

SO...YOU WANT TO BE A PSYCHIATRIST

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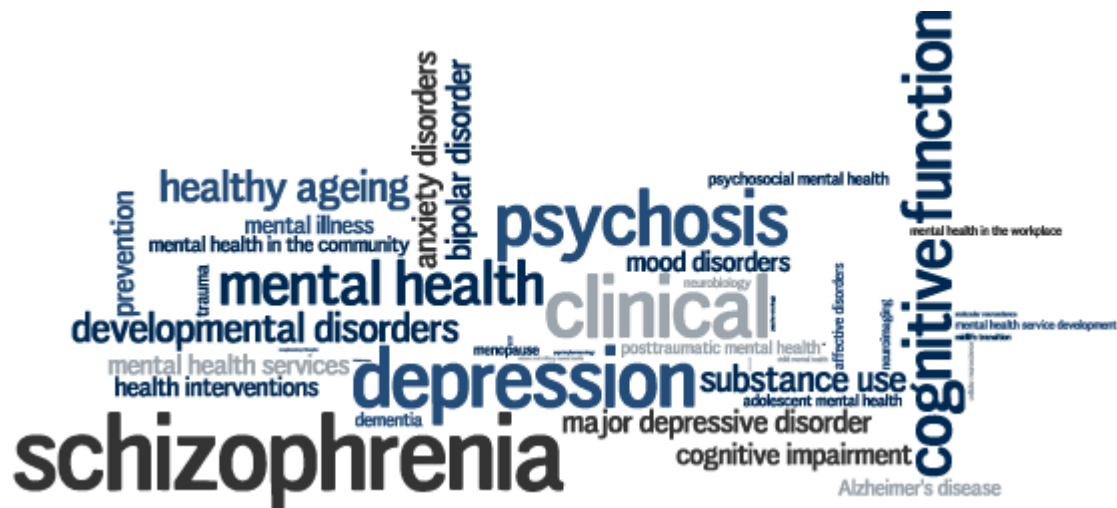
Why Psychiatry?

- Really help people
- Fight stigma
- No two days, nay two patients are the same
- The most progressive specialty
- Multitude of sub-specialties
- Groundbreaking research
- Increasing government attention & funding
- Work-life balance

