Medical students Benjamin Gaastra and Sarah Wilkinson found out more about psychiatry as a specialty during a visit to St Andrew’s Northampton.
There’s plenty to tell you about mental healthcare training and education since the last edition.

I am delighted to introduce our new clinical fellowships in forensic psychiatry. These posts are open to CCT holders in any psychiatric specialty and represent a unique opportunity to develop specialist skills necessary to be an effective clinical leader.

We have also seen publication of the first comprehensive account of forensic issues in adolescents with a wide range of developmental disabilities; including autistic spectrum disorders, brain injury, developmental traumatology and complex co-morbidities (see page 6).

Edited by Dr Ernest Gralton, Associate Medical Director for Developmental Psychiatry here at St Andrew’s and Senior Research Fellow at the Institute of Psychiatry, King’s College London, this new book looks at the processes involved in working with young people in forensic settings, and explores the ways in which their needs differ from those of other adolescents who get involved in high risk behaviour or offending.

On the back cover you will find details of events to look out for this year which you might find valuable and interesting.

If you would like to know more about medical education and training at St Andrew’s please visit our website at www.stah.org/specialty or call me on 01604 608683 or email specialty@standrew.co.uk

Katina Anagnostakis
Associate Medical Director
The brightest medical students...

St Andrew’s is committed to encouraging the brightest medical students to consider psychiatry as a career. So, we have been especially pleased to welcome medical students from Cambridge University at our Northampton site during the last year as part of their psychiatric training.

Here’s what two aspiring psychiatrists said:

**Sooha**

“Anybody can have an issue like depression; psychiatry is interesting because it’s all about how we deal with these situations, which are sometimes extreme. There is so much research that the possibilities are endless.

“I am fascinated by how we can be affected by our early development - even the way we are born – and the difference early intervention can make.

“When I came to St Andrew’s I met people who had suffered such extreme effects from early trauma or abuse that they were at serious risk of self-harming. These are rare cases, but it shows how important it is to provide help as soon as possible.

“I also spent some time with an art therapist and I tried the process for myself, which showed how it can help to highlight your thinking processes.”

**James**

“Our visit to St Andrew’s was quite different to the experience we gain in a GP surgery or on a ward, where we often see people with long-term conditions which might be managed with medication.

“We visited a ward for women with personality disorder, took part in a ward round and we received some teaching. We also clerked for a new patient admission where we saw how important it is to get a good psychiatric history. It really showed the importance of the communications skills training we receive.

“I’m very interested in psychiatry – it’s a fascinating specialty.

“I think the whole field is going to change. The evidence base is growing so rapidly in areas like schizophrenia, for example.”

Our thanks to Sooha Kim and James Wawrowski from Cambridge University for talking to us about their experiences at St Andrew’s.

For further information please go to www.stah.org/specialty or email specialty@standrew.co.uk

Excellence through Higher Education

Two jointly run qualifications from the School of Health at Northampton University and St Andrew’s Healthcare were launched 12 months ago.

A year on, four modules in each programme have now been run for the BSc Mental Healthcare and the Certificate in Higher Education.

In all, 11 members of St Andrew’s staff have enrolled on the degree and 15 Healthcare Assistants have enrolled for the Certificate of Higher Education.

Students in the degree programme have studied:

- physical healthcare in mental health settings
- therapeutic skills in a legal and ethical framework
- risk assessment and management
- working with women in secure settings.

Modules in the Certificate in Higher Education have included:

- foundation skills for support workers
- therapeutic skills in a legal framework
- working with women
- prevention and management of aggression and violence.

Two new modules have been included in this course for 2012 on forensic care and physical healthcare.

Feedback from everyone who has taken part has been positive about both the content and delivery style, and all of the students have now moved on to their last year of study.

A further level 5 module is in development, and it is hoped that it will be validated by September 2012.

The health campus at Northampton University.
All positions within the Charity are subject to an Enhanced Criminal Records Bureau check. St Andrew’s is an equal opportunities employer.

