

## For Trainee Psychiatrists

**Over Two Friday mornings 9.30 am – 1.30 pm, May 14 & 21**

Designed for doctors who have been out of training for over three months and plan to return within approximately three months.

- *Enhance confidence by refreshing knowledge and clinical skills in key areas relevant to daily work.*
- *Opportunities to discuss and share concerns about your return*
- *Refreshers relevant to everyday work*
- *Informal simulation practice, using actors, on commonly encountered clinical situations.*
- *Survival Tips to help you cope more effectively with workloads and stress.*

By the end of the course, you will have developed a personalised action plan for returning to training.

Feedback from previous course participants showed significantly increased confidence plus reduced anxiety about going back to work.

*'A really useful day...made me feel much more confident about returning'*

*'Great course, lot's of tips and feel much Calmer about return'*



Insecurity guards.

### Morning 1

Eliciting Concerns

Everyday Prescribing Refresher

Psychiatric Medication Emergencies

Managing Admissions & New Patients

Survival Tips especially during Covid

### Morning 2

Assessing Suicide Risk

Demanding Patients / Substance Misuse

Looking After Yourself

Action Planning / Feedback

To book your place

please email

Shantal Bradford at

[shantal.bradford@nhs.net](mailto:shantal.bradford@nhs.net)

by Friday 30<sup>th</sup> April 2021

Please confirm you can attend both mornings