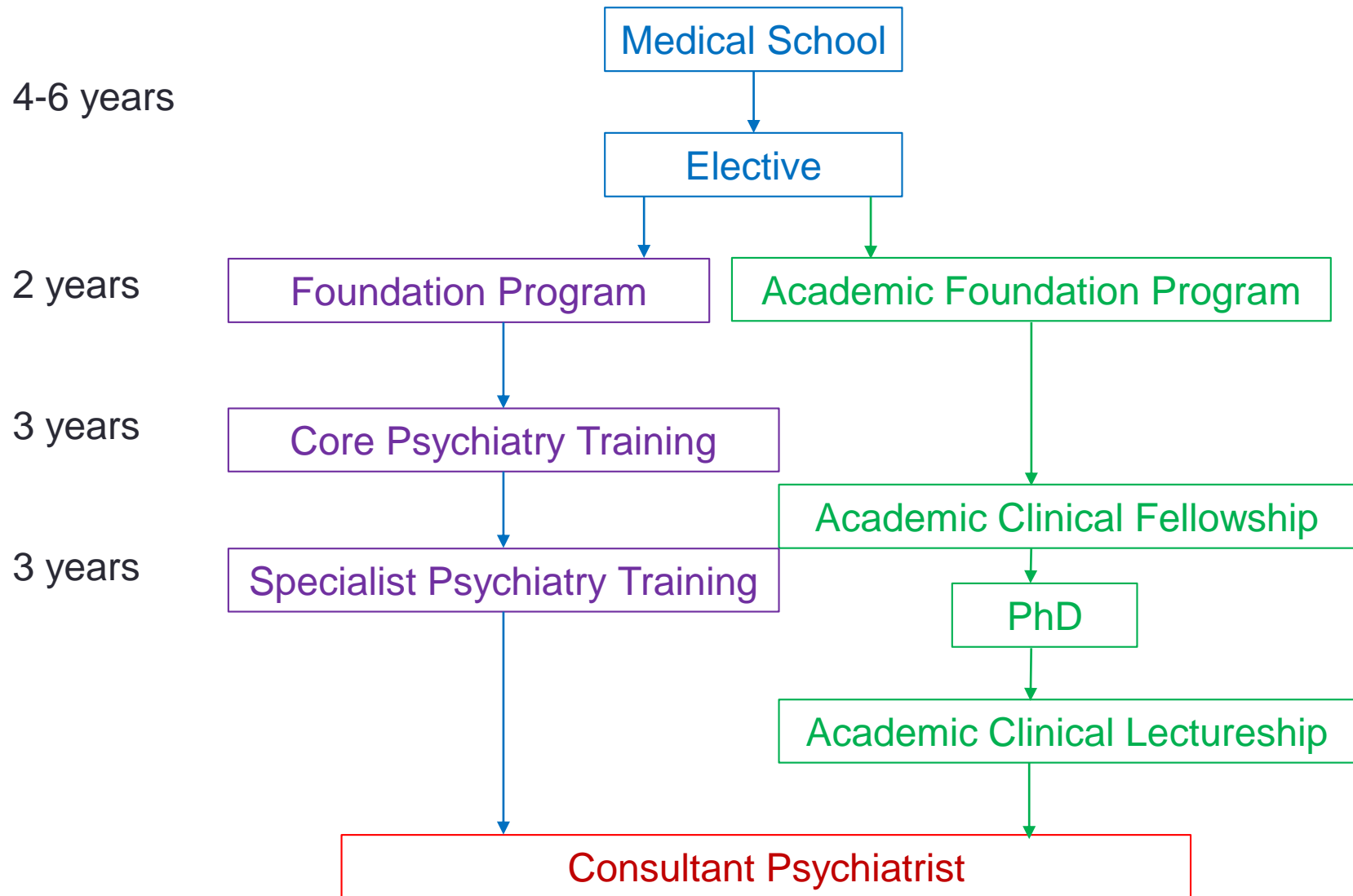


“Psychiatry is as complex and challenging as human nature and has an unrivalled capacity to create novel and sometimes inspiring situations, ranging from sad to funny and despairing to hopeful.

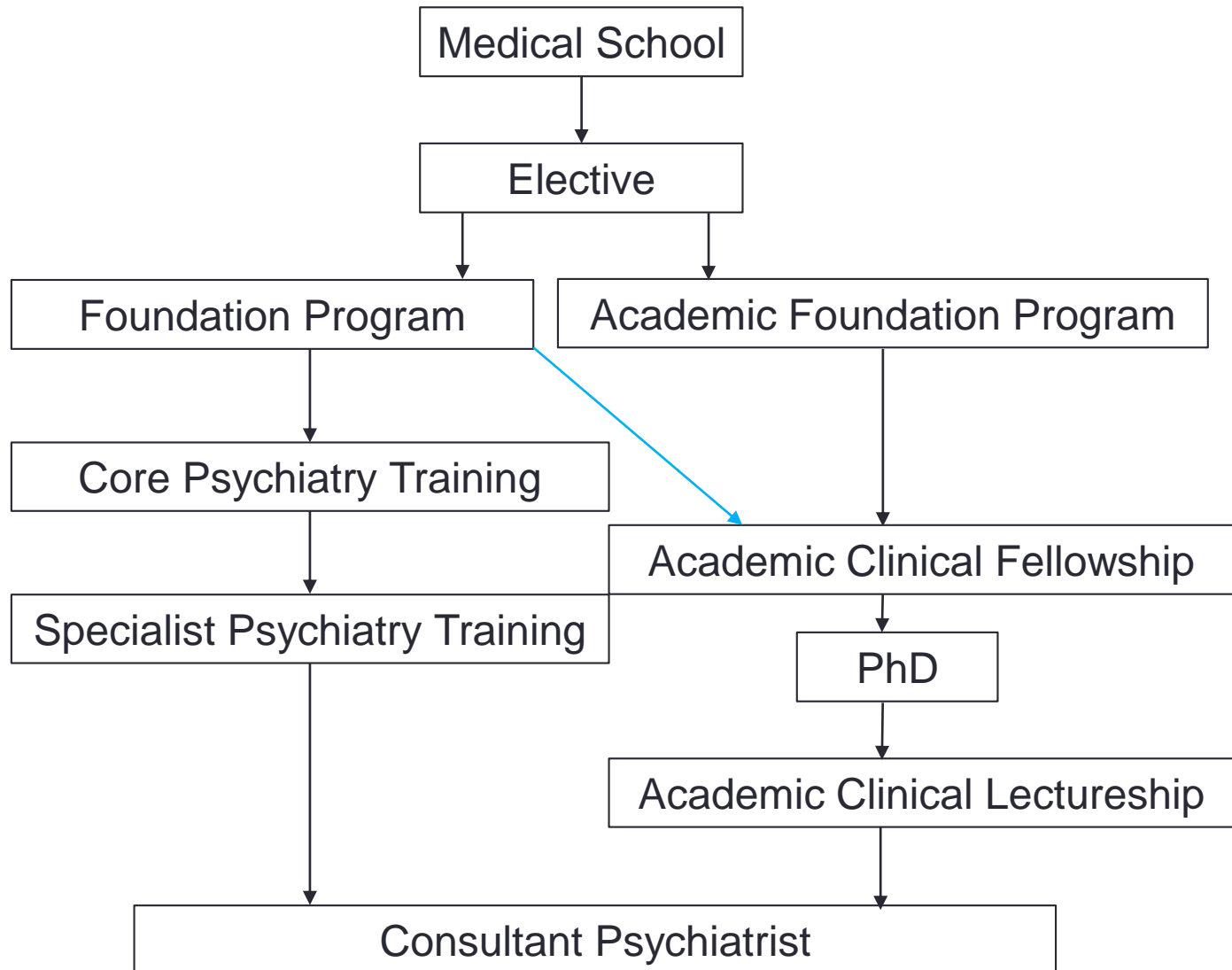
As your training progresses, you are privileged to note that the human condition applies to us all and you learn how to listen and communicate effectively, contain your own and other’s anxiety and develop the ability to think on your feet.”