Between and provide a significant advantage in Forensic Psychiatry are few and far posts such as these Clinical Fellowships opportunities to talented, ambitious people. The Charity offers impressive career in Forensic Psychiatry

St Andrew’s Clinical Fellowships in Forensic Psychiatry

The Charity offers impressive career opportunities to talented, ambitious people. Posts such as these Clinical Fellowships in Forensic Psychiatry are few and far between and provide a significant advantage to anyone wishing to take the next step towards a Consultant career in this growing specialist area.

Focusing on Men’s and Women’s medium secure services, they comprise 80% in a clinical post compatible to your level of interest and experience, and 20% devoted to developing the skills necessary for your personal and professional development as a Clinical Leader.

A Clinical Fellowship post will give you the opportunity to work with senior clinicians, managers and the St Andrew’s Academic Centre partnership with the institute of Psychiatry; this could be in the areas of clinical service development, management and governance experience, or in research, either of your own design or collaborating with the many research studies undertaken at St Andrew’s.

To apply you’ll need:
- Full registration with the GMC
- Membership of the Royal College of Psychiatrists
- Eligibility for inclusion on the Specialist Register and be a CCT holder
- Section 12 approval
- Approved Clinician status
- High motivation to develop as a Consultant and Clinical Leader.

For an informal discussion please contact: Dr Hetal Mehta, Consultant Psychiatrist; Dr Elvina Chu, Consultant Psychiatrist; Dr Mayur Bodoni, Clinical Director. For an informal discussion please contact Dr Katina Anagnostakis, Associate Medical Director on 01604 608683 or email kanagnostakis@standrew.co.uk.

Three Consultants from St Andrew’s have recently been elected to the Executive Committee of the Royal College of Psychiatrists Section of Neuropsychiatry.

Election success

Congratulations to:
- Dr Mayur Bodoni, Clinical Director
- Dr Elvina Chu, Consultant Psychiatrist
- Dr Hetal Mehta, Consultant Psychiatrist

You can find the full prospectus, which includes much more information about St Andrew’s and the application process, online at www.stah.org/specialty. Alternatively, call 01604 616721 to register your interest and we will send you a printed copy.

Are you ready for an opportunity to develop your career in specialist areas of Psychiatry and Clinical Leadership?

NEW Prospectus

The new 2012/13 prospectus for Psychiatric Specialty Training at St Andrew’s is available now. Here are two examples of placements available for you if you are thinking about options for your Specialty Training years 4 to 6.

Placement 1
Child and Adolescent Forensic Psychiatry (ST1203)

Placement 2
Adult Forensic Psychiatry (ST1205)

Offers the opportunity to work with adolescents across the spectrum of mental illness, emerging personality difficulties and learning disabilities in medium secure settings.

The Adolescent Service at St Andrew’s Northampton is the largest of its kind in the UK, leading the field in provision for 13 to 18 year-olds with complex mental health and learning disability needs. Our young people might have severe enduring mental illnesses, neuro-developmental disabilities, complex disorders of their conduct and emotions or a brain injury, as well as challenging or offending behaviour.

Because of the scope of our services we have the flexibility to structure your placement to meet your personal training objectives.

Your clinical experience would include risk assessment using recognised tools, structured professional judgement, focused family interventions, a wide variety of psychopathology (diagnosis and psychiatric treatment) and contact with the criminal justice system via liaison with solicitors and court work.

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Placement 2
Adult Forensic Psychiatry (ST1205)

Offers experience of working with adults in medium secure settings, and the opportunity to learn about the relationship between mental health and deafness at St Andrew’s newest hospital in William Wake House in Northampton.

Particular aspects of the service that may be helpful for you to develop your expertise include the effect of culture and communication on treatment and presentation of mental disorder, working effectively with interpreters and the impact of physical disability on mental health and risk.

