

Job Description

CT1-3 in Personality Disorder Service

Clinical Supervisor: Dr Tennyson Lee

Locality: Tower Hamlets

Main Base: Mile End Hospital

Team / Service: DeanCross Personality Disorder Service

Address / Contact details:

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Last updated:

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Introduction & Summary

This job description is for a core training post in a Personality Disorder Service, working at Mile End Hospital in Tower Hamlets.

The post holder will spend six months in this post, under the Clinical Supervision of Dr Lee.

The post-holder will gain experience in achieving the following aims and objectives:

Aims

1. Development of skills in thinking as a psychodynamic psychiatrist, for example what are the transference issues which may exist in drug prescribing to a particular patient

Objectives: development of

1. Skills in taking a detailed psychiatric history in patients with complex histories
2. Skills in assessment and management of comorbid psychiatric problems
3. Skills in development of psychodynamic formulations
4. Skills in assessment and classification of patients with personality disorder
5. Skills in psychotherapy treatment of patients with personality disorder
6. Skills in pharmacological treatment of patients with personality disorder
7. Skills in the dynamic management of workload with challenging group of patients with complex needs

Post specific:

1. Development of psychodynamic group therapy skills (cofacilitated by an accredited group psychotherapist)
2. Development of skills in an evidence based treatment for PD eg Mentalization-Based Treatment and/or Transference-Focused Psychotherapy
3. Development of skills in working in a Personality Service Day Hospital

Other opportunities are for research as DeanCross is also a PD research centre. Output of research with trainees to date includes 5 posters to RCPsych (2015-17), 3 peer reviewed publications and 5 papers in preparation.

Brief description / profile of Clinical Supervisor

Dr Lee is a Consultant in General Adult Psychiatry and Medical Psychotherapy and was previously a senior lecturer in Public Health. Dr Lee has additional trainings in evidence based treatments for Personality Disorder (PD), including Mentalization-Based Treatment and Transference-Focused Psychotherapy, in which he is accredited by the International Society of Transference-Focused Psychotherapy.

Dr Lee has over 25 peer reviewed papers, has recently published a book on Personality Disorder and has established DeanCross as a research centre on PD. He has taught on PD internationally most recently on an online course to China.

The team (including staffing) / service description

The team members come from multiple disciplines with individual expertise. The team consists of the following disciplines: psychiatry, clinical psychology, psychotherapy (individual and group).

Role of the Core Trainee (1-3) / Main Duties and Responsibilities

The post-holder will provide a clinical psychiatric service, including

Medical

1. Clear understanding of medical diagnoses and liaison with relevant treating services
2. Assessment and management of psychiatric implications of medical diagnosis and its treatment

Chair: Marie Gabriel

Chief Executive: Dr Navina Evans

Psychiatric

1. Detailed psychiatric assessment of patients with complex histories to allow accurate diagnoses,
2. Management of psychiatric diagnoses (including pharmacological management of psychotropic medication)
3. Provision of psychiatric care to patients who are in treatment with DeanCross.
4. Urgent psychiatric review of patients in programme when indicated.

Psychodynamic

1. Participation as a cotherapist in the psychoanalytic groups
2. Developing psychodynamic formulations,.

Audit and evaluation

1. Assistance with audit and research within the unit

Any other specific characteristics of this job

1. The postholder will be expected to be able to dynamically manage his/her workload with a challenging group of patients with complex needs and to coordinate management of these patients with other members of the team.
2. As this is a unit run along psychodynamic lines, scrupulous attention needs to be paid to dynamic administration eg timekeeping for meetings, tone and wording of reports.

CT1-3 Timetable

This is an example with special interest and non fixed sessions negotiable on commencing post.

| | Monday | Tuesday | Wednesday | Thursday | Fri |
|----|---------------------|--|--------------------|-------------|--|
| AM | Group psychotherapy | Referrals meeting Traffic light meeting | Assessments | Assessments | Assessments |
| PM | Assessments | Psychotherapy Supervision of team Team Clinical meeting Staff support meeting | Academic programme | Assessments | Supervision with consultant Administration/ Audit/research |

Clinical Supervisor Timetable

This is an example with special interest and non fixed sessions negotiable on commencing post.

| | Monday | Tuesday | Wednesday | Thursday | Fri |
|----|--|--|-----------------------|-----------------------------------|--|
| AM | Assessments | Referrals meeting | Assessments | Assessments | Assessments |
| PM | Patient review Supervision long cases Assessments Therapy | Psychotherapy Supervision of team Team Clinical meeting Staff support meeting | Case Based discussion | Assessments Meetings with team | Supervision with Trainee Supervision long cases |