

## ***GREAT ORMOND STREET AND ROYAL LONDON HOSPITALS***

### ***HIGHER TRAINING SCHEME IN CHILD AND ADOLESCENT PSYCHIATRY***

# **PROSPECTUS**

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## ***OVERVIEW OF ROTATION***

The Great Ormond Street/Royal London Hospitals higher training scheme in Child and Adolescent Psychiatry is the largest scheme in London and one of the largest in the UK, with the equivalent of 17 full-time posts. It offers a wide range of training opportunities across Central, North and East London, as well as one post in West London. There are a large number of jobs available in general CAMHS, adolescent mental health teams, paediatric liaison, inpatient units, as well as a number of specialist posts, including neurodevelopmental disorders and eating disorders. The training allows the opportunity to gain experience across all areas of the curriculum, including core conditions in child and adolescent psychiatry, as well as experience of psychopharmacology and a range of psychological therapies. The scheme also covers an area with an ethnically diverse population, allowing trainees to gain experience of working with children and families from a wide variety of social and cultural backgrounds.

Two Training Programme Directors (TPDs), Dr Jon Goldin and Dr Birgit Westphal, oversee the scheme. Seven educational supervisors support them: each trainee is allocated an educational supervisor who oversees their training, and meets them on a termly basis. The educational supervisors support trainees to identify and achieve their learning objectives, ensure they meet the needs of the curriculum by the end of their training, and develop their areas of interest within the field. In addition, trainees will have a clinical supervisor for each post. There is also a Training Committee who meets on a monthly basis with the TPDs, educational supervisors and trainee reps to ensure ongoing high quality training across the rotation.

## **TEACHING**

Teaching is actively encouraged across the scheme and all posts offer opportunities to gain teaching experience, including to medical students on placement as well as teaching seminars and lectures to a wide range of audiences.

## **RESEARCH AND AUDIT**

Provision and training is made for all trainees to complete the required curriculum competency of a literature review of a publishable standard within their first year. Following this, all trainees are encouraged to participate in a research project to develop their research interests and skills and are allowed dedicated research time, usually one day per week. All posts are suitably timetabled to allow for this although the choice of day will have to be made with the trainee's clinical supervisor. The scheme has three Co- Research Leads (Dr Justin Wakefield, Sophia Ulhaq and Dr Regina Sala), who take responsibility for supporting trainees through their literature review in ST4. They then have an overview of all trainees' research experience across their training and can guide trainees who wish to participate in further research towards projects and research supervisors. In conjunction with their clinical supervisor and training programme directors, trainees may choose, after completion of their literature review, to utilize allocated research time for other structured clinical experiences.

Trainees also have the opportunity to participate in audit and Quality Improvement work—either joining current projects or starting their own. ELFT is a trailblazer in Quality Improvement work and training and trainees will have access to a wide range of training and support.

## **ONE DAY SPECIALIST PLACEMENT OPPORTUNITIES**

The training committee has identified a number of opportunities that trainees may like to utilize if they choose not to pursue further research. Trainees are also able to arrange their own specialist one-day placements outside the rotation if they wish.

**Dr Helen Bruce, Tower Hamlets CAMHS ([helen.bruce5@nhs.net](mailto:helen.bruce5@nhs.net))**

- Neurodevelopmental training
- Teaching opportunities in Medical Education

**Dr Erica Cini, Community Eating Disorders Service (ecini@nhs.net)**

- Conduct assessments in eating disorders as part of an MDT to reach a formulation and diagnosis of a spectrum of eating disorders in a culturally diverse population.
- Follow through the whole client journey for 4 cases of clients with eating disorders from referral and initial assessment, right through to management (including family-based interventions and/or CBT for eating disorders, managing risk as well as physical health aspects), discharge and transition to adult services.
- Receive training and, with consultant supervision, lead on monitoring and management of psychiatric and physical health aspects of clients with eating disorders (e.g. assessment of co-morbidities, risk assessment, physical health and blood monitoring, monitoring of cardiovascular risk, assessing and managing physical health risk including of osteopenia/osteoporosis secondary to malnutrition and prolonged amenorrhoea).
- Attend and participate in service business meetings and gain experience in the leadership and management aspects of running a community based eating disorder service.
- Participate in regular CPD events organised by the CEDS-CYP team, which include both internal and external speakers on a range of topics relevant to eating disorders.

**Dr Birgit Westphal, Royal London Hospital (birgit.westphal@nhs.net)**

Paediatric Liaison and/or Neuropsychiatry

- Sit in with joint Neuropsychiatry Clinics (with one of the Consultant Paediatric Neurologists),
- Participate in ward rounds
- Review head injury and Neuro-Rehab patients
- Depending on the SpR's training needs, the day can include additional Paediatric Liaison cases with other paediatric specialties
- Under five year old assessments

**Dr Rafik Refaat, Coborn Adolescent Inpatient Unit Newham (rafik.reefat@nhs.net)**

- Inpatient experience: psychopharmacology, mental health act, clinical leadership and working within a wider network of professionals.

**Dr Jon Goldin (jon.goldin@gosh.nhs.uk)**

- Experience with the Parliamentary Scholars Programme. This would entail spending one day per week with a member of the House of Lords for a year. Competitive application annually via RCPsych.

**Dr Leon Wehncke Brookside Adolescent Unit and Young People's Home Treatment Team (YPHTT)**

(AlexanderLeon.Wehncke@nelft.nhs.uk)

- Brookside offers inpatient experience and the usual that it entails, e.g. MHA assessment, risk assessment and management etc. Brookside is also a unique service in that it offers a Home Treatment Team to young people who would otherwise have to be treated in hospital as well as experience with Looked After Children.
- From 2019 NELFT will also be able to offer a DBT placement

**Dr Simon Wilkinson, Great Ormond Street (Simon.Wilkinson@gosh.nhs.uk)**

- 6 month placement in CCCT (Thursdays) to complete a court report and learn about child protection
- Assessment and Treatment Team (Tuesdays) to develop competencies in assessment and treatment of children with a background of early trauma, maltreatment and neglect

**Dr Isobel Heyman, Great Ormond Street (Isobel.heyman@gosh.nhs.uk)**

- Liaison role within the hospital
- Close links to the epilepsy, neurosurgery and neurology services.

- National Tourette Syndrome service.
- Emphasis in this team on detection and treatment of mental health difficulties in children with physical illness.
- Research opportunities.

**Newham CFCS can offer the following special interest days**

- LD including Child Development Clinic
- ASD including Child Development Clinic
- Adolescent experience including Youth Offending Team

**Dr Regina Sala (regina.sala@nhs.net)**

- Involvement in organising and carrying out teaching sessions with medical students at Barts and the London.