This placement also offers a unique experience of the clinical interface between adult and adolescent forensic psychiatry. During this placement you will assess patients presenting challenging and offending behaviour in a variety of settings including the community, hospital and the criminal justice system. You will also gain an understanding of assessment and early intervention treatment approaches for psychosis, personality disorder and Adult Attention Deficit Hyperactivity Disorder (ADHD).

Your clinical experience will include work with forensic multidisciplinary teams for young adults aged between 18 and 25 and adults aged 25 to 60, Care Programme Assessment (CPA) and clinical team meetings and participation in psychology-led and occupational-therapy-led group sessions or individual sessions.

You can find the full prospectus, which includes much more information about St Andrew’s and the application process, online at www.stah.org/specialty. Alternatively, call 01604 616721 to register your interest and we will send you a printed copy.
Summer School in Northampton

The Royal College of Psychiatrists is keen to see a national programme of summer schools providing information for medical students to improve recruitment into psychiatry. St Andrew’s is part of a collaboration with the East Midlands and East of England Deaneries, as well as the Royal College of Psychiatrists, which is hosting a summer school in Northampton this year.

The aim is to provide a programme of interest for medical students in their final three years. This will also be the first psychiatry summer school to include foundation year doctors. By informing choice and dispelling misconceptions, it is hoped that the event will encourage young doctors to choose Psychiatry as a career.

As a showcase for the wide variety of psychiatric sub-specialties available for doctors who chose a psychiatric career, the three-day programme includes formal and informal lectures, hands-on clinical work in both independent and NHS units, as well as evening social events.

Some free accommodation is available.

You can download an application form from the news and events section of the Student Associates area of the Royal College of Psychiatrists website at www.rcpsych.ac.uk/training/studentassociates/newsandevents.aspx

Annual Learning Disability training days

For the last two years St Andrew’s Northampton has welcomed Learning Disability (LD) Specialist Registrars and Specialty Trainees in years 4 to 6 of their training from the two Trent Deanery LD Training schemes. They have been very popular and further training days are planned for 2012.

These annual training days focus on forensic Learning Disability practice. Trainees attend presentations and practical sessions delivered by professionals across the Men’s, Women’s and Adolescent Services at St Andrew’s.

Themes have included:
- offending and Autistic Spectrum Condition
- issues in forensic adolescent practice
- services for women offenders.

Practical sessions have included seminars on:
- improving communication skills
- court report writing
- Mental Health Review Tribunal and Managers’ Hearing skills.

The trainees who have attended these events said that they enjoyed the experience of coming to St Andrew’s and that the teaching sessions were really useful.

For more information contact Liz Beber, Consultant Psychiatrist at St Andrew’s on 01604 616845.

Event Review
Consultant Psychiatrist Interview Skills

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**Trainer profile Jane McCarthy**

**Learn with the best.** In each edition of *psyched* we will bring you the profile of one of our Consultants who provide clinical supervision and support as part of our Specialty Training programme.

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For **issue 2** we introduce **Dr Jane McCarthy**, Clinical Director at St Andrew’s Nottinghamshire.

Dr McCarthy has more than 15 years’ research, teaching and Consultant Psychiatrist experience. She joined St Andrew’s in 2011, from South London and Maudsley NHS Foundation Trust.

During 2009 and 2010, she was the Clinical Advisor for Adults with Autism at the Department of Health, supporting the first year’s delivery of the national strategy for adults with Autism in England.

As well as being Clinical Director at our Nottinghamshire facility for adults with learning disabilities (LD) and Autistic Spectrum Disorder (ASD), Dr McCarthy is also leading the development of the Charity’s clinical assessment and treatment models for the LD and ASD secure pathways.

Over the past five years, she has contributed significantly to the research of psychiatric disorders in people with LD and ASD, and has obtained funding for numerous research initiatives including ‘Mental Health Outcomes in Adults with Autism and Learning Disabilities’ and ‘People with Neurodevelopmental Disorders in the Prison System’.