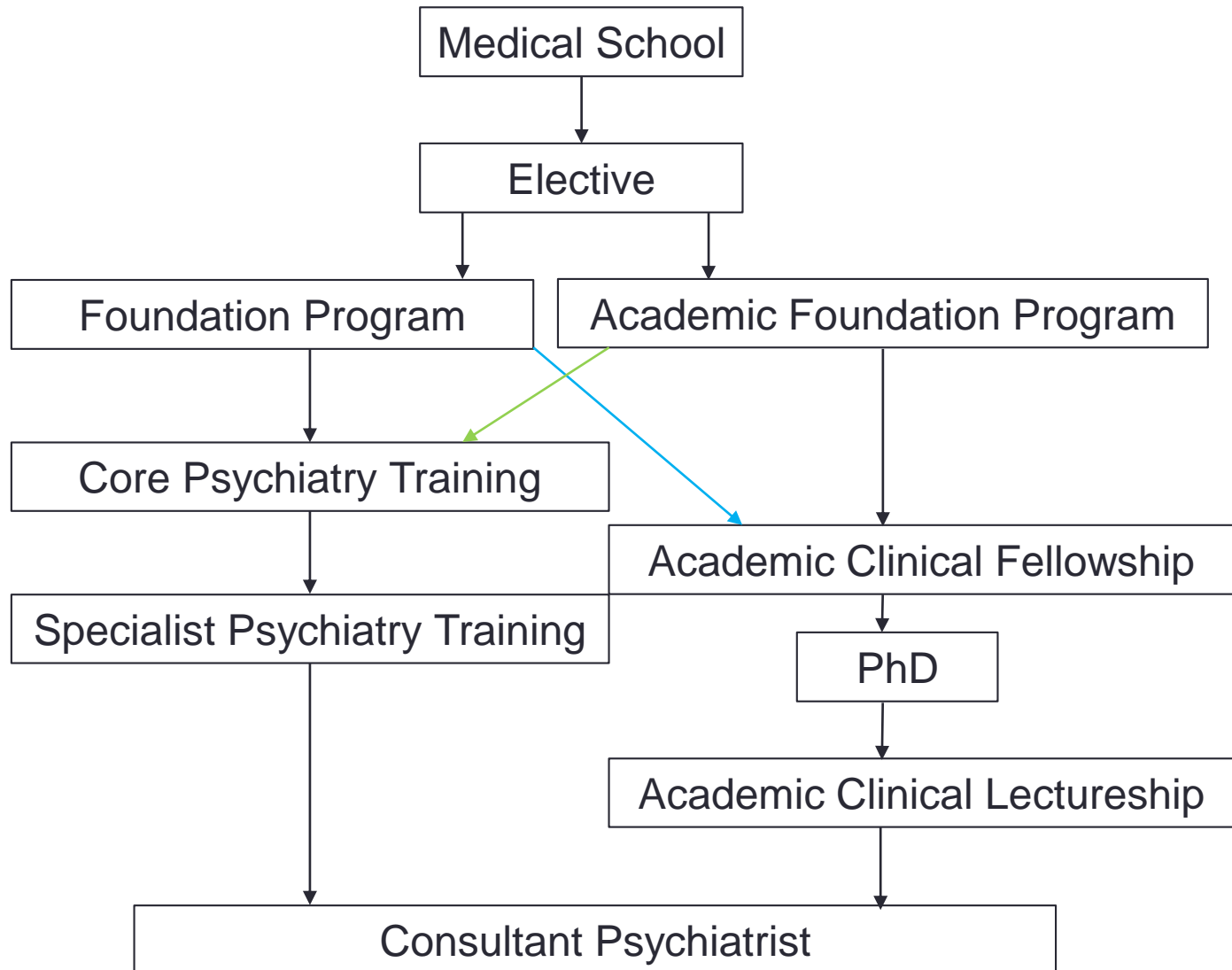
An Overview...