**Perinatal Parent-Infant Mental Health Service (PPIMHS)**

- A Tier 3 mental health service in NELFT in the 4 boroughs of Waltham Forest, Barking & Dagenham, Redbridge and Havering

**Prof David Skuse (d.skuse@ucl.ac.uk)**

- Research placement one day per week for those who are interested in and committed to a specific research project.

## ***LEADERSHIP OPPORTUNITIES***

Trainees are encouraged to take on increasing managerial responsibilities in preparation for their future roles as Consultants, including chairing meetings and CPA reviews, as well as the opportunity to attend senior management meetings within individual Trusts and shadow Consultants. It is worth noting that in recent years trainees from our rotation have been particularly successful in obtaining some of the most sought after Consultant posts once they have obtained their CCT.

ST4-6s are also encouraged to take on trainee representative roles during their training. The current structure includes two co-lead reps, two academic reps, on-call rep, less-than full-time rep and social rep. These are elected by the trainee group on an annual basis. The representative roles include liaison between the trainee group, the Training Programme Directors (TPDs) and Training committee, and involves attending monthly Training Committee meetings. There are also roles for a Simulation SpR Lead and a Learning Together SpR Lead.

For those who wish to, attendance at a Group Relations Conference offers useful Experiential Leadership experience. Dr Goldin can provide further information regarding this opportunity.

## **ACADEMIC PROGRAMME**

All trainees attend a weekly academic programme. This is organised on a termly basis by Professor David Skuse in liaison with the SpR academic reps and the Training Committee. The programme is a rolling 36 month schedule which has been designed to cover the full range of topics in accordance with the national curriculum in child and adolescent psychiatry. The teaching takes place on Wednesday mornings, usually at the Wolfson Centre (Institute of Child Health). The scheme has the benefit of a number of specialists who are able to teach on key topics. Once a month there is a facilitated 'Reflective Practice Group' which encourages the development of reflective, systemic thinking with an emphasis on individual roles within wider systems.

## **ON-CALL RESPONSIBILITIES**

Trainees cover an on-call rota in Child and Adolescent Psychiatry covering a wide geographical area and a range of A&E departments across East and North East London, including Homerton Hospital, Royal London Hospital, Newham General Hospital and Whipps Cross Hospital. Cover is also provided to several young people's inpatient units, including the Coborn Centre (Newham), Simmons House (Highgate), Brookside (Goodmayes) and the Mildred Creak Unit (Great Ormond Street Hospital). Cover is also provided to the paediatric wards at Great Ormond Street Hospital.

ST4-6s are non-resident and provide 2nd on-call cover, offering advice to CT1-3s on-call. A Consultant Child and Adolescent Psychiatrist is available for advice at all sites. In addition, group on-call supervision takes place on a monthly basis as part of the academic programme. Trainees are on-call on approximately a 1:13 basis depending on the number of trainees on the scheme at a given time. In addition, most posts will include cover of a daytime duty rota, including management of psychiatric emergencies and participation in a paediatric liaison service.

As a result, trainees gain good experience of managing emergencies in child and adolescent psychiatry throughout their training, both directly and through offering advice and supervision to junior trainees.

# LIST OF POSTS ON THE ROTATION

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## **GENERAL CAMHS & ADOLESCENT MENTAL HEALTH TEAM POSTS**

### **Hackney**

- 1) City & Hackney CAMHS – Homerton Row

### **Tower Hamlets**

- 2) Paediatric Liaison Team (PLT) – Royal London Hospital
- 3) Tower Hamlets CAMHS - Neurodevelopmental team – Greatorex Street
- 4) Tower Hamlets CAMHS – Emotional and Behavioural Disorders Team - Greatorex Street

### **Newham**

- 5) Newham CFCS – York House
- 6) Adolescent Mental Health Team (AMHT) – York House

### **Waltham Forest**

- 7) Waltham Forest CFCS – Wood Street Clinic, 6 Linford Road E17

### **Havering**

- 8) Havering CFCS - Raphael House

### **Ealing**

- 9) Paediatric Liaison Team - Ealing CAMHS

### ***INPATIENT POSTS***

- 4) Brookside Adolescent Unit, Goodmayes North East London Foundation Trust
- 5) Simmons House Adolescent Unit, Whittington Health NHS Trust
- 6) Coborn Adolescent Inpatient Unit, Newham
- 7) Mildred Creak Unit, Great Ormond Street Hospital

### ***SPECIALIST POSTS, GREAT ORMOND STREET HOSPITAL***

- 8) Social Communication Disorders Team (SCDT)
- 9) Feeding and Eating Disorders Team (FEDS)
- 10) Child Care Consultation Team (CCCT) Team & Assessment and Treatment Team (ATT)
- 11) Psychological Medicine (Neuropsychiatry/Epilepsy/Liaison)

# DESCRIPTION OF INDIVIDUAL POSTS

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## CHILD AND FAMILY CONSULTATION SERVICE (CFCS) AND ADOLESCENT MENTAL HEALTH TEAM (AMHT) POSTS

### HACKNEY

#### CITY & HACKNEY CAMHS

##### Team Description/Duties

Address: City and Hackney CAMHS, 15 Homerton Row, London E9 6ED Tel: 0203 222 5600

Supervisors: Dr Sharon Davies and Dr Sarah Nyame

##### Number of Placements: 2

CFCS: Through assessment and management of children presenting with a variety of presentations, the post-holder can gain a broad experience of the entire curriculum. Individual clinicians manage most cases, but there is close multi-disciplinary support through regular team meetings with opportunities for consultation by professionals from other disciplines when appropriate. The trainee can gain extensive skills in the management of neuro-developmental disorders (e.g. ADHD, ASD), behavioural difficulties in children under 5, neurotic and affective disorders and many others. There is ample opportunity to develop close links with colleagues working in schools and children's social care to ensure that a multi-faceted and comprehensive approach is taken to the management of the child and family.

AMHT & E&B: Working within the AMHT team gives the SpR experience with working with young people with a range of severe mental illness including psychosis and those at high risk of completed suicide. All young people managed within this service have care coordinators and your role will be to support them and manage medication reviews. Weekly meetings ensure that young people's care is properly thought through and regular peer supervision in systemic therapy, dynamic psychotherapy and CBT helps to provide other insights. Often patients have spent time at the Coborn and there are ample opportunities in helping young people transition to adult services.

In this post, the clinician will also be part of the E&B team. The patients here also suffer from a range of mental health illnesses including depression, anxiety and OCD. These young people however carry lower risk to themselves. Your role is sometimes as prescriber but there is also an opportunity for regular therapy e.g. CBT. The MDT meetings for both E&B and AMHT happen on a Wednesday morning so it can be difficult to attend due to teaching.

