patients are violent and dangerous
- You won’t use your medical knowledge
- It’s just psychotherapy
- You have to wear tweed to be a psychiatrist
The truth
Why do Psychiatry?

- **Interest** in the subject
- You like **talking** to all sorts of people
- You are **open-minded**
- You make a **huge difference** in people’s lives
- **Work-life balance**
- **Problem solving** – ethical, legal, medical
- **Evolving** profession
  - Thoughtful, reflective practice
  - Evidence based
  - Facilities
- It’s **fun!!**
Psychiatry as an F1/F2

- 1 in 4 people have mental illness
  - Relevant to all specialties
- Gain knowledge of psychiatric conditions
- Develop skills:
  - Communication skills
  - Multi-disciplinary team working
  - Prescribing
  - Assessing risk
  - Mental Health Act, Mental Capacity Act
  - Bio-psycho-social approach
## Psychiatry Jobs in Severn

<table>
<thead>
<tr>
<th></th>
<th>F1</th>
<th>F2</th>
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<tbody>
<tr>
<td>Bath</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>North Bristol</td>
<td>x</td>
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<tr>
<td>South Bristol</td>
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<tr>
<td>Gloucester</td>
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<tr>
<td>Cheltenham</td>
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<td>Swindon</td>
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<td>Taunton</td>
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<td>Yeovil</td>
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<td>Weston</td>
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<td><strong>Total</strong></td>
<td>x</td>
<td>x</td>
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</tbody>
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What if I don’t get a foundation job?

- Taster days
- Audits
- Presentations
- Psych Soc
- RCPsych Junior membership
- Don’t worry- you won’t be disadvantaged!
# A Typical Week in Bath

<table>
<thead>
<tr>
<th></th>
<th>AM</th>
<th>PM</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Ward work</td>
<td>Journal club</td>
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<td></td>
<td>Meeting with supervisor</td>
<td>Ward work</td>
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<tr>
<td>Tuesday</td>
<td>Liaison work</td>
<td>Liaison supervision</td>
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<tr>
<td></td>
<td></td>
<td>Ward work</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Ward round</td>
<td>Academic programme</td>
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<tr>
<td></td>
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<td>Balint group</td>
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<tr>
<td>Thursday</td>
<td>Deanery Day</td>
<td>Deanery Day</td>
</tr>
<tr>
<td>Friday</td>
<td>Ward work</td>
<td>Psychotherapy case</td>
</tr>
</tbody>
</table>
Training

- Undergraduate medical training
- Foundation training
- F1
- F2
- Run through posts ST1, 2, 3, 4, 5, 6, 7 (8)
- Core specialty training
- CT1, 2 (3)
- ST3–ST7 (8)
- Higher specialty training
- Competition for STI/CTI post (all specialties)
- Competition for higher specialty training (uncoupled)
- Certificate for completion of training (CCT)
Psychiatry Sub-specialties

- Rehabilitation
- Addictions
- Liaison
- General Adult
- Forensic
- Learning Disabilities
- Old Age
- Psychotherapy
- Child and Adolescent
What Now?

- Talk to us
- *Email contact addresses*
- Severn deanery website
- Royal College of Psychiatry website
- Taster days
- Regional teaching days
Any questions?

And how do you feel about that?

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