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**Speciality Training placement**

A Specialty Training placement at St Andrew’s Nottinghamshire offers an opportunity to gain experience in the diagnostic assessments of adults with developmental disabilities and the adaptation of specific interventions for this group, such as a sex offender treatment programme. The placement would include assessment of new referrals in prison and hospital environments and attendance at court for adults with learning disabilities in secure services.

Dr McCarthy is co-editor of *Advances in Mental Health and Intellectual Disabilities Journal* and would welcome supporting trainees in writing about their work for publication.

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**NEW ‘must have’ book**

**Forensic Issues in Adolescents with Developmental Difficulties**

This new text book, edited by Dr Ernest Gralton of St Andrew’s Adolescent Service, is highly recommended for both specialists and trainees working with young people in the field of forensic psychiatry or with developmental disability.

Reviewer, Dr Katya Polyakova-Nelson, Consultant Child and Adolescent Psychiatrist at St Andrew’s says: “I would, in good conscience, recommend it to any professional working in CAMHS.”

This book gives a comprehensive and practical overview of the issues you might encounter in everyday practice; everything from Genetic Influences in Forensic Psychiatry to Physiotherapy in a secure setting. It has an extensive and recent research evidence base.

There is an excellent chapter on community aspects of care, which makes this a text book that will be useful for practitioners working in CAMHS. For anyone who would like to familiarise themselves with working in this field, the book is a ‘must-have’.

The chapters progress logically through the bio-psycho-social model of care. There are contributions from most of the disciplines you would expect to find working with this complex patient group, including social work, education, and occupational therapy. Hopefully, the nursing aspects of patient care and the daily management of patients in a secure setting will be included in the second edition.
Secure training centres

In-reach programmes

St. Andrew’s has been providing mental health in-reach services to three of the four Secure Training Centres in England (Oakhill, Rainsbrook and Medway Secure Training Centres) since June 2011. Dr Enys Delmage describes the programme:

In any criminal justice secure facility the rates of mental disorder are generally high, and there is an increased risk of suicide. Multiple complex conditions are common, so each individual goes through a screening process which helps to highlight difficulties and allow referrals at an early stage.

Secure Training Centres are for vulnerable youths that the courts consider need a less restrictive setting than a Young Offenders’ Institution. Some young people are placed there for their own safety or due to the nature of their offences. The age range varies and the units manage both boys and girls.

Each Centre has approximately 75-80 beds and comes equipped with full-time mental health nurses and assistant psychologists, as well as social workers and administration staff, in combination with regular general practitioner support.

Working at these centres provides trainees with good experience of the secure environment and managing complex cases, as well as the importance of liaison with external professionals in the criminal justice, welfare and health systems.

St Andrew’s input is provided by psychiatrists and psychologists who deliver a combination of direct therapeutic work either in the centre’s healthcare clinic or on the wings themselves. The 2-hour clinics are run fortnightly, and emergency support is provided when needed.

The St Andrew’s team also provides supervision sessions for staff and will be providing some teaching for staff at the centres during the summer this year.

For more information please contact
Dr Enys Delmage, Consultant Psychiatrist, on 01604 614321

Recent presentations

Details of the latest lectures and talks given by St Andrew’s

Northampton to BSc Psychology students at the University of the West of England on 3 February 2012

“‘I don’t remember doing that!’ The challenges of helping people with acquired brain injury” by Professor Nick Alderman from the National Brain Injury Centre.

The Royal College of Psychiatrists Faculty of Forensic Psychiatry Annual conference from 1 to 3 February 2012

‘How to get the consultant job you want’ by St Andrew’s Medical Director, Dr Fiona Mason, Clinical Director for the Men’s Service, Dr Tim Exworthy, and Dr Marco Picchioni from the Academic Centre.