**Other Duties:**

Weekly participation in the duty doctor rota

Approximately monthly participation in the duty clinician rota: triaging referrals and seeing urgent reviews/assessments with support from the duty senior and consultant

Participation in the assessment clinics (for new referrals to the service) on a weekly basis

**Opportunities for other clinical experience:**

CBT Case

Individual psychotherapy case

Family Therapy Clinic

Child Development Clinics

LD clinics

**Research/audit opportunities:**

Active audit programme

Attendance at local Audit Group meetings

Workload appropriate to allow for research 1 day/week

**Management opportunities:**

Leading team meetings

Attending management group meetings

**Location/Travel:**

Bus: 236, 276, 425, 488, W15

10-15 minute walk from Hackney Central or Homerton Station

15-20 minute walk from Hackney Downs Station

## **TOWER HAMLETS**

### **2) PAEDIATRIC LIAISON TEAM (PLT)**

**Team Description/Duties Paediatric Liaison Team**

**Address:** Paediatric Liaison Team Office, Level 6, Royal London Hospital, London E1 1BB. Tel: 020 3594 0407

**Supervisor:** Dr Birgit Westphal

Bart's and The London Children's Hospital is one of the busiest Children Hospitals in London with an annual turnover of approximately 40,000 patients in paediatric A&E alone. Served by London's air ambulance, it is London's busiest trauma centre. The Children's hospital provides tertiary service consisting of 22 paediatric subspecialties.

The Paediatric Liaison Team (PLT) is located on level 6 within the Children's Hospital and receives approximately 500 referrals per year. The trainer, Dr. Birgit Westphal, leads a team of 7 MDT members, who provide a specialist CAMH Service for in- and outpatients up to their 18th birthday. The team consists of a Consultant Child and Adolescent Psychiatrist, a Consultant Clinical Psychologist, one Clinical Neuro-Psychologist, 4 Clinical Psychologists, a CAMHS-Social worker and a Bi-lingual co-worker. The team also hosts one or two psychology trainees and a psychiatry higher trainee. There is close reciprocal training with the paediatric neurology team and their higher trainees.

Multidisciplinary discussions about patient management take place in weekly meetings of the respective specialties; particularly well established are the Neurology-, Gastroenterology-, Haematology-, Endocrinology- (Diabetes clinic), Oncology-, CF-, Retinoblastoma- and A&E- Psychosocial meetings.

There are Tier 4 specialist MDT clinics such as the Feeding Clinic (weekly), a Neuro-Psychiatry Clinic (fortnightly) as well as the Complex Epilepsy-, Diabetes, CF, Gastroenterology clinics.

The Paediatric Liaison post is a specialist placement suitable for ST5 and ST6. The trainee will gain clinical as well as managerial experience under regular supervision of the trainer. It involves providing Senior Duty cover for the PLT (as part of rota with the consultant psychiatrist and consultant psychologist), providing supervision for the duty worker, advising on acute risk management of highly complex cases and chairing team meetings.

**Opportunities for other clinical experience:**

There is a special opportunity to consolidate skills in Neuro-Developmental assessments, neuro-psychiatric assessments examining for comorbidity and neurological examinations.

The Royal London Hospital is a teaching hospital linked with Queen Mary University London and with close links to the UCL academic unit. There are opportunities to participate in clinical research and writing case reports.

The trainee in the Paediatric Liaison Team will gain experience in management and treatment of patients with a wide variety of psychiatric presentations in the context of medical illness as well as medically unexplained symptoms. Due to the trainer's special interest, the trainee will gain particular management experience of patients with traumatic and acquired brain injury at all stages of their pathway from A&E to (P)ICU, acute and long term multidisciplinary Neuro-Rehabilitation. This includes advising Paediatricians on Psychopharmacological Management.

The trainee will gain skills in writing psychiatric assessment reports, under supervision of the trainer. Approximately 50% of referrals are from outside Tower Hamlets and require a comprehensive report with clear

management recommendation and sometimes further consultations to the local CAMH-services or to the long term Neuro-rehabilitation Unit in Tadworth.

**Management opportunities:**

There are a variety of further managerial opportunities such as getting actively involved in service development, business plan design and managing and evaluating quality & outcome measures. The trainee will gain an understanding of principles of NHS managerial structures, generating funding, commissioning structures. There is also the opportunity to complete one of the regular PLT audits.

**Teaching opportunities:**

The RLH is a University hospital and Teaching QMUL Medical Students is routine, Medical Junior Doctors (particularly in paediatrics), as well as Nursing Staff and MDT members is a central part of this post.

This post is particularly suitable for a higher trainee in the final year especially ideally if they are able to do the placement for a 12 month period in order to take advantage of all the highly specialist learning opportunities on offer.

## **TOWER HAMLETS – CAMHS Posts**

**General Information regarding Tower Hamlets CAMHS Posts**

**Address:**

The team is predominantly based in its main site, 18 Greatorex Street, London E1 5NF (nearest station: Whitechapel/Aldgate East).

Some work may be required at our alternative site which is situated in the east of the borough, Emmanuel Miller Centre, 11 Gill Street, London E14 8HQ (nearest station: Westferry).

**Service Description:**

Tower Hamlets is a busy CAMHS service in a Central London borough with a young population, a high level of ethnic diversity and high levels of social deprivation. The service has over 1000 active cases. It is staffed by a highly skilled multidisciplinary staff including six consultant psychiatrists, psychologists, psychotherapists, social workers, family therapists, nurses, creative arts therapists and cultural advocates. There are two specialty training posts, two core training posts and a foundation year one post. We are a training service and regularly have trainees in all disciplines which promotes a culture of learning that is very helpful to specialist trainees wanting a wide range of experience. As a trailblazer site in early intervention/school based mental health work, we also have a growing number of children's wellbeing practitioners training and working in schools. This means we have a number of less complex cases receiving psychological interventions which are therefore excellent training cases.

The service is divided into a number of different teams and pathways. Although all trainees will have a main team, there is opportunity to work across all teams and pathways according to training need and interest.

In addition to the specific training opportunities associated with each post, there are a range of opportunities common to the service.

#### **Teaching**

- Teaching in a variety of settings is central to the clinic. Opportunities exist for teaching at the medical school (Bart's and the London) and the ST 4-6 is encouraged to become involved in the teaching programme.
- Medicine in Society students as well as medical students on special study modules are regularly based in the clinic.
- The service runs a CAMHS Foundation Course providing multidisciplinary training for Tiers 1 and 2.
- Trainees regularly contribute to the whole staff continuing professional development teaching sessions.

#### **Audit/Quality Improvement:**

There is an active audit programme in which all trainees are expected to participate.

The service has two trained QI sponsors, Dr Justin Wakefield who can advise and support trainees in quality improvement projects.

#### **Research:**

ELFT has a dedicated WHO recognized research unit.