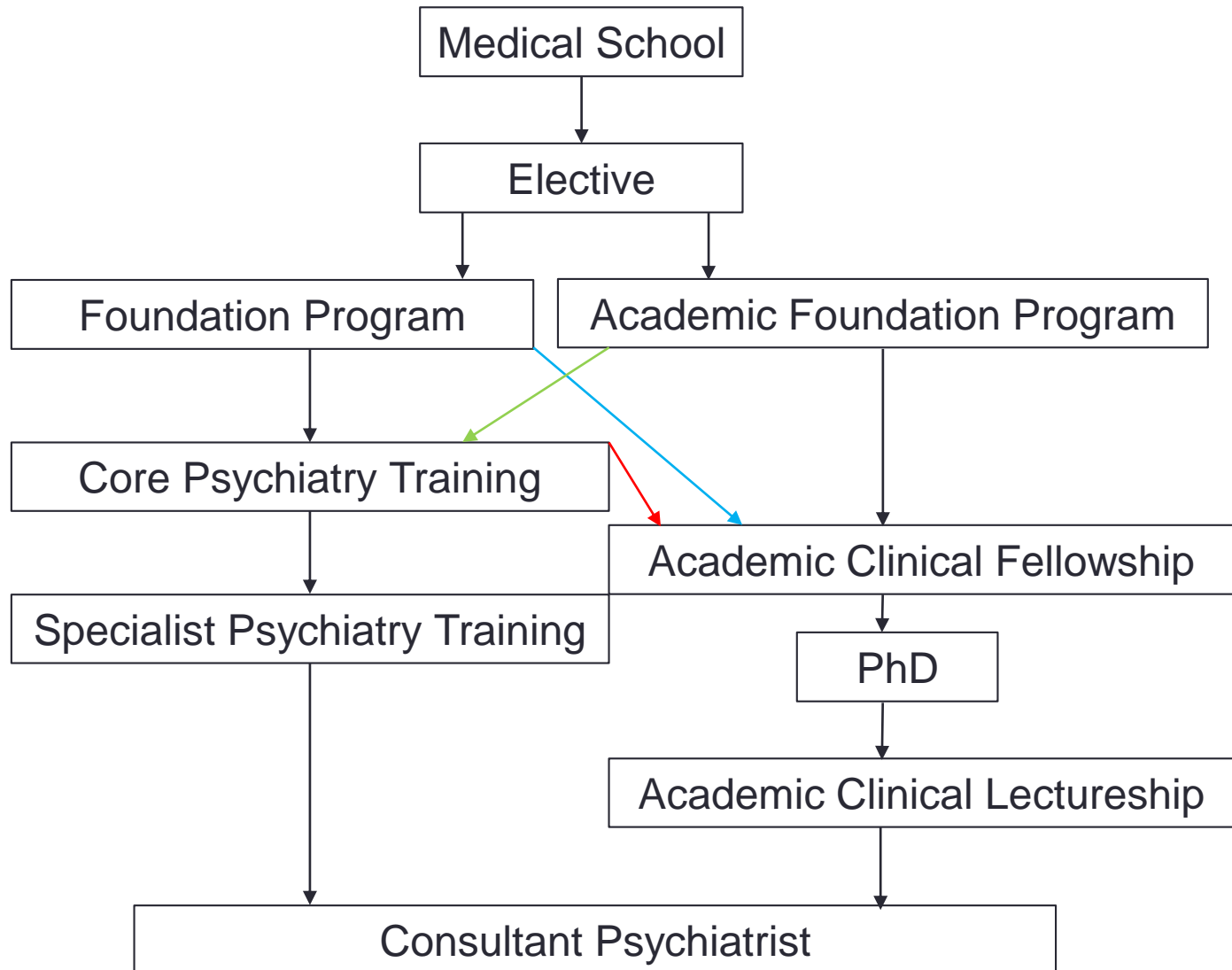
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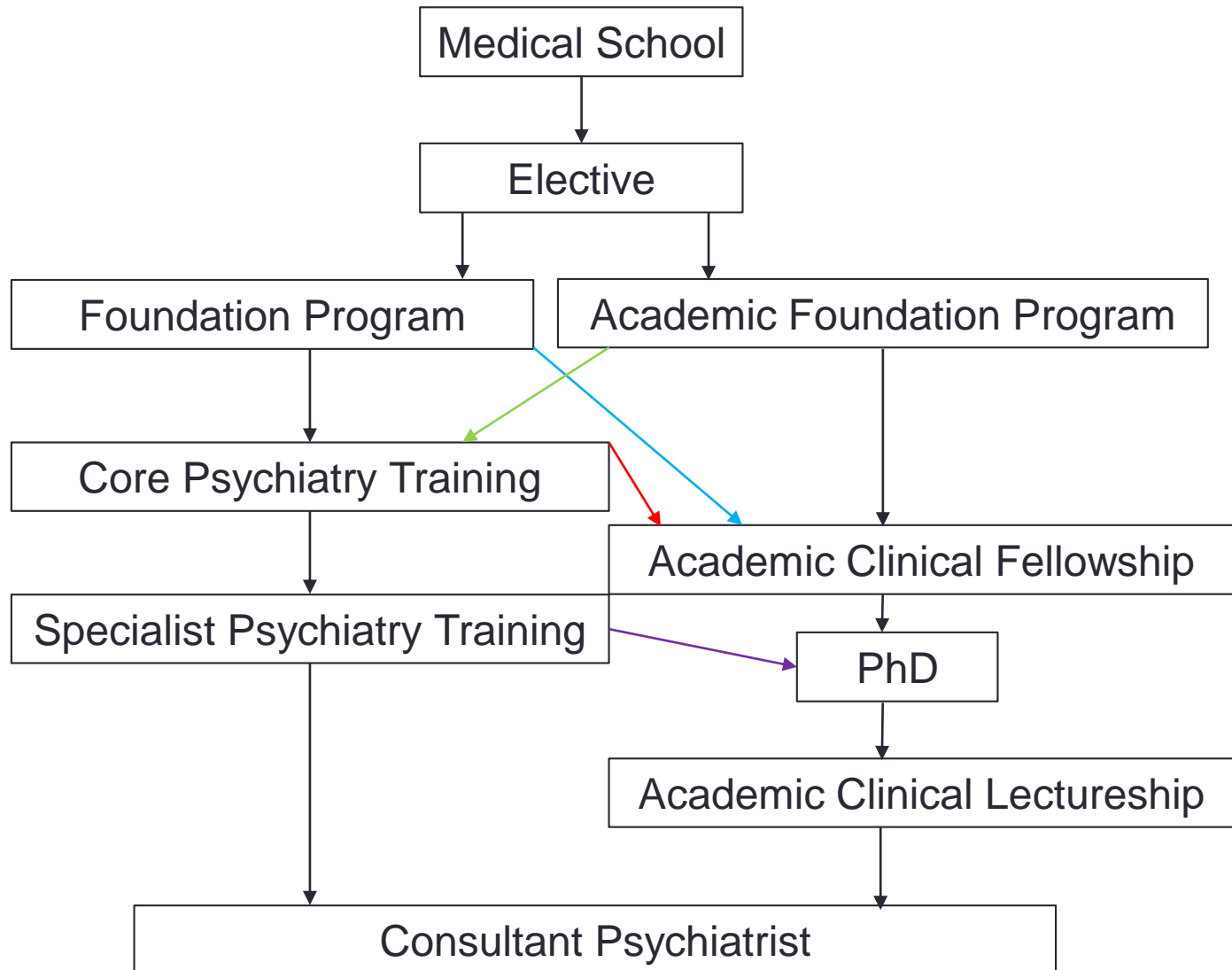
