

RANZCP FELLOWSHIP CURRICULUM EXTRACTS RELEVANT TO PSYCHOTHERAPY

ATTITUDES TO PATIENTS

Trainees should develop an attitude of respect for the humanity and dignity of their patients.

Trainees will demonstrate this attitude by:

- A1.3 Never exploiting their patients or former patients.
- A1.5 Recognising that there is a differential power relationship between psychiatrists and patients and being particularly aware of the implications of this for patients.
- A1.6 Recognising that sexual relationships between psychiatrists and their patients are always unethical.

KNOWLEDGE OBJECTIVES

Normal Development: By the completion of training, trainees should be knowledgeable about normal biological, psychological and social development from infancy to old age.

In particular, trainees should be able to demonstrate knowledge of:

- K1.1 The stages of normal development so as to determine whether an individual's style of thinking, feeling or behaving is appropriate for that stage or may be indicative of illness.
- K1.2 How the stage of cognitive and emotional development may influence the aetiology and presentation of psychiatric disorder and its management.
- K1.3 Age-appropriate coping and defence mechanisms utilised in the face of physical or psychological trauma and illness.
- K1.4 Factors which may be associated with vulnerability to psychiatric disorder and protective factors associated with resiliency.
- K1.7 The way in which the developmental stage of the patient may affect the therapeutic alliance.
- K3.7 Appropriate management plans for psychiatric disorders including:
 - (a) physical and psychological investigations and assessments
 - (b) psychotherapeutic techniques

SKILLS OBJECTIVES

S1 Assessment of Psychiatric Disorders - In particular, trainees should be able to:

- S1.1 Demonstrate an empathic approach to the assessment of all patients which fosters the formation of a therapeutic alliance facilitating both the assessment process and compliance with treatment.
- S1.4 Assess the individual's presentation in the context of his/her personality, developmental stage, strengths and coping mechanisms.
- S1.8 Integrate the information obtained from patients and significant others into a formulation of the case in which relevant predisposing as well as precipitating, perpetuating and protecting factors are highlighted.
- S1.10 Recognise the significance and meaning of stressful life events for individual patients.

S2 Care and Treatment of Psychiatric Disorders: By the completion of training, trainees should possess the skills to care for psychiatric disorders in patients from early childhood to old age. In particular, trainees should be able to:

- S2.1 Develop and implement a clear plan of care which integrates biological, psychological and social interventions according to the needs of each individual patient.
- S2.3 Take appropriate account of the implications of the patient's ethnic and cultural background in the formulation of the care plan and specific modes of treatment.

S4 Interpersonal Skills: By the completion of training, trainees should demonstrate highly developed interpersonal skills. In particular, trainees should be able to:

- S4.1 Approach every patient with a sensitive and empathic attitude which will foster the development of a therapeutic alliance between doctor and patient, as well as facilitate assessment and management.