#### **Opportunities for other clinical experience:**

- The centre makes use of its two one-way screen and video facilities for postgraduate training, undergraduate teaching and peer supervision in assessment and family therapy.
- There are regular supervision groups for psychotherapy, family therapy and CBT.
- As well as regular supervision with his/her trainer, supervision in individual psychotherapy, cognitive behaviour therapy, family therapy and consultation is available. The specialist registrar will have an opportunity to work with all members of the clinic team and to receive live supervision.
- During the placement at Greatorex Street, the specialist trainee, core trainee and consultant assist the paediatric liaison team and self harm team at the Royal London Hospital in providing emergency cover for the Accident and Emergency department.
- There are opportunities to observe Autism assessments if not part of the Neurodevelopmental team.
- There is an opportunity to gain under 5s experience as our lead psychotherapist has a special interest in this area and when appropriate these cases do receive treatment in CAMHS.
- The trust wide community eating disorders service conducts its assessments in Tower Hamlets.
- The triage and front door team provide brief interventions for young people who may not need significant long term CAMHS involvement. All trainees are welcome to contribute to this.

- Group work: The service has a wide range of groups to which trainees can contribute such as NVR, Regulate, mindfulness, social skills, neurodevelopmental behavioural workshops, sleep workshops and ADHD psychoeducation.

**Management opportunities:**

- Opportunity to be the duty rota representative and lead junior/senior meetings.
- Attendance at business meetings.
- Taking on a service development project.
- Trainees have the opportunity to joint supervise CT/FY1 doctors to gain experience in clinical supervision
- Opportunities to chair MDTs

- **Emergency Work**

The service runs a robust duty service. Junior doctors contribute to this service on a daily basis. It is largely comprised of non-medical staff. Two duty clinicians are supported by a duty senior and duty consultant. The junior doctor is part of this team and is normally therefore only involved in cases which specifically require psychiatric opinion such as psychosis and admissions to hospital.

**3) TOWER HAMLETS Neurodevelopmental Team**

**Team Description/Duties**

**Address:** Greatorex Street Children and Young People’s Centre, 16-18 Greatorex Street, Tower Hamlets E1 5NF

Tel: 020 7426 2375

**Supervisor:** Dr Chiara Colonnelli

This ST4-6 post provides a broad experience and ample opportunity to cover all of the generic, non-specialist CAMHS clinical competencies in this deprived and multi-cultural borough of London. There is also experience in emergency presentations gained through daytime duty rota covering Tower Hamlets and the Royal London Hospital.

The main clinical workload is as part of the Neurodevelopmental Team, so the trainee will gain experience in the assessment and management of young people with often complex neurodevelopmental profiles including Autism Spectrum Disorder, Attention Deficit Hyperactivity Disorder, Learning Disabilities, as well as less common neurodevelopmental disorders. The trainee will also gain experience of assessing and managing major mental disorders in the context of neurodevelopmental difficulties. Experience can be broadened by joining the other teams in CAMHS (Emotional and Behavioral pathways, Bipolar and Psychosis pathways, Children in Social Care pathway, Eating Disorders Team). Currently the trainee in this post also provides clinical input to the ADHD team either through new assessments or medication reviews.

**Clinical commitments:**

- Weekly Autism clinic (opportunity to utilize 3Di and ADOS)
- Opportunities to gain experience and supervision in therapies and parenting groups (including ADHD, sleep and behavioral groups), CBT, Family Therapy, etc
- Varied work in clinic, schools and day centers
- Multidisciplinary team meeting
- Neurodevelopmental team consultation clinic
- As well as providing medical input for young people in the NDT team trainees will act as a Care-coordinator for some of the young people. Care-coordination involves close working with the young person, their carers and network, liaising with colleagues in schools, social care, GP, charities and other health care providers.
- Provide medical input in multi-agency meetings.
- Assessment and treatment of young people with neurodevelopmental difficulties with co-morbid major mental disorders

**4) Tower Hamlets CAMHS- Emotional and Behavioural Disorders Team**

**Team Description/Duties**

**Address:** Greatorex Street Children and Young People's Centre, 16-18 Greatorex Street, Tower Hamlets E1 5NF

**Tel:** 020 7426 2375

**Supervisor:** Dr Rebecca Adams

**Emotional and Behavioural Team:**

The post is predominantly based in the Emotional and Behavioural Team. It therefore provides excellent training and experience to a wide range of presentations in CAMHS. The trainee can expect to develop proficiency in working with depression, anxiety, attachment disorders, PTSD and complex trauma, in addition to conduct disorder and ADHD. In addition to care coordination of appropriate cases, the trainee works closely with the rest of the multidisciplinary team. This gives an excellent opportunity to learn from other disciplines, but also to develop expertise in providing consultation to other professionals. According to training needs, trainees can ensure they work with other teams/pathways such as ADHD, Conduct (including Youth Offending Team) Looked after children, psychosis and bipolar, ASD and LD.

**Clinical commitments:**

- Weekly Multidisciplinary Team Meeting
- Opportunities to gain experience and supervision in therapies such as CBT, Family Therapy etc
- Opportunities to attend MDTs and/or pick up cases from the other pathways in TH CAMHS: Neurodevelopmental Team or Bipolar and Psychosis Team

## NEWHAM

### General information regarding York House posts, Newham

Newham is known for its considerable ethnic diversity (at the most recent census it was the second most ethnically diverse borough in London), high indices of social deprivation and an unusually young population. The posts provide excellent training covering common presentations in child and adolescent psychiatry and also allowing for experience in more specialist areas. Both posts are based in York House and provide some common training opportunities as described below.

**Address:** York House, 411 Barking Road, Plaistow E13 8AL Tel: 020 7055 8400

### Opportunities for other clinical experience:

Clinical psychology/CBT Case

Individual psychotherapy case supervised by one of the child psychotherapists

- Systemic therapy case supervised by one of the family and systemic psychotherapists. CFCS encourages overt consideration of systemic issues, within all therapeutic contexts.

Paediatric Liaison

### Emergency work

- Newham CFCS operates a duty rota between the hours of 9am to 5pm, to which you will contribute, and will be supported by a Duty Consultant and a non-medical CAMHS duty clinician who takes initial telephone queries and will undertake first line assessments of young people. This means a twice-monthly on-call, for emergencies presenting at nearby Newham University Hospital (NUH), and a protected once weekly assessment time for young people requiring urgent psychiatric input as agreed with the Duty Consultant.

### Research/audit opportunities:

Active audit programme

Workload appropriate for taking 1 day/week for research

### Management opportunities:

Leading team meetings

Attending management group meetings

Contributing to local service developments and innovation.

**Teaching:**

- CFCS has a lead for student medical education. There are ample opportunities to teach, in small group and lecture based contexts. Some Primary Care staff training is also available as well as teaching trainees from other disciplines including nursing and clinical psychology.

**Location/Travel:**

- Newham is well served by public transport. (Canning Town – Jubilee and DLR, Plaistow – Hammersmith and City and District Lines). There is paid street parking available nearby with limited car parking spaces on site. There are secure bicycle parking and shower facilities available.