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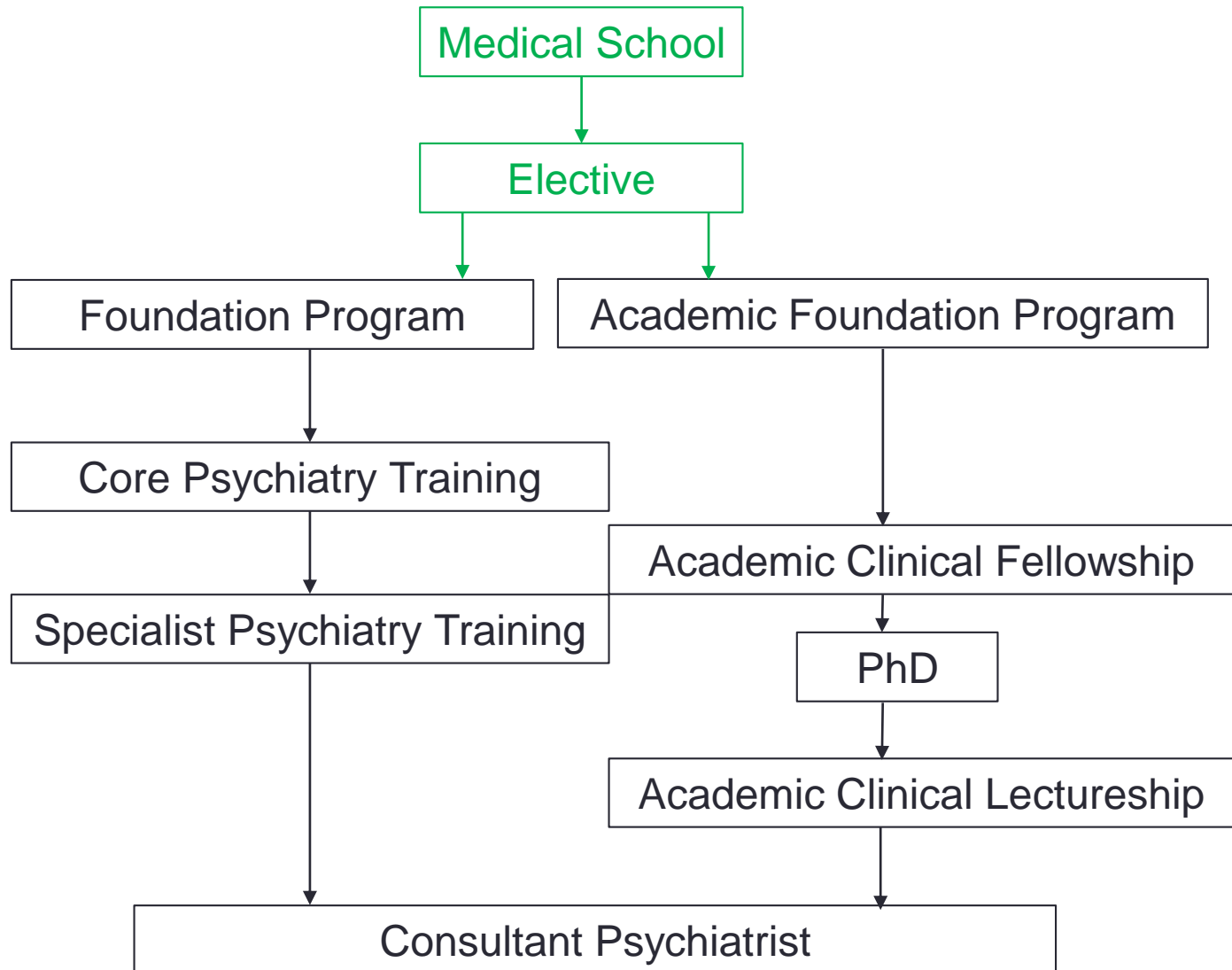
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