Institute of Psychiatry PhD Research Projects Showcase in November 2011

‘Facial affect recognition in patients with schizophrenia and a history of violence’ by Stephanie Harris, Dr Clare Oakley and Dr Marco Picchioni from the Academic Centre.

The Royal College of Psychiatrists Faculty of General Adult and Community Psychiatry Meeting on 13 and 14 October 2011

‘A retrospective study of clozapine in emotionally unstable personality disorder’ by St Andrew’s Associate Medical Director, Dr Katina Anagnostakis, Dr Fiona Mason, Dr Shawn Mitchell, Consultant Psychiatrist, Dr Marco Picchioni and Catherine Frogley from the Academic Centre.

The Royal College of Psychiatrists Postgraduate Medical Education Conference on 30 September 2011

‘Training in the Independent Sector’ by Dr Clare Oakley.

Psychiatric Nursing Research Conference at Keble College Oxford on 28 September 2011

‘Potential severity of aggressive behaviour after acquired brain injury: implications for recording’ by Professor Nick Alderman.

International conference at the Bedfordshire Centre for Mental Health in association with the University of Cambridge from 8 to 10 September 2011

‘An Audit of Diabetes Mellitus Management within a Specialist Secure Psychiatric Hospital, by Dr Marco Picchioni and others.'
Events calendar What to look out for

St Andrew’s is committed to supporting professional development in healthcare and runs a regular programme of events at Northampton as well as publishing widely and attending and presenting at other events in the UK and overseas.

Don’t miss...

The Hugh James Brain Injury Conference
Professor Nick Alderman will present ‘Measurement of neurobehavioural disability and associated social handicap following acquired brain injury’ at the conference in Cardiff on 12 June. For more information visit the brain injury events section of the Hugh James website at www.hughjames.com

NOTA Workshop on 19 June
Dr Dawn Fisher, Lead Consultant Psychologist at St Andrew’s Birmingham will run a workshop for the National Organisation for the Treatment of Abusers (NOTA) West Midlands section on ‘Using equine assisted psychotherapy with young people with inappropriate sexual behaviour problems. For more details go to www.nota.co.uk

Forthcoming publications
Interaction between effects of genes coding for dopamine and glutamate transmission on striatal and parahippocampal function by M Picchioni et al. in Human Brain Mapping
Effects of genes and environment on brain abnormalities in schizophrenia by M Picchioni et al. in Biological Psychiatry

St Andrew’s events calendar
Special dates in the Charity’s calendar are open to specialty trainees

Psychiatric Specialty Training Summer School
20 – 22 June 2012
St Andrew’s Northampton

Neuropsychiatry Service - Visitor day
The National Brain Injury Centre
Friday 4 May and Friday 2 November 2012
National Brain Injury Centre, Northampton

Local provider-led health education and training
It has just been announced that Sir Keith Pearson has been appointed as Chair of Health Education England (HEE), moving on from his current role as Chair of the NHS Confederation. He will take up his new role at Health Education England on 28 June this year.

HEE is the new organisation that will provide national leadership to the new system of education and training in healthcare.

Sir Keith will join Christine Outram, the former Managing Director of Medical Education England, who is already in post as the HEE’s Senior Responsible Officer.

She is designing and developing the HEE as a Special Health Authority, which is expected to receive Royal Assent in July.

During 2012/13 Strategic Health Authorities will continue to be accountable for education and training budgets, the deaneries and medical recruitment, whilst local provider-led arrangements are developed.

By April 2013 HEE will take on its full operational role and accountability for leadership of health education and training.

HEE will lead in setting the authorisation criteria which will support the development of local networks to take on their responsibilities.

Speaking to the House of Commons Health Committee in November last year, Christine Outram said: “Much of the strength of the new system that is being proposed will depend on the involvement of providers, professionals and employers on the ground locally.”

For more information visit www.healtheducationengland.dh.gov.uk

For more information visit www.stah.org/specialty

To visit the Psyched page on our website where you can join the mailing list and download a PDF version, please scan the QR code.