



Psychiatry Training in Wales

As a trainee psychiatrist in Wales, you'll get to work in cutting-edge facilities, receive support from experienced doctors and take advantage of our flexible training options. Due to population bias, most training takes place in the south of the country where vibrant cities sit alongside lively towns and traditional and modern villages.

Wherever you're based – and you are able to complete your training in the same area – you'll experience the strong sense of community that connects the nation and makes Wales such a rewarding place to train, work and live.

This is Training.

Psychiatry Training in Wales

Foundation and core training

If you're ready to specialise in psychiatry, you'll begin with three years of Core Training. During this time, training is based on the Royal College of Psychiatrists Core Curriculum and you'll be expected to pass your RCPsych membership exams by the time your Core Training finishes, allowing you to apply for Higher Specialty Training Posts at ST4. Wales runs a compulsory MRCPsych course to help you prepare for your RCPsych exams.

As part of this, we're developing clinical simulation training to help you follow and enhance good practice.

Training programmes are available in the following Health Boards:

- Betsi Cadwaladr University Health Board – North Wales
- Cwm Taf University Health Board – South Wales
- Cardiff and Vale University Health Board – South Wales
- Hywel Dda University Health Board – West Wales
- Abertawe Bro Morgannwg University Health Board – South Wales
- Aneurin Bevan University Health Board – South East Wales

Your role

As a trainee psychiatrist, workload and duties vary between jobs. As a Core trainee, you will be tasked with the day-to-day management of in-patients and community patients and with meeting out-patients.

You will also attend multidisciplinary meetings, where team members representing different professions discuss patients' needs, and help to assess acutely unwell patients in a range of settings. Whatever role you take on, an hour of protected time is set aside every week for consultant supervision – enabling you to complete workplace assessments, build your portfolio and focus on your professional development.

We actively encourage you to develop academic interests and you're welcome to apply for an Out Of Programme Experience (OOPE) if you'd like to take time out to undertake a period of relevant research.

Higher specialty training

This stage lasts three years from ST4 with the following programmes to choose from:

- General adult psychiatry
- Old age psychiatry
- Child and adolescent psychiatry
- Forensic psychiatry
- Learning disability psychiatry
- Academic psychiatry
- Academic psychiatry – through the Welsh Clinical Academic Track training route