

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

by Friday 30th April 2021

Please confirm you can attend both mornings