

## **Thames Valley School of Psychiatry Study leave Guidance for 2021**

This is a SOP guide for trainee psychiatrists and their Psychiatric and Education Supervisors.

Note that the Health Education England Thames Valley Study Leave [Guidance](#) must be read and followed by all trainees and their trainers (PS, CS/ES ie whoever is signing the study leave application in the trainee's current post).

This can be found at:

<https://thamesvalley.hee.nhs.uk/resources-information/trainee-information/study-leave-for-doctors/>

Study leave does NOT cover:

- Time and cost of Mandatory training that is required by NHS Trusts to fulfill trainee's clinical role
- RCPsych membership and exam fees and related expenses

Please note that the following regular protected educational events are timetabled in work schedules for psychiatry trainees and do not require study leave application or approval:

- Trust based Psychotherapy teaching (including supervision, CBDGs) for Core trainees
- A weekly Academic Meeting in Local trust, department or for regional specialty which should be attended by trainees alongside other colleagues
- Trust Journal/critical appraisal club for core trainees
- Special interest/research sessions for higher trainees

### **COURSES/EDUCATIONAL EVENTS:**

The following is a list of recommended activities/courses for psychiatry trainees. A few are currently considered to be essential eg an MRCPsych course for core trainees and MHA Sec 12 approval for higher trainees. Others on the list are considered to be the best means to achieve curriculum delivery and are recommended. It should be viewed as a guide for trainees and their CS/PS/ES when considering study leave/funding during the PDP discussion at the START of each post.

### **OVERSEAS STUDY:**

Overseas travel is not a requirement/essential to attain any psychiatry curriculum competencies but might be approved in exceptional circumstances and only once during a core or higher training programme. Read the HETV guidance carefully and provide a full explanation on the application as to how the request meets the criteria. All applications for events overseas will need to be approved FIRST by HETV study leave team (as per application form) who will discuss the proposed application with the TPD and Head of School. After the HETV team has made a decision the trainee will need to apply to their trust in the usual way giving evidence of the HETV approval.

### **REQUESTS EXCEEDING £700**

Any application for funding exceeding £700 MUST be sent for additional scrutiny to the TPD and their support needs to be included in the application.

## ASPIRATIONAL FUNDING

There are opportunities to apply for aspirational study leave. This is defined as “educational or professional development opportunities that enhances the knowledge, skills and attitudes of the doctor in training, or enhances any aspect of patient care, but is not mapped to any direct curriculum requirements”. Aspirational leave does need to be consistent with a trainee’s PDP and all essential curricular requirements must have been achieved. Eg CT2/3 trainees may consider activities that would enhance their progress to higher specialty training, providing they can demonstrate good progress with curriculum requirements and essential study leave activities. Full or partial funding will be considered. It is essential that these discussions take place well in advance of the course start date as retrospective applications cannot be accepted. Don’t hesitate to discuss aspirational ideas with your TPD and HOS as early as possible.

## GENERAL QUERIES

The current psychiatry curricula do not mandate many courses and psychiatry trainees are advised to consider the recommended courses when thinking about study leave activities. We would be interested to hear about other activities that may be aspirational and a direct discussion with your TPD and/or HOS would be a good starting point! Don’t hesitate to e-mail us.

Programme and year of training	Essential	Strongly recommended for curriculum delivery
Core CT/ST1&2	Oxford Post Graduate Psychiatry Course ( MRCPsych regional course) This course will be funded by arrangement between Trust and OPPC and 10/30 Study leave days will be top-sliced. Trainees do not need to apply individually but they must register with the course and sign for each attendance to ensure compliance with core curriculum.	
Core CT/ST		MRCPsych exam private study preparation days must be applied for and discussed locally (see Study leave guidance). Max 5 days plus 1 exam day per year.
Core CT3/ST 3		Introductory Course for MHA Sec 12(2) approval
Core CT1-3 or ST1-3		Teacher training course eg UNICON or Teach the Teacher which are provided without charge by Medical schools. Must be applied for. External courses will not be funded.

Core CT2/3/ST2/3		CASC preparation course. Note that for trainees sitting the CASC exam in 2021 a local funded CASC course is organised by Dr Raja Natarajan. External courses will not be funded unless there are exceptional circumstances (discuss with TPD)
Core 2/3 and ST2/3		<p>Invitation by a regional or national course/conference to give a Poster/research presentation (after a peer reviewed/competitive process).</p> <p>Invitation to present at international courses/conference. May be supported in full or partially after application screened by HETV. Only once in period of training providing invitation to present made after peer reviewed/ competitive process. See HETV guidance FAQs.</p> <p>NOTE: Any international request MUST be approved by HETV (and TPD) BEFORE submitting trust application (see guidance and application form).</p>
All Higher specialty programmes ST4-ST6	Introductory Course for MHA Sec 12(2) approval	
All Higher specialty programmes ST4-ST6	Management/Leadership Course eg Nuts and Bolts NHS Leadership academy.	
All Higher specialty programmes ST4-ST6		RCPsych Leadership and Management for trainees and new consultants
All Higher specialty programmes ST4-ST6		Teacher training course eg provided by relevant Oxford or Southampton medical schools or Teach the Teacher. Usually delivered free of charge.
All Higher specialty programmes ST4-ST6		Specific psychotherapy modality course
All Higher specialty programmes ST6		Research training and support
All Higher specialty programmes ST6		Educator Training for Education and Clinical Supervisors eg Thames valley Education Development Faculty
All Higher specialty programmes ST4-ST6		Psychopharmacology eg (BAP) Psychopharmacology course in relevant area eg (BAP)

All Higher specialty programmes ST4-ST6	1x RCPsych professional conference ie International Congress, or Faculty Conference at some stage of higher training	
All Higher specialty programmes ST4-ST6	Study leave to attend annual or biannual regional CPD trainee days eg SpR Day	
All Higher specialty ST6 trainees	Approved Clinician Introduction Course	
All Higher specialty programmes ST4-ST6		RCPsych ECT prescribing course
All Higher specialty programmes ST4-ST6		Physical healthcare for Psychiatrists
Forensic ST4-6		Medico legal report writing if identified by CS/ES that required by a trainee
Forensic ST4-6		Courtroom skills eg RCPsych course
Medical Psychotherapy ST4 through to ST6	Individual Personal Psychotherapy. Curriculum states minimum of once weekly. HEETV programme requires a minimum twice weekly throughout entire higher training and for some modalities 3x week is recommended. Trainee may be expected to contribute to funding personal therapy of frequency >2x weekly.	
Medical Psychotherapy ST4 through to ST6	Course relevant to <u>one</u> of the following brief therapies a) CAT b) DBT c) MBT d) IGA Introduction to Group Analysis e) PIT f) DIT.  Note that the regular Oxford Group Psychodynamic course is funded by your employing trust and not study leave.	
Child and adolescent ST4-6		One Course for learning therapeutic modalities: CBT/FT/DBT/infant observation.
Child and adolescent ST4-6		SAVRY (structured assessment for violence risk in youth)
Child and adolescent ST4-6 Learning Disability ST4-6		Training for clinical diagnostic assessment for autism eg ADOS (local 2 day course approx. £500 or ADI (Autism Diagnostic Interview) training approx. £750).

Child and adolescent ST4-6		Courses which build on individual interests eg Medically unexplained symptoms course, Drug and alcohol course ILO 17, Autism conference ILO 13, ADHD conference ILO 5, Treatment of psychosis ILO 5
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