



# Mental Health Program

## **POSTGRADUATE PSYCHIATRY TRAINING PROGRAM**

Information for Prospective Applicants



*April 2022*

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# Introduction

Monash Health is the largest mental health provider in Victoria, delivering comprehensive services in both hospital and community settings including acute mental health services, alcohol and drug services, child and adolescent services, mental health community services, rehabilitation services and consumer and carer relations.

Monash Health's psychiatry program spans much of the Southern Metropolitan Healthcare region providing training across four major hospitals, Monash Medical Centre, Dandenong Hospital, Casey Hospital and Kingston Centre, as well as a multitude of outpatient services and specialist clinics. Our large network provides trainees with a multitude of opportunities to complete all their mandatory and elective rotations within the health service, in a diversity of settings. Advanced training is available in Generalist, Adult, Child and Adolescent, Aged, Consultation Liaison, Psychotherapy and Addiction Psychiatry. Furthermore, Monash Health provides specialist training experience in refugee mental health, early psychosis and early intervention, gender dysphoria, perinatal psychiatry and eating disorders. Our close partnership with local regional services also allows the opportunity for trainees to work in the private health sector (Pinelodge Clinic and South Eastern Private) and complete external rotations in forensic psychiatry (Thomas Embling Hospital). Trainees value being able to get all their training needs met at Monash Health.

Monash Health has the largest psychiatry training program in Victoria, offering sixteen Stage 1 training positions. The training offered is fully compliant with the RANZCP guidelines and requirements of the Competency Based Fellowship Program. The program reflects the progressive shift of emphasis to understanding a range of psychotherapeutic practices, population health perspectives, understanding of the range of collaborative processes that support mental health service delivery and evidence based practice. The size of the training institution that Monash Health provides means that we can provide the diversity of experience, mentoring and role models that are critical to supporting trainees through all stages of training. There are research programs of international standing running in child and adolescent psychiatry, general practice psychiatry, consultation liaison psychiatry and innovative approaches to cognitive behavioral therapy for depression to give only a few examples.

The training program has close linkage with Monash University through the School of Clinical Sciences, Faculty of Medicine, Nursing and Health Sciences, Department of Psychiatry. Monash academics are heavily involved in teaching at all levels, and so Monash Health trainees gain benefits from professional apprenticeship and mentoring from a wide range of skilled consultant staff and also exposure to cutting edge innovations in mental health care.

# Vision & Mission Statements

## Vision

A dynamic, integrated and united Psychiatry Training and Education Program at Monash Health which supports and nourishes the development of psychiatrists in the pursuit of excellence in mental health training and practice.

## Mission

To equip and support psychiatrists in their professional development, as trainees and supervisors, through a high quality, stimulating, structured training and education program delivered in a vibrant learning environment.

## Aims

To assist trainees in the smooth passage through the requirements of RANZCP Fellowship through :

- Ensuring training meets or exceeds RANZCP guidelines and requirements
- Supporting candidates through all stages of the RANZCP assessment and examination

To provide comprehensive clinical training in psychiatry through :

- Ensuring skills for building and maintaining respectful and effective clinical and team relationships are well learnt from an early stage of training
- Providing opportunities for acquisition of interviewing skills including sound assessment skills across a wide range of clinical paradigms
- Supporting learning around working with the individual in a social and community context including working with consumer and carer advocates
- Providing training opportunities in working with disorders as they present throughout the life span
- Providing training for psychiatry as applied in the context of other disabilities and co-morbidities
- Making available training in specialist psychiatric programs whether defined by setting or focus
- Giving opportunities to learn judicious prescribing skills and reflect on the influences on a personal prescribing pattern

# Aspects of training offered

Monash Health Mental Health Program offers training rotations in:

- Adult Continuing Care
- Adult CATT/ECATT
- Adult Inpatient
- Adult MSTT
- Adult Rehabilitation
- Aged Persons Psychiatry
- Agile Psychological Clinics – Berwick, Dandenong, Clayton
- Alcohol & Drug Services / Dual Diagnosis
- Consultation Liaison
- Dual Disability
- Early in Life Mental Health Services (Child, Adolescent & Youth Psychiatry)
- Eating Disorders
- Forensic Psychiatry
- Gender Dysphoria
- Perinatal Psychiatry
- Private Adult Psychiatry – Pine Lodge Clinic, Dandenong
- Psychotherapy
- Refugee Mental Health Clinic

# Mental Health Institutions Involved

Monash Health Psychiatry Training Program sites includes the Monash Medical Centre in Clayton, Dandenong Hospital, Casey Hospital in Berwick, Kingston Centre and associated community services.

