2027 Academic Clinical Fellowship in General Adult Psychiatry

Description of ACF Programme:
Title: General Adult Psychiatry Duration: 3 years (CT 1-3)
Lead NHS Hospital/Trust and contact details:
Southern Health NHS Foundation Trust Tatchbury Mount Southampton SO40 2RZ
Research Institution in which training will take place:
Faculty of Medicine, Clinical and Experimental Sciences (CNS + Psychiatry) University of Southampton University Road Southampton SO17 1BJ
Arrangements for protected research time:
ACF doctors can rotate into a 6-month research post based within the University Department of Psychiatry at College Keep in the second six months of Year 2, and into a half-time 6-month research post in the same department in the second six months of Year 3. Alternatively a 9-month continuous academic attachment can be arranged, typically after 18 months of clinical placements.
Research Objectives:
1. To undertake training in Core Psychiatry in accredited posts on the Wessex Rotation. 2. To undertake generic research methods training through the Faculty programme 3. To gain experience of laboratory- and clinic- based research within the Faculty of Medicine 4. To gain relevant training and experience in research design, methods and data interpretation 5. To gain experience of research ethics committee and research governance office procedures 6. To gain experience of reviewing scientific manuscripts and proposals for research funding 7. To gain experience of presentation of research findings at scientific meetings 8. To gain experience of submitting original research findings for publication 9. To pilot a research project (clinical or laboratory-based) to generate preliminary data for development of a proposal for a research training fellowship 10. To submit a competitive application for a research training fellowship to the MRC, Wellcome Trust or other major grant-giving body.
Description of research component of programme (up to 500 words):
The primary (Prof. Chamberlain) and secondary (Prof. Sinclair; Associate Prof. Huneke) academic supervisors are all internationally-renowned researchers in psychiatry. Their interests/expertise are complementary, spanning impulsive-compulsive, affective, gambling and alcohol use disorders. This will offer the appointed fellow a unique opportunity to carry out research activity in a broad array of areas in general adult psychiatry, benefitting from models/approaches successfully used in general adult psychiatry research. Particularly relevant research projects will include the following:

1) Use of clinical datasets to explore vulnerability factors and subtypes of gambling disorder and/or alcohol use problems, and to better understand clinical outcomes (including predictors)
2) Use of experimental-clinical psychopharmacological techniques to examine the neuropsychobiology of affective, impulsive-compulsive and alcohol use disorders, and of the placebo response in anxiety and pain
3) Use of mixed methods research to understand the complex systems within which people develop and manage mental health conditions

In Year 2, the ACF would typically rotate into the core 6-month research post. The ACF would become familiar with research methodologies employed within the University Department. In Year 3, the ACF would undertake a second 6-month attachment, this being half-time in academic psychiatry and half-time in clinical psychiatry. If possible, as an alternative, a continuous 9-month academic attachment can be arranged, depending on training and other needs.

Over 3 years, the ACF would receive clinical research training with senior clinical academic staff, to include trial design, structured interviews and psychopathological rating scales, liaison with local research ethics committees and Research and Development units, good clinical practice in research, and consent and capacity. Depending on the interests of the trainee, there will be additional opportunities to learn about other research techniques such as cognitive testing, brain imaging, and pharmacological challenges. The ACF would attend appropriate courses in research methodology and basic statistical methods based at the Research Support Unit at Southampton General Hospital.

The ACF would be affiliated to the research programme of senior clinical academic staff and expected to develop a programme of individual research activity according with Academic Unit, Faculty and University strategic objectives. There is considerable scope for research collaboration outside the Faculty of Medicine, principally with academic staff currently based in the School of Psychology, School of Biological Sciences and with international collaborators of the supervisors. The ACF would be supported in completing an application for a training fellowship, based on an assessment of the interests and competencies of the candidate and local opportunities.

The ACF would be expected to register for postgraduate study leading to a PhD within the University, towards the end of the first three years of academic study. Provisions would be made for allocation of suitably experienced research supervisors, to attend postgraduate courses based within the Faculty, and for any external training necessary to ensure progression through the period of postgraduate study. All ACF doctors in Southampton have access to a formal taught postgraduate research training programme which includes statistics, trial design, epidemiology, ethics, research governance, and project design. The ACF would be expected to attend Academic Unit joint academic meetings, and to make presentations of research findings at both this and the postgraduate conference, and other scientific meetings relevant to the area of investigation.

Description of clinical component of programme (up to 500 words):

The ACF will be appointed as part of the well regarded NHSE Wessex Psychiatry Core Training rotation, which consistently has a 100% fill rate for CT1 posts. The structure of the rotation has sufficient flexibility in allocating posts to permit differing ways to implement the 9 months academic-research slot according to NIHR guidance.

