

Why Northern Ireland?

Psychiatry Training in Northern Ireland (NI) has an excellent reputation, maintaining high levels of trainee recruitment and retention in comparison to other regions within the UK. The NI Psychiatry Training Programme receives positive feedback in the GMC National Training Survey and consistently strives for improvement. Trainees work in all five Health and Social Care Trusts across all psychiatric specialties and have exposure to inpatient, outpatient and specialist services.

Main Hospital Sites:

- **BHSCT**- Acute Mental Health Inpatient Centre BCH
- **NHSCT** – Holywell Hospital & Ross Thompson Unit
- **SEHSCT** – Ulster, Lagan Valley & Downe Hospitals
- **SHSCT** – Bluestone Unit, CAH
- **WHSCT** – Grangewood Hospital & Tyrone & Fermanagh Hospital



Additional Opportunities:

iQuest - generic professional skills framework - <http://www.nimdtg.gov.uk/iQuest/>

ADEPT - clinical leadership fellows' programme - <http://www.nimdtg.gov.uk/adept>

Leadership Opportunities - <http://www.nimdtg.gov.uk/specialty-training/information-for-specialty-trainees/leadership-opportunities/>

Trainee Ambassadors Scheme - <http://www.nimdtg.gov.uk/recruitment/nimdtg-trainee-ambassadors/>

ENGAGE - clinical leadership/improvement programme <http://www.nimdtg.gov.uk/engage-programme-20172018>

Useful contacts:

- Head of School
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- Deputy Head of School
Dr Joanne Minay
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- School of Psychiatry Contact
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Useful links:

Northern Ireland Deanery, School of Psychiatry
<https://www.nimdtg.gov.uk/specialty-training/specialty-schools/psychiatry/>

Royal College of Psychiatrists
<https://www.rcpsych.ac.uk/>

Choose Psychiatry Initiative -
<https://www.rcpsych.ac.uk/become-a-psychiatrist/choose-psychiatry>



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Psychiatry Training in Northern Ireland



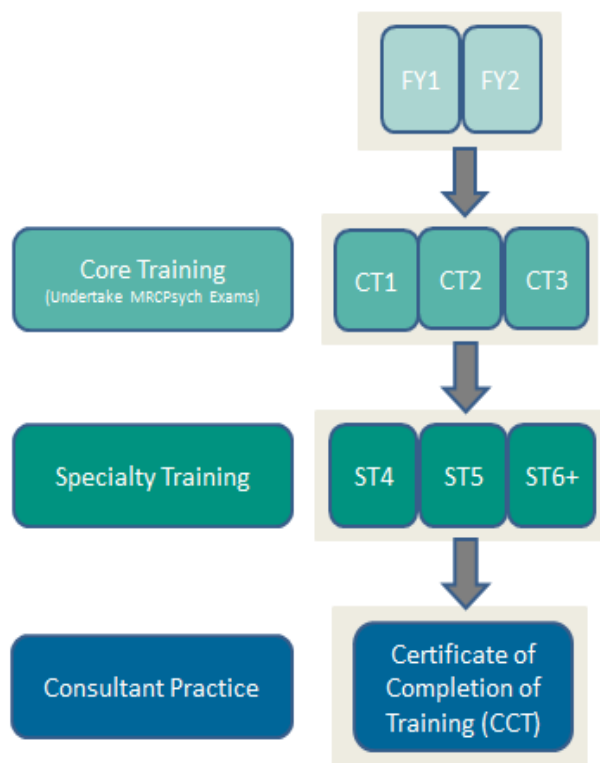
Enhancing Patient Care through Training



Tel: 028 9040 0000

Psychiatry Training in NI

Training Journey



Psychiatry Training in NI is not run-through. Trainees will be required to complete an interview to enter Core Training and again to enter Higher Training. This is because of the variety of Psychiatric specialties available.

Core Training

Core Psychiatry training takes 3 years. During this time trainees will experience 6 posts of 6 month duration in various specialties including General Adult Psychiatry, Psychiatry of Old Age, Child and Adolescent Psychiatry and Intellectual Disability Psychiatry. During this time trainees will develop their skills in mental health assessments and mental state examinations, managing mental illness, risk assessment, psychotropic medication and psychological treatments.

In order to apply for Higher Training, trainees will have to complete their Royal College of Psychiatry membership (MRCPsych) exams:

- Paper A
- Paper B
- Clinical Assessment of Skills and Competencies (CASC)

Core trainees will have the opportunity to attend MRCPsych and Psychotherapy teaching sessions every Wednesday in Belfast.

During their 3 years of Core Training trainees are required to complete both a short case (min. 6 sessions) and a long case (min.20 sessions) in psychotherapeutic modalities.

Each Trust provides access to a reflective practice group, known as a Balint Group.

There is also an opportunity to gain competency in Electroconvulsive Therapy (ECT).

Higher Training

Higher training runs from ST4 for a minimum of 3 years. The specialties available are:

- Child & Adolescent Psychiatry
- Forensic Psychiatry
- General Adult Psychiatry
- Intellectual Disability Psychiatry
- Medical Psychotherapy
- Psychiatry of Old Age

These posts can be combined for dual specialty training. Higher trainees usually have longer placements of 12 months duration.

Within each specialty there are a variety of special interests.

During Higher Training trainees will be able to avail of one session per week for special interest and one session for research.

Subspecialties

There are further sub-specialties within General Adult Psychiatry:

- Addictions Psychiatry
- Eating Disorder Psychiatry
- Liaison Psychiatry
- Neuropsychiatry
- Perinatal Psychiatry
- Rehabilitation Psychiatry