

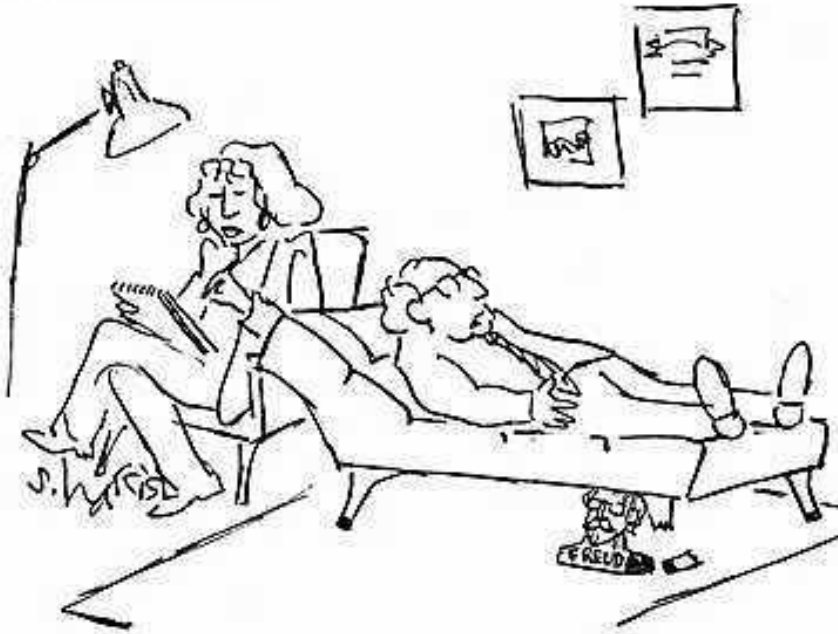
A day in the life of a psychiatrist

Vicky Thom, CT3

Rachael Whybrow, ST4

Nicola Taylor, Consultant

Myths about psychiatry



- People don't get better
- Patients are violent and dangerous
- You won't use your medical knowledge
- Its not scientific
- Its just psychotherapy
- You have to wear tweed
- Psychiatrists are all mad

“I like being able to truly understand & treat patients in a biopsychosocial way which ensures no two patients ever present the same way and keeps life interesting”

Ben, ST4

What makes a good psychiatrist?

- **Interest** in the subject
- You like **talking** to all sorts of people
- Good **communication** skills
- You are **non-judgemental & resilient**
- **Problem solving** – ethical, legal, medical
- Able to work within a **team** and to **lead**
- **Organised** & able to prioritise
- Capacity to deal with **uncertainty**
- Analytical & **flexible** thinker

“One of the things I like most is that you get the time to really talk to patients. However, its very rare that we get ‘thank yous’ from patients”

Ragini, ST7

Psychiatry as a career

Positives

- Makes a difference
- Multi-disciplinary team
- Varied & flexible working
- Support vs independence
- Rapidly evolving speciality
- Research
- Work life balance