Service	Inpatient	Community	Rehabilitation	Private
Adult	Unit 1 Dandenong	Continue Care: Clayton, Casey, Cranbourne Dandenong	Doveton CCU, Doveton	Pinelodge Clinic, Dandenong
	P Block, Clayton	CATT ECATT : Casey, Dandenong	Middle South CCU, Bentleigh East	South Eastern Private, Noble Park
	Ward E, Casey	MSTT : Clayton, Dandenong	Unit 4 (SECU), Dandenong	
		Consultation Liaison : Clayton, Dandenong	PARCS, Springvale	
		Agile Psychological Clinics : Clayton, Dandenong	PARCS, Narre Warren	
		HiTH (Hospital in the home) :Dandenong		
	Unit 4, Secure Extended Care Unit : Dandenong			
Aged	Unit 3, Dandenong	APMHS (Aged persons mental health service) : Endeavour Hills, Kingston Centre		

	Biala, Kingston Centre			
<b>Early in Life (ELMHS)</b>	Unit 2 – Youth Ward : Dandenong	RAPPS - Early Psychosis Unit : Dandenong	Youth PARCS Dandenong	
	Stepping Stones – Adolescent Unit, Clayton	ELMHS Programs Clayton, Dandenong, Casey, Frankston		
	Oasis – Children’s Ward, Clayton			
	Perinatal & Infant Unit, Clayton			
<b>Forensic</b>		Thomas Embling Centre		
<b>Alcohol &amp; Drugs</b>	Community Residential Withdrawal Unit, Dandenong	Monash Health Drug & Alcohol Services : Dandenong, Clayton, Casey.		
		Primary Health Clinic & NSP Dandenong		
		Dual Diagnosis Hampton East		
<b>Other</b>	Eating Disorder Inpatient, Dandenong	Wellness & Recovery Centre (Eating Disorders) : Clayton	Butterfly Day Program, Malvern East	

		Mental Health & Intellectual Disability Initiative : Dandenong	Transitional Support Unit (TSU) – Dual Disability Narre Warren	
		Refugee Mental Health: Dandenong		
		Gender Dysphoria Service : Hampton East		

## Training Committee

Training is coordinated by a dynamic team of psychiatrists and administrative staff to ensure that trainees are well supported at every stage of their training.

The Director of Training oversees the whole training program and works closely with the three Site Training Coordinators to support trainees from entry to completion of training, addressing all matters related to basic and advanced training.

There is also an Examinations Co-ordinator, who specifically supports written and clinical examination preparation.

Two Senior psychotherapists provide teaching, training and supervision for all trainees commencing in Stage1 and extending through to advanced training. They assist in preparation and supervision for the psychotherapy long case, psychotherapy advanced training requirements, as well as advanced certificate training in psychotherapy.



# Supervision

RANZCP training places great emphasis on supervision. Trainees are continuously assessed during their supervision and performance is discussed during supervisor peer supervision sessions. Any concerns are usually addressed during the rotation. Individual supervisors are encouraged to address issues before the end of the rotation and if necessary, have the assistance of the Director of Training. In addition to having a range of processes in place to monitor the provision of 1:1 supervision, we work to maximize the value for trainees of group clinical activities including ward rounds and case review meetings within community services. These meetings are part of the supervision requirements for College training.

In order for this to be a meaningful opportunity for professional development, the trainee is required to play an active part in the clinical process, in a way that conforms to the apprenticeship model and so that the trainee acquires an actual understanding of the process and practice of contributing to multidisciplinary team forums as a senior mental health clinician. Training within this organization will provide the trainee with exposure to a variety of teams and working practices, and with modelling opportunities to learn about working effectively in teams, developing a leadership style, and negotiating issues of power and responsibility. The senior medical management within the Monash Health Mental Health Program is a fresh, energetic group who can provide positive and approachable role models both as clinicians and also as psychiatrists working in management capacities.

## Educational opportunities

The Monash Health Mental Health Program provides a full range of educational opportunities for trainees, and space does not permit full listing of these here, however some of the key elements of training available are as follows:

### Regular Activities:

All trainees are provided five hours of paid training time to attend tutorials and courses. For basic trainees, this includes an approved formal education course, such as the Masters of Psychiatry, on a weekly basis.

Internal activities for educational purposes include:

- A Stage 1 tutorial series is conducted on a Wednesday afternoon across Monash Health sites. This program equips trainees in the foundations of psychiatry including interview skills, phenomenology, psychopharmacology, and basic psychotherapy skills.
- Monash Medical Centre, Dandenong and Casey sites have an active weekly journal club and Case Conference. Monash Medical Centre also has a fortnightly Professorial Grand Round which is available to all staff via MS Teams.
- Exam focused tutorials occur weekly to prepare trainees for the three Written Examinations – MCQ, MEQ and Essay papers, as well as the OSCE and include opportunities to participate in a mock Written and OSCE examinations each year.
- There are also tutorials to support the Psychotherapy Case write up , balint group for senior registrars and Scholarly Project Reviews with academic staff to support research projects.

## Application

Application for entry into Psychiatry Training at Monash Health opens 2 May 2022 via e- recruit on the Monash Health website: [www.monashhealth.org](http://www.monashhealth.org).

For further information about Psychiatry Training at Monash Health, please contact the Director of Training. For further information about the application process, please contact the JMS Workforce Coordinator, whose contact details are below.

## Contacts

Director of Training:

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JMS

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