Placements on the rotation (including Adult Psychiatry, Older Persons' Mental Health & Forensic Psychiatry) will include experience enabling the trainee to gain all the CT1-3 clinical competencies according to the National Core Training Curriculum. Clinical training will also include a CAMHS CT post (a choice of CT posts available – Specialist Community CAMHS,

Paediatric-Liaison & inpatient CAMHS) within the employing Trust. All posts and Supervisors (Clinical and Educational) are accredited by NHSE-W and the GMC.

Weekly protected Educational Supervision (1 hour/week) from an accredited named Educational and Clinical Supervisor is assured. Trainees have assurred attendance at the regional MRCPsych Academic Programme and also local academic programmes (including case conferences and journal clubs). In the CAMHS placement, the trainee will have the opportunity to attend the Child and Adolescent Psychiatry rolling Academic Programme (along with all the ST Child Psychiatry trainees) and also participate in the CAMHS Balint Group. Progress towards achieving all clinical competencies according to the national curriculum is monitored carefully, especially in relation to Psychotherapy competencies in CAMHS (including Systemic Family Therapy, individual CAT, CBT, Psychodynamic Psychotherapy, and group therapies – CBT/ Creative – Art/ Dramatherapy). Achievement of competencies will also be monitored through workplace-based assessments using the Royal College of Psychiatrists e-portfolio. The trainee appointed as ACF will undergo ARCP annually as per the Gold Guide processes.

Specific support provided to trainee

Particular research support and opportunities will be provided, depending upon the interests and training needs of the ACF.

Milestones and timing of achievement of academic and clinical competencies

The following milestones will be applied:

Year 1	
1	Initial training in General Psychiatry and Old Age Psychiatry
2	Attendance at autumn introductory course provided by University of Southampton Postgraduate School of Medicine
3	Identification of topic of interest for research project and initial literature review
4	Identification of research questions to be addressed in pilot study through an iterative process of discussion and planning with the academic supervisors
5	Identification of specific learning needs for the project and appropriate courses
Year 2	
1	Continuing clinical training in Psychiatry
2	Obtaining ethical committee and NHS Research & Development approval for exploratory project as appropriate
3	Attendance at relevant internal and external training courses and attendance at annual national/international conferences of relevance to the project
4	Initial data collection for pilot study
Year 3	
1	Continuation of Core Psychiatry Training Programme
2	Completion of data collection and writing up of pilot research project and presentation at national/international conference(s)
3	Submission of clinical research fellowship application to external funding agencies

Passing the MRCPsych examination is also a requisite of trainees by the end of ST3.

How post links in to the NIHR approved Research Training Programme at your locality:

It is envisaged that a successful fellowship application will lead to a further three years in full-time clinical research, culminating in a PhD. There would then be a natural progression to a Lecturer position within the Faculty of Medicine. In the event of failure to obtain clinical research fellowship funding for the full-time three year research period culminating in a PhD, the research

fellow could return to the general adult psychiatry specialist training programme within the Wessex rotation.

Trainee centeredness:

The training will be centred on the trainees' own needs, identified early during the first year, and by dedicated supervision during the post. The fellowship will be tailored towards achievement of successful external funding.

Quality assurance of the programme:

The research methods training will be provided through the established Postgraduate School at the University of Southampton Faculty of Medicine. Academic supervisors have completed the postgraduate research supervision training provided by the University.

Mentoring Arrangements:

Mentorship will be provided by the academic and clinical supervisors to the fellow. Further mentorship and supervision can be undertaken through the normal governance arrangements for postgraduate research at the University of Southampton Faculty of Medicine. This will include mentorship through supervision of the emerging PhD programme and senior authorship of research fellowship applications to major funding agencies.

Academic Lead (University):

Professor Elaine Dennison
Professor of Rheumatology University of Southampton
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Academic Supervisors (University) Details:

Sam Chamberlain, Professor of Psychiatry
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Julia Sinclair, Professor of Addiction Psychiatry
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Education Supervisor (Trust) Details:

The educational supervisor will be dependent on trainee needs and placement.

Clinical Supervisor(s) Details:

The clinical supervisor will be dependent on trainee needs and placement.

NHS England - Wessex Training Programme Director Details:
Dr Qurat Khurram (General Adult Psychiatry Training Programme Director) qurat.khurram@nhs.net Dr Clare Bridger and Dr Jennifer Dolman (Core Psychiatry Training Programme Director) clare.bridger8@nhs.net and jennifer.dolman5@nhs.net Dr Nicus Kotze (Head of Wessex School of Psychiatry) nicus.kotze1@nhs.net
NHS England - Wessex Programme Manager Details:
Ms Sue Ksous (Core Psychiatry Education Programme Manager) england.psychiatry.wx@nhs.net
Confirmation that ACF posts attract an NTN(a):
This post will attract a NTN (A)