## **5) NEWHAM CFCS**

**Team Description/Duties**

**Supervisor:** Dr Priti Patel and Dr Regina Sala

The job provides an excellent opportunity to acquire all of the generic, non-specialist CAMHS clinical competencies as well as specialist CAMHS experience in all neurodevelopmental conditions, Looked After Children and Parent-Infant Psychotherapy. There are ample opportunities for assessing a wide range of emergency presentations and you will be expected to join a day time rota of medical and non-medical clinicians to provide this service.

**Emotional and Behavioural Team:** This is the core CAMHS team offering assessment and treatments for young people presenting with depression, anxiety, PTSD, OCD, Deliberate self-harm, attachment disorders, eating disorder and conduct disorders. You will be working within a multidisciplinary team of psychologists, psychiatrists, educational psychologists, family therapists, nurses and social workers. This post offers excellent generic CAMHS experience with opportunities to work with complexity where there are high levels of comorbidity and psychosocial risks impinging on mental health presentations. There are also opportunities to join the small Paediatric Liaison team for experience of young people with emotional difficulties associated with physical illness.

**Specialist Neuro-developmental assessment and treatment team:** This is a multi-disciplinary team including Psychiatry, Family Therapy and Clinical Psychology delivering specialist diagnostic neurodevelopmental assessments to young people where ADHD, LD and ASD are the main presenting features. Treatments ranging from psychopharmacology, behaviour management, Functional assessment and treatment of co-morbid difficulties are offered. There are also specialist parent groups and young person's social skills groups. There are opportunities to gain experience and expertise in specific diagnoses of ASD and ADHD.

**Looked after Children Team:** This is a highly skilled and experienced multi-disciplinary CAMHS team working with Looked After Children. There are opportunities to learn about network liaison for these complex cases with partners in social care and to offer specific psychiatric assessments where indicated.

## **6) NEWHAM AMHT**

### **Team Description/Duties**

**Supervisor:** Dr Georgina Hawkes

The Adolescent Mental Health Team (AMHT) at Newham Child and Family Consultation Services (CFCS) manages adolescents who have been diagnosed with severe mental illness (e.g. psychosis), or who currently present a significant risk to themselves or others (e.g. recurrent self-harm). This necessitates complex, multidisciplinary and multiagency approaches and input. As such, all members of the team will be expected to operate as Care-Coordinators, and to operate within the framework of the Care Programme Approach (CPA). The exception to this is the psychiatric members the team, who will not routinely Care-Coordinate. The composition of the team reflects the intensity and complexity of the work, in that all AMHT members are experienced practitioners of their respective disciplines, with some having experience in more than one relevant discipline. Represented within AMHT are clinical psychology, psychiatric nursing, family therapy, child psychotherapy, substance misuse, youth offending team and psychiatry.

The generic assessment team (of which you will also be a part) has a similar mix of disciplines to the AMHT (with the exception of youth offending, and the potential inclusion of Art Therapy). The function of these teams are to filter and triage referrals, undertake initial assessments of accepted referrals, and direct the young person and/or family to services (usually within, but sometimes outside CFCS) that can meet identified and agreed needs

## **WALTHAM FOREST**

### **7) WALTHAM FOREST CFCS**

#### **Team Description/Duties**

**Address:** Wood Street Clinic, 6 Linford Road, London E17 3LA **Supervisor:** Dr Colin Welch

The service is currently undergoing changes. The team have now relocated close to the original Thorpe-Coombe hospital site into a purpose-built outpatient clinic with the addition of new posts within the

psychology department giving access to greater therapeutic support within the service. The post remains an excellent opportunity for experience in a busy tier 3 CAMHS service. The team is friendly & committed but have a heavy workload. Currently there are 3 consultant psychiatrists and 2 core trainees (1 part-time).

The registrar's main weekly role is as part of the multidisciplinary team in the bi-weekly neurodevelopmental assessment clinics, to assess and follow up urgent cases and new referrals, and if possible participate in the team's duty rota.

The opportunity to work with looked after children and foster carers, remains as part of the main service.

It is possible to undertake a short CBT case with in-house supervision. The opportunity for a long case in psychotherapy, and family therapy may also be available.

There is also the opportunity to supervise medical students attached to the service.

Other activities within the team include:

- The weekly ADHD clinic
- A number of groups for older teenagers and young adolescents, and parental training, particularly for those with ASD and ADHD
- Under 5s cases

Generally, you are welcome to become involved in any of the team's work that interests you but the extent of your involvement may be limited by time available after completing your core work. New initiatives for the service are also welcome.

Clinical supervision with your consultant is regular, weekly and good.

This post could be suitable for a LTFT trainee, with involvement further streamlined.

**Location/Travel:**

- The team is located a 3 minute overground journey from Walthamstow Central Station (London overground or Victoria Tube - Zone 3) to Wood Street station followed by a 3 minute walk to the Wood Street Clinic building on Linford Road.

## **HAVERING**

## **8) HAVERING CFCS, RAPHAEL HOUSE**

### **Team Description/Duties**

**Address:** The Acorn centre; 306 London Road; Romford; RM7 9NH;

Number: 03003001888

**Supervisor:** Dr Manas Sarkar

This job allows opportunity to cover all of the generic non-specialist CAMHS clinical competencies.

There is plenty of exposure to assessment, diagnosis, treatment and management of a wide range of conditions: neurodevelopmental (ADHD and ASD) in particular, as well as affective and neurotic conditions. There is some emergency work experience through the clinic duty rota which more commonly involves clinic reviews but at times covers self harm or acute presentations to A and E or Paediatric ward at Queens Hospital.

The medical team includes two full-time consultants, a core trainee and a staff grade in addition to the ST4-6 trainee. There are also 2 child psychotherapists, 2 clinical psychologist (one with an interest in LD and ASD), 2 family therapists, several nurse therapists and a Primary Mental Health Team on site comprising of 5 further clinicians. There is also a Looked after Children Team meeting on a monthly basis that welcomes input from the trainee.

This is a well-established, friendly team covering the Havering area which has an increasingly mixed ethnic and socioeconomic demographic but the majority of clients are still Caucasian English speaking. The senior staffs are very supportive and readily available with respect to clinical support. They are also very flexible and make every possible effort to allow study or annual leave when requested. It is also worth mentioning admin staffs are particularly good and supportive which always makes life easier. The team works in close liaison with the children services and run a joint clinic with the paediatrician and their child psychologist once a month.

The post is flexible enough to allow for the job plan to be tailored to the individual level of experience/training needs of the post-holder.

### **Opportunities for other clinical Experience:**

- Family Therapy Workshop - can hold own case under active supervision
- Individual psychotherapy case
- Clinical psychology/ CBT Case
- Lots of opportunity for joint working of cases with experienced MDT staff.

