

Training and development (child and adolescent psychiatry)

This page provides useful information on the training and development for this specialty and also has tips for people at all stages of their training including medical school.

Training for child and adolescent psychiatry comprises two main stages:

- **core psychiatry training**, CT1-3, lasting three years
- **specialty training in psychiatry**, ST4-6, lasting three years and leading to Membership of the Royal College of Psychiatrists (MRCPSych)

The length of training can vary, for example it is possible to train flexibly if you fulfil the criteria for Less than Full Time Training, (LTFT).

Core psychiatry training provides experience in the different areas of psychiatric practice through four to six month training posts.

Specialty training comprises three blocks of 12 months each, in areas that are relevant to child and adolescent psychiatry.

You need at least 36 months' whole time experience in psychiatry (not including foundation modules) or 36 months' whole time training in psychiatry posts in an EU country before being accepted for ST4 training. Additional qualifications such as an intercalated degree [1] are desirable.

An interest and realistic insight into psychiatry and mental health is essential. Experience of extra-curricular activities, achievements and interests relevant to the specialty are also desirable.

Selection panels also look for evidence of academic and research achievements, which as well as additional academic qualifications include prizes, awards, distinctions, publications and presentations. An understanding of research, audit and teaching is also important as is evidence of the ability to work in a multidisciplinary team. Good leadership and organisational skills are also important.

The GMC provides information on the curriculum for child and adolescent training [2].

The Integrated Academic Training Pathway

If you are interested in research the integrated academic pathway may be for you. Trainees can apply for the two-year academic foundation [3] programme instead of a normal foundation programme. Entry is highly competitive.

After completion of the academic foundation trainees can then apply for academic core training posts

(instead of normal core training)

Trainees can then apply for academic specialty training.

A PhD is often taken, either during core or specialty training.

You will normally be appointed as an academic clinical fellow during ST1-2 and as a lecturer at ST3 and until the end of your training.

Getting in tips

It is important to develop your practical skills and interest in psychiatry as early as you can. This will also give you valuable experience to add to your CV.

- Tips for medical students

Expand / collapse

- attend conferences on psychiatry and child and adolescent mental health ? this will give you an opportunity to network and meet your future colleagues
- undertake a placement in psychiatry/child and adolescent mental health
- undertake a student selected module or project in psychiatry/child and adolescent mental health and choose an elective in this area
- join the Royal College of Psychiatrists (RCPsych) as a Student Associate member ? this will enable you to attend events such as the International Congress of the Royal College of Psychiatrists and summer schools. You will also have free electronic access to their journals

- Tips for foundation trainees

Expand / collapse

- make contact with psychiatric/child and adolescent mental health department in your hospital and find out how you can get involved
- aim to get a rotation in psychiatry or child and adolescent mental health
- try to ensure your e-portfolio has relevant experience with children or psychiatry and that this is kept properly up-to-date
- try to gain teaching and management experience
- join the RCPsych as a student member as above

- Tips for core and specialty trainees

Expand / collapse

- undertake a relevant research project
- try to get some of your work published and present at national and international meetings
- teach junior colleagues
- take on any management opportunities you are offered
- join the RCPsych at the pre-membership psychiatric trainee grade

Source URL: <https://www.healthcareers.nhs.uk/explore-roles/doctors/roles-doctors/psychiatry/child-and-adolescent-psychiatry/training-and-development>

Links

[1] https://www.healthcareers.nhs.uk/glossary#Intercalated_degree

[2] http://www.gmc-uk.org/education/child_and_adolescent_psychiatry.asp

[3] <http://www.foundationprogramme.nhs.uk/pages/academic-programmes>