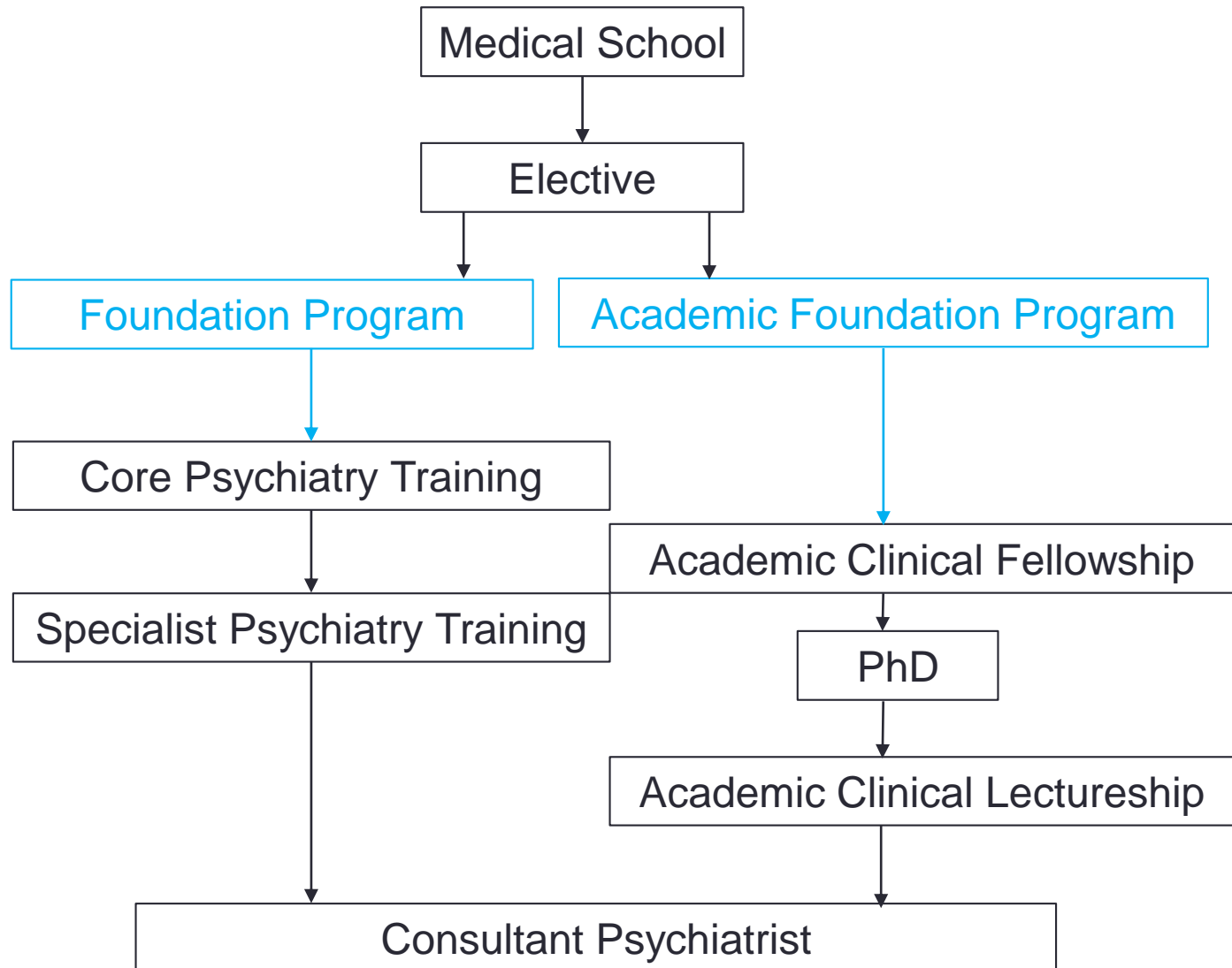
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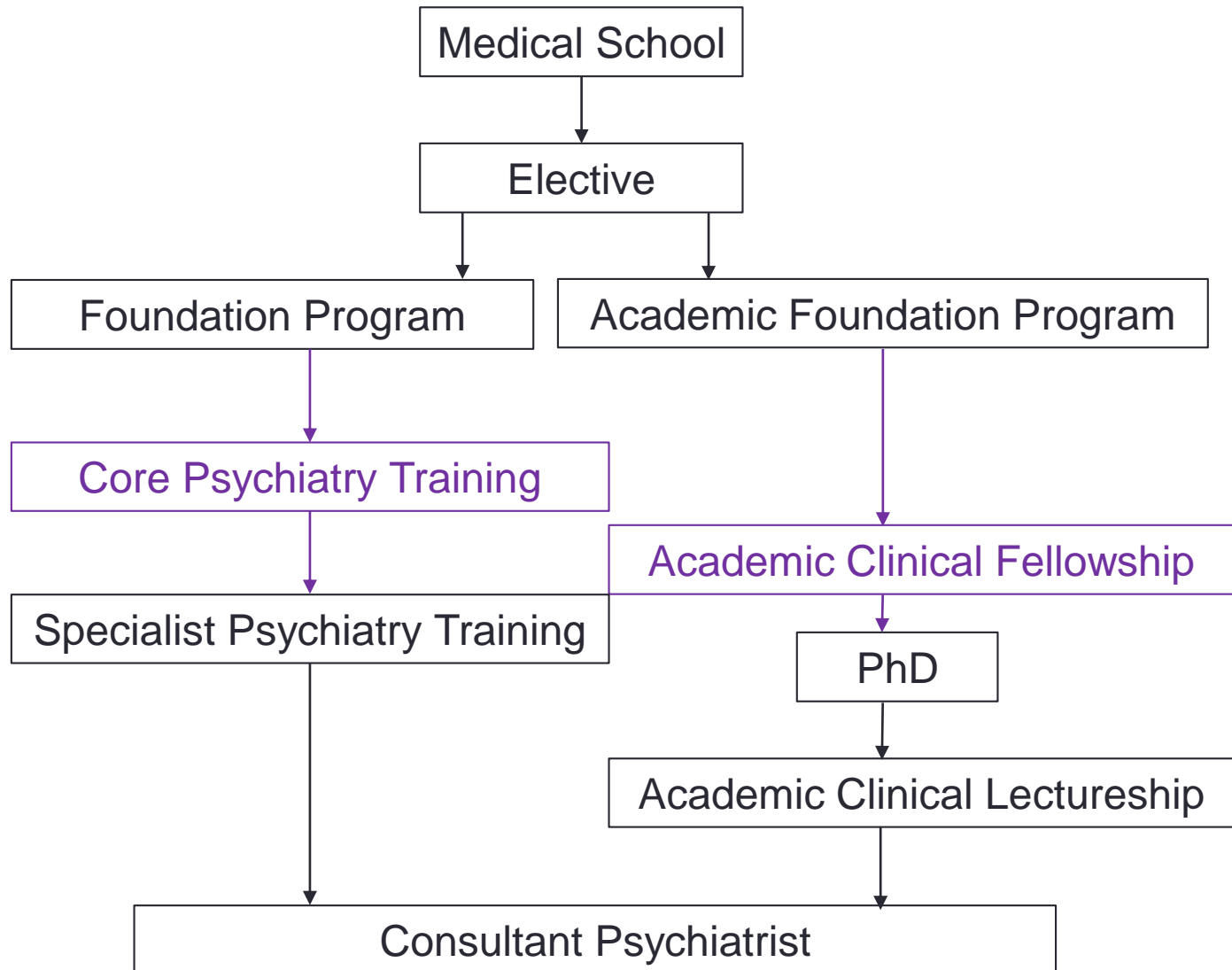
What I'll cover today...