Challenges

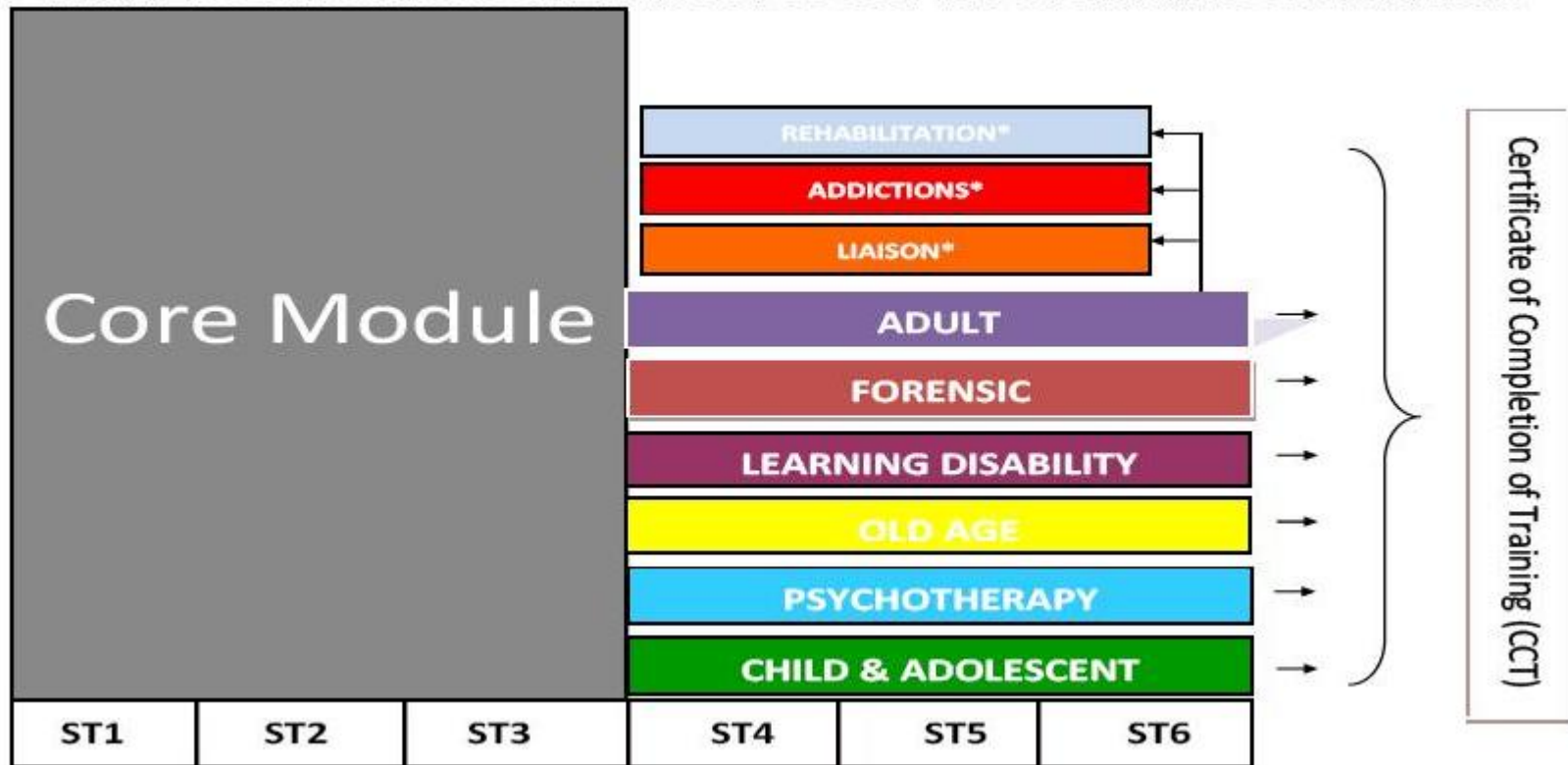
- Emotionally draining
- Managing risk & uncertainty
- Complex situations
- Multi-agency working
- Stigma
- Ethical dilemmas

“My favourite aspect is it is a well supported speciality with plenty of opportunity to develop skills outside of the day job. It can be emotionally challenging at times making supervision an essential part of training”

Kirsty, CT2

Training

TRAINEES' PROGRESSION FROM ST1 TO CCT IN PSYCHIATRIC SPECIALTIES



“The best thing is listening to interesting patient narratives. Dealing with uncertainty can be challenging”

Karl, ST5

Core Training

- 3 year programme
- Posts
 - 6 months
 - GA inpatient
 - OA
 - GA community
 - Developmental
- Exams
 - 3 written papers
 - 1 OSCE exam
- ARCP & appraisal
- Psychotherapy
- Audit / research / teaching / leadership

A typical core trainee's week

	AM	Lunch	PM
Monday	Ward work	Journal club	Supervision Psychotherapy
Tuesday	Liaison	Liaison supervision	Clinic
Wednesday	Ward round	Balint group	Academic programme
Thursday	MRCPsych course		
Friday	Home visits		Ward work

On calls

“It’s amazing to see how helping to reduce psychiatric symptoms can help change all aspects of a patient’s life for the better. It can be hard to deprive someone of their liberty when they have little insight into why”

Rachael, ST4

Higher training

- One day a week for non-clinical work
 - Teaching
 - Management
 - Research
- One day a week for clinical special interest sessions
 - Parkinson's disease clinic
 - Prison psychiatry
 - Asperger's assessment
- Independence
- Dual training

A typical higher trainee's week

	AM	Lunch	PM
Monday	Outpatient clinic / school visit		Mindfulness
Tuesday	Outpatient clinic	Supervision	Outpatient clinic
Wednesday	Team meeting	Family Therapy	
Thursday	Non clinical special interest day		
Friday	Academic Day		

- On call

“The best thing about psychiatry is meeting lots of interesting people and hearing their stories. The most challenging thing is knowing we could do more if we had more resources”

Vicky, CT3



And how do you feel about that?