

# Welcome

## The aims of the Psychiatry Clinical Insights Programme, why your interest matters:

Psychiatry is a fulfilling career which combines using scientific knowledge, communication skills and curious nature to help change peoples lives.

Unfortunately due to stigma, lack of awareness and “mental health myths” there is a shortage of Psychiatrists– doctors who treat mental health disorders. The specialty needs enthusiastic students to consider Psychiatry - a specialty where no two days are the same.

## What we hope you will achieve participating in the Clinical Insights Programme:

- Understanding of the training pathway to become a Psychiatrist
- Tips on how to apply to Medicine.
- Appreciate the different illnesses treated within Psychiatry and the treatment options
- Become aware of the exciting opportunities and specialties within Psychiatry
- Have an awareness of other job roles within Mental health settings.

You will have the opportunity to meet consultant psychiatrists and psychiatrists in training from Birmingham & Solihull Mental Health Foundation Trust who will share insights into the working lives of doctors who practice psychiatry It will include day in the life stories from consultant psychiatrists, discussion on the relationship between psychiatry in cinema and literature and question and answer sessions with trainee psychiatrists.



**NHS**

Birmingham and Solihull  
Mental Health  
NHS Foundation Trust

# Clinical Insights



**2020 Psychiatry Week  
February 17-21**

# Inspiring Futures

## 2020 Clinical Insights Schedule

### What is:

A **psychiatrist** is a physician who specializes in psychiatry, the branch of medicine devoted to the diagnosis, prevention, study, and treatment of mental disorders. Psychiatrists are medical doctors, unlike psychologists, and must evaluate patients to determine whether their symptoms are the result of a physical illness.

A **psychologist** is a scientist who studies the mind. Unless specified, you should assume the **psychologist** studies the human mind — as opposed to, for example, a animal **behaviourist**.

A **psychologist** can be a researcher, who makes abstract studies of mental disorders and their treatments.

### What is the difference between a psychologist and a psychiatrist?

The **Difference Between a Psychologist and a Psychiatrist**. While a **psychologist** and a **psychiatrist** work in the area of patient assessment and counselling, the job description, education and training are very different.

	Morning 10.00 am—12.30pm		Afternoon 1pm—3pm
Monday 17 February EXETER	<b>Welcome &amp; Introductions</b> <b>Welcome, Health and Safety</b> <b>Reflective Learning</b> <i>(Vinnett Lynch)</i>	BIDEFORD	<b>Mythbusters</b> <i>(Dr D Patel &amp; Dr R Panchal, trainee psychiatrists)</i> <b>Question &amp; Answer Panel</b> <i>(with trainees, Dr M Parsons, Dr R Saeed, Dr A Flais and Dr O Horton)</i>
Tuesday 18 February BIDEFORD	<b>A week in the life of a liaison psychiatrist</b> <i>(Dr Hickmott, Consultant Liaison Psychiatrist)</i> <b>Guess the diagnosis?</b> <i>(Dr D Patel, Dr A Flais and Dr O Horton)</i> <b>The Patient Journey</b> <i>(Dr R Saeed)</i>	BIDEFORD	<b>Arts &amp; Psychiatry</b> <i>(Dr E Turner)</i> <b>How can you shape the future?</b> <i>(Dr M Parsons and Dr F Hynes)</i> <b>Evaluation</b>
Wednesday 19 February TAVISTOCK	<b>Recovery College</b> <i>(Katherine Allen)</i> <b>Introduction to mental health</b> <b>What is Recovery in mental health?</b>	BUTTERLEIGH TEIGNMOUTH	<b>Reflective Learning Feedback</b> <i>(Vinnett Lynch)</i>
Thursday 20 February TAVISTOCK	<b>Interview Techniques Training</b> <i>(James Hart)</i> <b>How to secure an interview</b> <b>What does the interviewer want?</b>	TAVISTOCK	<b>Interview Techniques Training</b> <i>(James Hart)</i> <b>How to answer questions successfully</b> <b>Practice interview skills</b>
Friday 21 February BUTTERLEIGH	<b>UNIVERSITY DAY</b> <b>Details to follow</b>	BUTTERLEIGH	<b>UNIVERSITY DAY</b> <b>Details to follow</b>