What I'll cover today



What I'll cover today



Medical School

- Enjoy yourself – get out, have experiences
- Join a club or society
 - Committee positions look great, but not essential
 - Psychiatry Society!
- Royal College of Psychiatrists Student Associateship
 - Prizes, bursaries, events
- Clinical attachment
 - Talk to people doing the job – can you see yourself in the role?
- Self Selected Components
- Intercalated BSc
- Volunteer



Elective

- 4-6 week period to travel and experience a different healthcare system
- See and experience the world
- Document it – photos, blog, diary

- Psychiatry is a bonus, not a necessity
- Many funding options – ask uni

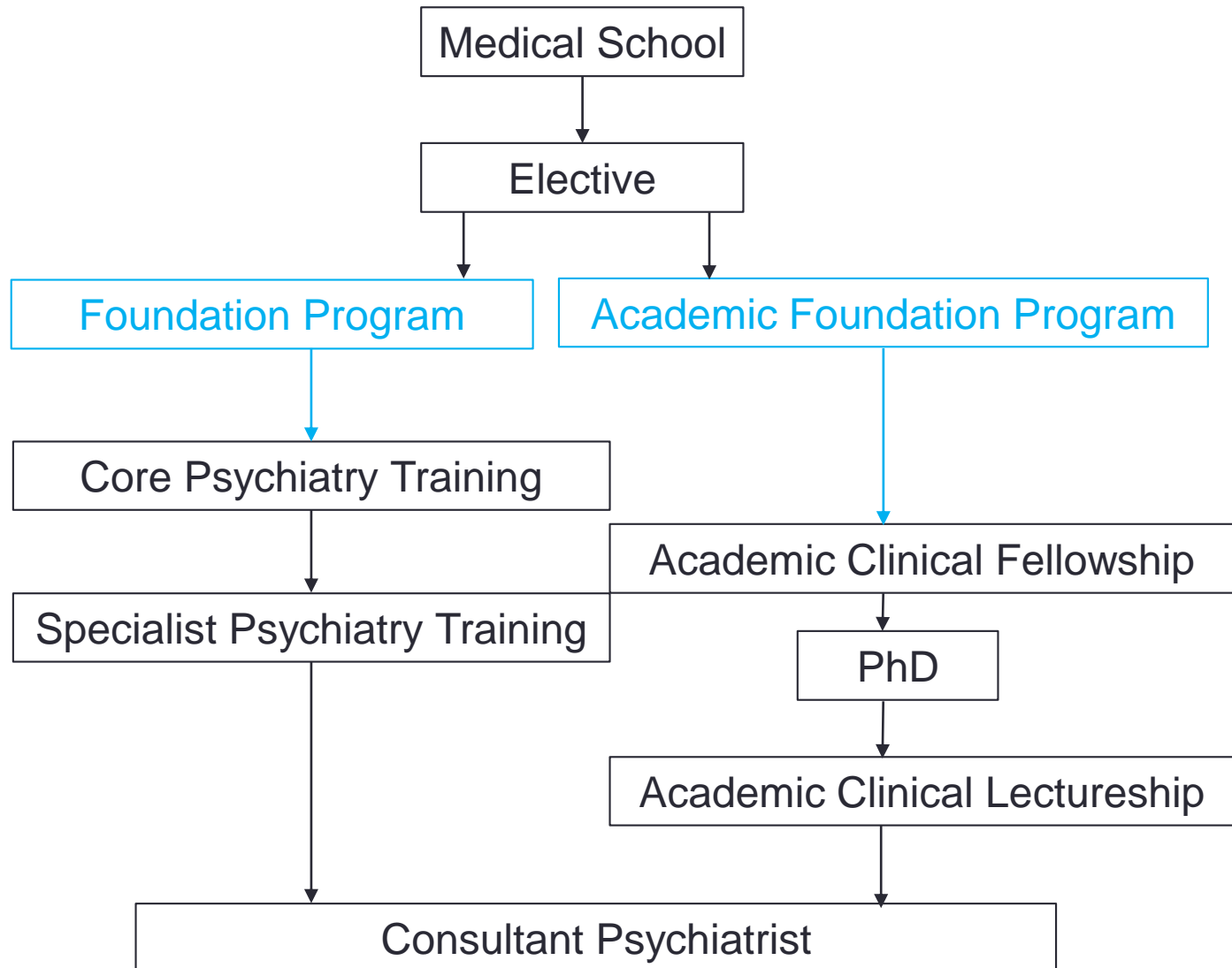
- RCPsych Pathfinder Fellowship



Royal College Pathfinder Fellowship

- Worth up to £5000 over 3 years
- For penultimate-year medical students
- **MENTORING** - you will be assigned a mentor to give you advice and support during the 3 years you are a Pathfinder Fellow
- **FUNDING FOR AN ELECTIVE/RESEARCH/SSC IN PSYCHIATRY** - you will be given funding (maximum £1500) as a contribution towards the cost of a research project, elective placement, or a student selected component in psychiatry in the UK or overseas
- **INTERNATIONAL CONGRESS** - you will be given free registration and a contribution towards accommodation and travel to attend the International Congress of the Royal College of Psychiatrists each year over the 3 years
- **OTHER EVENTS** - you will be invited to the Royal College of Psychiatrists for special events to meet senior College Officers and Members
- **JOURNAL SUBSCRIPTIONS** - you will be given free print copies of the Royal College of Psychiatrists' journals: The British Journal of Psychiatry; Advances in Psychiatric Treatment; and The Psychiatrist

Foundation Program / AFP



Foundation Program / AFP

- 2 years
- FP1 – 1 general medicine, 1 general surgery, other
- FP2 – More varied
- Linked / unlinked
- Think about competitiveness – what's important – posts or location?

- AFP – dedicated time & funding for teaching, research
- Will have a separate interview
- Aims to maximize chances of progressing to ACF

- Afterward – training? Year out?

Core Psychiatry Training

- National competitive process
- Online application and formal interview

Psychiatry National Recruitment

2015 CT1 Outcomes - August 2015 start dates

Deanery	Round 1					Round 1 Re-adverts					Rounds 1 & Re-adverts					
