

Compare roles in health

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- **Medical psychotherapy** ^[1]

Medical psychotherapists are trained psychiatrists who specialise in psychotherapy, the use of psychological or talking treatments.

Training and qualifications required

Training usually starts with a five year first degree in medicine. You'll then complete two years of foundation training and three years of core training (CT1-3), followed by three years of specialty training (ST4-6). This period of training will include your royal college exams. Length of training can vary according to your circumstances.

Expected working hours and salary range

Doctors may work up to 48 hours a week. The working hours may sometimes extend beyond the normal working day to include early mornings, evenings and weekends. You'll first earn a salary when you start your foundation training after medical school. The basic salary ranges from £29,384 to £34,012. Once you start your specialty training as a medical psychotherapist employed by the NHS, you can expect to earn a salary of at least £40,257, which can increase to between £84,559 and £114,003 as a consultant.

Desirable skills and values

For this role you'll need to be able to work well under pressure and take initiative in highly pressurised and emotive situations. You'll also have emotional resilience, empathy and compassion, and will work well in a team. You'll enjoy problem solving and decision making and have excellent communication and leadership skills. A strong interest in different therapies and psychoanalytic theory and practice is necessary.

Prospects

There were 50 consultants in medical psychotherapy in England in 2016. You could specialise or conduct research, teach medical students or postgraduate students in training or get involved in research at universities, the NHS or private sector.

Related roles

- General practitioner [2]
- Neurologist [3]
- Forensic psychiatry [4]
- Knowledge and library services [5]

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