- Joint working with paediatrician in managing complex neurodevelopmental cases/rare genetic conditions

**Teaching Experience:**

- The ST4-6 organises and provides teaching for four Barts second year medical students for one afternoon per fortnight.

**Research/audit opportunities:**

- Active trust audit programme

**Management opportunities:**

- Attending local management meetings

**Travel:**

- Clinic situated in Romford 15 minutes walk from the train station. The train takes 25 minutes from Liverpool St. There is free parking at the clinic, which is just off the A12.

## **EALING**

### **9) PAEDIATRIC LIAISON TEAM AND EALING CAMHS**

**Team Description/Duties**

**Address:** 1 Armstrong Way, Southall UB2 4SA, tel: 020 8354 8160

**Supervisor:** Dr Johan Redelinghuys

The paediatric Liaison Team (PLT) is within the CAMHS services and is part of the West London Mental Health Services, Ealing SDU. The team is closely linked with the Paediatric team at West Middlesex University Hospital.

West Middlesex University Hospital is a busy district general hospital providing acute services for patients in the West London areas. Ealing CAMHS serve an ethnically diverse community with considerable variation in social and economic status. 41% of local residents are from the ethnic minority groups, mainly from the Indian sub-continent.

The liaison team consists of consultant child psychiatrist, psychiatry trainees (CT1-3 and ST4-6), mental health nurses and has admin support.

Clinical duties:

- Assessment and management of children and young people
- Working with families, schools and Social services
- Working jointly with Paediatric Teams
- Training and supporting Paediatric Staff
- Weekly joint referrals with case discussions
- Joint and individual case management
- Teaching for Junior doctors, nurses and medical students

**Research/Audit opportunities:**

- There are several opportunities available for clinical audits and to gain management experience particularly with regard to safeguarding.
- A very supportive R&D team is based at the Ealing Mental Health Trust Headquarters (on site).

**Management opportunities:**

- Attending local management meetings.

Note- The team has recently moved from Ealing Hospital to West Middlesex University Hospital.  
Description/duties of psychiatry trainees might change in April 2018.

## INPATIENT POSTS

### 10) BROOKSIDE ADOLESCENT UNIT – GOODMAYES, NELFT

#### Team Description/Duties

Address: Brookside Adolescent Unit, 107a Barley Lane, Goodmayes, Essex, IG3 8XQ Tel: 0300 5551156

Supervisor: Dr Liam Young either/or Dr Leon Wehncke

Brookside is a tier 4-specialist inpatient unit for adolescents. Referrals are normally from the greater North-East London Foundation Trust and there are also referrals from out of area CAMHS services. The team is run on a multidisciplinary model with expertise and opportunities from the full complement of disciplines within the team including; Psychiatrists, Nursing, Education, Occupational therapy, Psychology and Family Therapy.

The post offers the opportunity to be involved in assessment and treatment of a wide variety of presentations in a multidisciplinary setting such as ASD, LD, Psychosis, Personality disorders, Mood disorders, Conversion disorders and Eating disorders, both within the inpatient and environment and in the community with the Home Treatment Team.

The unit caters for young people within several settings according to individual needs of the young person

- General inpatient unit
- Home Treatment Team

#### Other Duties:

Facilitating groups and therapeutic interventions

Liaison with CAMHS, schools, social services and other tier 3 community services

Teaching program for medical students.

Attending child protection meetings/safeguarding.

#### Opportunities for other clinical experience:

Family Therapy Clinic

Individual psychology

#### Research/audit opportunities:

Due to recent establishment of YP HTT, there is a large database which can be used for audit/research.

Workload appropriate for taking 1 day/week for research

#### Management opportunities:

Leading team meetings

Chairing CPA

Attending management group meetings

**Location/Travel:**

10 min bus ride from Newbury park tube station (Central line zone 4)

5 min bus ride/10 min walk from Goodmayes overground rail station. Goodmayes is 20 minutes on national rail from London Liverpool street station and 12 minutes from Stratford international tube/rail station.

Free safe secure parking.

**11) SIMMONS HOUSE (with Adolescent Outreach Team)**

**Team Description/Duties**

**Address:** Simmons House In-Patient Unit, Woodside Avenue, London, N10 3HU Tel: 020 33161771

**Supervisor:** Dr Neil Stewart

The trainee will work as one of 6 doctors in the unit: 2 consultants, 2 ST4-6s, 2 CT1-3s. Your responsibilities include day-to-day supervision of CT1-3 and reviewing your patients at least once a week depending on clinical need. You will stand in for your consultant in meetings, ward rounds. You will also be the case manager for Emergency patients (usually one patient at a time). This is a demanding role that develops considerable communication skills managing complex patients as you are the main point of contact for families and any other involved agency. You will be working with a highly experienced MDT.

Clinical psychology/CBT Case

Therapeutic interventions – group therapies, staff support groups, daily community meetings for staff and young people.

Family therapy

State of Mind Assessment with supervision from senior psychotherapist

Groups – twice daily therapeutic and skills based groups. (eg. DBT, social skills, exploring ideas)

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**Research/audit opportunities:**

- Ample opportunities for inpatient audit
- Workload appropriate for taking 1 day/week for research
- Islington Library runs free courses
- Monthly journal club – opportunity to present

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**Management opportunities:**

- Attending management group meetings (once a month)
- Ward round, professionals' meetings – opportunities to chair.

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**Location/Travel:**

North London. Highgate tube. 10 minute walk or 2 minute bus ride (43,134)

**Other benefits:**

Meals are provided on the ward. Staff have access to the gym out of hours. Muswell Hill is 10 minutes walk.

**12) COBORN ADOLESCENT INPATIENT UNIT**

**Team Description/Duties**

**Address:** Coborn Adolescent Inpatient Unit, Cherry Tree Way, Newham. Tel: 020 7540 6789

**Supervisor:** Dr Rafik Refaat (Additional Consultants: Dr Sophia Ulhaq and Dr Ravi Patel)

The Coborn Adolescent In-patient Unit is a Tier 4 service offering assessment and treatment to young people aged 12 to 18 years. It provides 12 acute beds, 3 PICU beds and 6-Day places to the East London NHS Foundation Trust, including City and Hackney, Newham and Tower Hamlets. Referrals can also be accepted from other areas by agreement. The service takes urgent referrals and admits emergencies out of hours. The multidisciplinary team (MDT) provides experience in the assessment and treatment of a wide range of clinical disorders. Treatment includes psychopharmacology, group work, family work, education, individual psychological interventions and creative therapies.