	Number of vacancies	Number of applications	Number of posts filled	Competition Ratio	Fill Rate (%)	Number of vacancies	Number of applications	Number of posts filled	Competition Ratio	Fill Rate (%)	Overall number of vacancies	Readvertised posts	Overall number of applications	Overall number of posts filled	Overall fill rate %	Overall competition ratio
Defence	2	2	2	1.0	100	0	0	0	n/a	n/a	2	0	2	2	100	1.0
East Midland (N&S)	22	32	16	1.5	73	6	\	1	n/a	17	22	6	\	17	77	\
East of England	30	35	18	1.2	60	15	\	5	n/a	33	30	14	\	23	77	\
Kent, Surrey & Sussex	16	26	13	1.6	81	3	\	3	n/a	100	16	1	\	16	100	\
London	96	240	93	2.5	97	3	\	3	n/a	100	96	3	\	96	100	\
Mersey	8	22	8	2.8	100	1	\	1	n/a	100	8	0	\	9	113	\
North Western	29	61	20	2.1	69%	9	\	6	n/a	67	29	9	\	26	90	\
South West Peninsula	10	5	2	0.5	20	5	\	2	n/a	40	10	5	\	4	40	\
South West Severn	17	32	17	1.9	100	0	\	0	n/a	n/a	17	0	\	17	100	\
Thames Valley	19	22	11	1.2	58	6	\	5	n/a	83	19	6	\	16	84	\
Wessex	14	12	5	0.9	36	7	\	1	n/a	14	14	7	\	6	43	\
West Midlands	36	46	19	1.3	53	14	\	10	n/a	71	36	14	\	29	81	\
Scotland	54	64	42	1.2	78	11	\	8	n/a	73	54	11	\	50	93	\
Wales	21	18	9	0.9	43	13	\	5	n/a	38	21	13	\	14	67	\
Yorkshire & Humber	49	46	22	0.9	45	22	\	11	n/a	50	49	21	\	33	67	\
North East	35	18	10	0.5	29	25	\	6	n/a	24	35	25	\	16	46	\
Totals	458	681	307	1.5	65.0	140	206	67	n/a	48.0	458	135	887	374	82.0	1.9

Core Psychiatry Application Form

- “Person specification”
- Essential & desirable criteria

- Qualifications
- Clinical Skills
- Communication Skills
- Audit
- Research
- Teaching
- Commitment to specialty

After that...

- 3 exams – MRCPsych
- Taken during Core Psychiatry Training
- 2 x written exams (Paper A & Paper B)
- 1 x clinical (CASC)

- Entitles you to become a member of the royal college
- Put MRCPsych after your name!
- Enables entrance onto the specialist register

- Complete specialist training
- Get CCT (Certificate of Completion of Training)

That's it!

Easy?

That's it!

(no)

For further help..

- Psychiatry Society
- Royal College of Psychiatry website
 - Student associateship
 - Talks, conferences, bursaries, pathfinder fellowship
- Speak to people – consultants, trainees, nurses, patients

Summary

- Most importantly, don't worry if you aren't sure!
- Ensure a good work-life balance
- Enjoy your time at medical school
- Both of these things will count in your favour – whatever specialty you choose
- Psychiatry is the **best** specialty
- Rewarding, exciting, ground-breaking, caring, progressive
- There are many routes to follow

Thankyou.

- Questions?

Contact

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