There is a large multidisciplinary team consisting of:

- 3 Consultant Child and Adolescent Psychiatrists
- ST4-6 in Child and Adolescent Psychiatry
- Clinical Service Manager (full-time).
- 2 Consultant Clinical Psychologists (full-time) and 2 psychologists (full-time).
- 3 Junior Doctors: currently 2 CT1-3 and 1 FY2
- Social Worker (full-time).
- Nursing Staff (Working a 4:4:3 Shift Pattern).
- Teacher and Learning Mentor
- Occupational Therapist
- Assistant Occupational Therapist
- Family Therapist
- Music Therapist (part-time)

Responsibilities and training opportunities of the ST4-6 include the following:

- To participate in assessment of referrals and decisions about suitability for admission.
- Participating in assessment and treatment of adolescents with severe mental illness, complex cases and co-morbidity and managing acutely disturbed patients in PICU
- To co-ordinate management of particular cases.
- To liaise with and give consultation to other agencies (e.g. community adolescent teams, other specialist inpatient units) when appropriate in particular cases.
- Chairing relevant meetings, including ward round and CPA meetings, especially in the absence of the Consultant.
- Assess and initiate applications for Sections 2 and 3 of the Mental Health Act (1983) as appropriate.
- Attend Mental Health Act Manager's Review Meetings and Tribunal Reviews as appropriate
- Teaching experience: Participate in organization and delivery of teaching of Medicine in Society medical students from Bart's and the London medical school, as well as clinical medical students on placement. This includes assessment of these students. The ST4-6 is responsible for organising the weekly academic programme in the unit.
- Informal supervision and support to junior medical colleagues.
- Organisation of the Coborn's weekly academic programme for the MDT, including providing some teaching sessions
- Experience in psychological therapies: There is a regular weekly CBT supervision group. There is also opportunity to get experience in family therapy and Mentalisation based therapy.
- Attendance at the daily unit handover meetings with the MDT

- Management Experience: Attendance at weekly Operational Management Group. There will also be opportunities to shadow the unit's Consultants in various managerial duties in order to gain experience of management.
- Participation in the unit's programme of activities, including weekly community meeting, case discussion group, and mini-team meetings for more in-depth discussion of complex cases

**Location/Travel:**

Newham is well served by public transport. (Canning Town– Jubilee and DLR, Plaistow – Hammersmith and City and District Lines). A bus is required to get to the Coborn Unit. There is a good parking facility, which is free.

**13) MILDRED CREAK UNIT, GOSH**

**Team Description/Duties**

**Address:** Level 5, Frontage Building, Great Ormond Street Hospital, Great Ormond Street, London WC1N 1JH

Tel: 020 7405 9200 ex 8836

**Supervisor:** Dr Jon Goldin

The Mildred Creak Unit is a National Children's Inpatient Unit. It has up to 10 children aged 7-14 years old, currently 7 inpatients and 3 day patients. It specialises in [functional disorders](#) and eating disorders but also takes children with a wide range of other severe emotional/behavioural disorders and psychiatric conditions. It incorporates a therapeutic milieu approach. The team includes: a Consultant Child and Adolescent Psychiatrist, a Higher Trainee in Child and Adolescent Psychiatrist, a Core Trainee in Psychiatry, Nurses and Therapeutic Care Workers, a Consultant Child and Adolescent Psychotherapist, a Consultant Family Therapist, a Senior Family Therapist, a Clinical Psychologist, a Social Worker, a Physiotherapist and a Dietician.

The trainee normally works 5 sessions/week on the Mildred Creak Unit and 2 sessions/week in a specialist post at GOSH eg SCD team (some may do 7 sessions/week on the Mildred Creak Unit, with the option to spend time with other teams in the department depending on training needs).

As a Great Ormond Street Hospital post, you have access to the opportunities available to all trainees working at GOSH (see specialist GOSH posts information).

**Opportunities for other clinical experience:**

- Individual psychotherapy case with Supervision from Consultant Child and Adolescent Psychotherapist
- Family therapy case, Family therapy workshop and Supervision with Consultant Family Therapist

- CBT with Supervision from experienced Clinical Psychologist
- Case Management/Case Coordinator role of two cases at a time
- Participation in referral meetings and involvement in decisions around admission
- Pre-admission assessments, including home visits
- Post discharge follow up clinical work/liaison with professional network
- Paediatric Liaison
- Working with children in groups

**Research/audit opportunities:**

- Audit and Research opportunities are available
- Workload appropriate for taking 1 day/week for research

**Management opportunities:**

- Chairing ward round/review meetings when Consultant is on leave and at other times as appropriate
- Opportunity to join senior management meetings and shadow Dr Goldin in his role as Head of Department
- Opportunity to attend RCPsych Child and Adolescent Psychiatry Executive meetings (Dr Goldin is Vice Chair of the CAP Faculty)
- Opportunity for shadowing Dr Goldin in his Parliamentary Liaison and Mediawork.

## **SPECIALIST POSTS, GREAT ORMOND STREET HOSPITAL**

### **Great Ormond Street Hospital overview:**

**Address:** Great Ormond Street Hospital, Great Ormond Street, London WC1N 1JH

In addition to the Mildred Creak Unit, there are four specialist teams at Great Ormond Street. There is also a paediatric liaison service that all trainees will provide emergency cover for.

All placements involve working in more than one of the clinical teams. The exact structure of the placements on offer varies from year to year according to clinical and educational need; an example of a possible breakdown of the placements is given below. Information regarding the individual teams is given separately.

1. Mildred Creak Unit (5 sessions)/Social Communication Disorders Team (2 sessions)
2. Attachment and Trauma Team ATT (4 sessions)/Social Communication Disorders Team (3 sessions)
3. Psychological Medicine Team (5 sessions)/ Feeding and Eating Disorders Team (2 sessions)
4. Feeding and Eating Disorders Team (5 sessions)/ Child Care Consultation Team (2 sessions)

### **Clinical Opportunities available to all posts:**

- Paediatric Liaison: Trainees cover a rota providing a liaison service to Great Ormond Street hospital.
- Tourette's Clinic: once a month (1/2 day), with Dr Isobel Heyman. Key competencies gained through this post:
  - Developing skills in taking paediatric neurodevelopmental history
  - Experience a range of neuropsychiatric disorders in childhood (such as ADHD, Tic Disorders, and OCD)
  - Acquisition of skills in the diagnosis and management of Tourette's Syndrome and other co-morbid conditions; OCD, ADHD, anxiety disorders and ODD
  - Physical examination guided by the Pediatric Neurologist
- Court reports: There are opportunities to gain experience of carrying out assessments and writing a court report under the supervision of Dr Simon Wilkinson.

### **Management opportunities:**

- Attending Departmental Senior Management Meeting
- Attending consultant and ST4-6 meetings once a month throughout the year
- Great Ormond Street Junior Doctors Forum
- Organising the weekly multidisciplinary academic programme

### **Research/audit opportunities:**

- There are ample opportunities for audit with the department of child and adolescent mental health and the rest of the hospital
- All posts are structured to allow for one day/week research
- The posts are research active and there are close links between the clinical service and the research unit at the Institute of Child Health

**Other benefits:**

Great Ormond Street staff have access to a subsidised massage service. There is a well supported and funded doctors' mess that arranges regular evenings at popular restaurants, bars, clubs and holds annual balls and Christmas parties. In addition the Post Graduate Medical Education Department run an excellent series of training sessions on teaching, management and leadership.

**Location/Travel:** Great Ormond Street Hospital is located near to the centre of London. It is well located for transport – the Piccadilly Line (Russell Square), Metropolitan, Hammersmith and City and District Line (King's Cross St Pancras) and Central line (Holborn) and various bus routes. It is close to good restaurants and pubs.

## **14) SOCIAL COMMUNICATION DISORDERS TEAM (SCDT)**

**Team Description/Duties**

**Supervisor:** Consultant Dr [Ruth Garcia](#)

The Social Communication Disorders Clinic is a national assessment service for children and adolescents with autism spectrum disorders (ASDs). The team specialises in high functioning autism and sees children with complex neurodevelopmental disorders. The ST4-6 carries out 3Di assessments, which is a standardised instrument for assessment of ASDs that was developed within the clinic. In addition, children who attend the clinic will be offered an ADOS and cognitive assessments; there may be the opportunity to conduct ADOS assessments. The team offers a consultation service to local services and schools and also provides a treatment service taking a psycho-education, consultation and psychological therapy approach. The team includes a number of disciplines: a Consultant Child and Adolescent Psychiatrist, a higher trainee in Child and Adolescent Psychiatry, specialist Clinical Psychologists, Speech and Language Therapy, Social Workers Assistant Psychologist, psychology trainees and will be appointing a psychiatric nurse. The trainee spends 2-5 sessions per week with this team and will have the opportunity to attend training courses in 3Di and ADOS assessments. There are opportunities to observe neuropsychological assessments and to run psycho-education groups. The trainee is also encouraged to participate in teaching of medical students at UCL Medical School.

## **15) FEEDING AND EATING DISORDERS TEAM (FEDS)**

### **Team Description/Duties**

**Supervisor:** Consultant Dr [Lisa Mukherjee](#)

This is a national referral service that specializes in the assessment and treatment of children with behavioural feeding problems in the context of chronic illness/medical problems; selective eaters; and infant feeding problems and failure to thrive. Many of the patients are under five so this post provides excellent opportunity to assess infants. The team also offers second opinion consultations.

Disciplines represented in the team include psychiatry, nursing, psychotherapy, family therapy, psychology, dietetics, speech and language therapy, occupational therapy, play therapy and paediatrics. The trainee carries out detailed assessments of children's feeding problems with their parents, gives input to the multidisciplinary team discussion and provides feedback to parents following a team discussion that generates a formulation and management plan. The trainee will also be asked to provide psychiatric assessment if necessary and this may also involve brief assessment of parental psychopathology. As many patients have complex physical co-morbidities there are many opportunities for liaison work with paediatric teams. There are also opportunities to observe and deliver cognitive and behavioural treatments and work systemically with families with the family therapist.

Key competencies gained through this post:

- Assessment and management of feeding and eating disorders (of different types) in childhood and adolescence. (AN, BN, ARFID)
- Assessment of physical risk in children with eating disorders
- Deciding the appropriateness of inpatient admission
- Understand the effects of eating disorders on disturbing physiology and of starvation
- Identify appropriate physical investigations
- Learn management strategies for cases of eating disorder and possible treatment interventions
- Acquire current knowledge of evidence base for treatment of eating disorders in children and young people and their co-morbidity
- Monitoring physical risk
- Applying psychological therapies in Eating Disorders under supervision
- Running the Parents Group
- CBT, Family Therapy and Individual Psychotherapy

## **16) CHILD CARE CONSULTATION TEAM (CCCT) & ATTACHMENT AND TRAUMA TEAM (ATT)**

### **Team Description/Duties**

**Supervisor:** Dr Simon Wilkinson

#### **Child Care Consultation Team (CCCT):**

Key competencies gained through this post:

- Identifying signs of maltreatment/neglect
- Conducting Parenting assessments
- Rehabilitating children who have been abused and/or neglected following assessment of family function and risk.
- Working with family and professional network to clarify and manage safeguarding.
- Learning about the legal framework including the Children's Act.
- Making recommendations for children who have been subject to care proceedings, including advice on therapeutic needs, placements and contact with birth family.
- Preparing reports for the Family Courts.
- Carrying out literature reviews when reports require a synthesis of research findings.
- Attending court and presenting evidence.

#### **Attachment and Trauma Team (ATT):**

Key competencies gained through this post:

- Learning about the psychological impact of abuse and neglect
- Developing skills in complex neurodevelopmental assessments
- Opportunities to observe specialist assessments of attachment
- Assessment and treatment of trauma symptoms including medical trauma
- Therapeutic work under supervision including parenting interventions, parent-child interaction, family therapy, trauma-focused therapy, emotion regulation work and child psychotherapy
- Develop consultation skills in work with key agencies

## 17.PSYCHOLOGICAL MEDICINE and NATIONAL TOURETTE'S SYNDROME CLINIC

### **Team Description/Duties**

**Supervisor:** Dr Isobel Heyman

This is an exciting new service that started in November 2012. We have a strong liaison role within the hospital, and often co-work with colleagues in the epilepsy, neurosurgery and neurology services. The emphasis of our service is on detection and treatment of mental health difficulties in children with physical illness. We also run a national Tourette Syndrome service which uses innovative, family-centred approaches to treatment. There is an opportunity to work with a highly skilled clinical psychology team providing specialised psychological interventions in children with Tic disorders (such as Exposure and Response prevention and Habit Reversal therapy) and numerous research opportunities.

### **Key competencies gained through this post:**

- Assessing mental disorder in the context of short-term and long-term physical illness
- Complex case assessment and formulation
- Multi-axial diagnosis in conjunction with neuropsychologists
- Clear treatment goal setting with creation of a hierarchy of needs/ identification of most impairing difficulty
- Understanding the role of the psychiatrist in a medical multidisciplinary team
- Assessment and treatment of Tourette's syndrome and tic disorder
- Understanding psychological treatments for Tourette's and tics
- Identifying and treating neuropsychiatric problems in brain disorder (epilepsy, brain injury and cerebral palsy)
- Working within the national Children's Epilepsy Surgery Services, carrying out pre- and post-operative psychiatric assessments, attending MDTs etc
- Effective communication with multiple agencies

### **Expectations:**

SpRs are expected to write up clinical letters, liaise with care network (in the hospital or the community) and are encouraged to present their case during the weekly MDT meeting if they feel there are complexities that need clarification (this is on top of their regular supervision with Dr Heyman).

More information at: <http://www.gosh.nhs.uk/medical-information/clinical-specialties/child-and-adolescent-mental-health-services-camhs-information-for-parents-and-visitors/services/psychological-medicine/>