

Stage 3 Planning and Preparation in the Auckland Region

There's automatic graduation into Stage 3 - **you don't have to "apply for Advanced Training"**

What are the Stage 3 requirements for "generalist" Stage 3 trainees?

- Pass all 4 ST3 runs
- 1 OCA per run unless passed the OCI already
- 3 psychotherapy cases, any modality, min. 6 sessions each (with a form sent in for each case – the Stage 3 Psychotherapy Case Record form)
- Leadership and Management Training (the annual Wellington AT Forum in Nov – *plan to do it end of 4th year*)
- 2 appropriate Stage 3 EPAs per run (see 'A Guide to Planning EPAs' for details)
 - Area of Practice-specific
 - 'FELL' ones in any run *where they're feasible*

You do have to apply for any of the Certificate Programmes (see next 2 pages for details of these)

- Read about that programme on the College website
- See if they have info there about any documents needed
- If it's a bottleneck area (i.e. there are few local runs and/or subspecialty type is required for all ST2 trainees) email Felicity to discuss
- Who do you apply to? (or email for a preliminary discussion).

And make contact with Felicity early if it'll be a bottleneck run and getting the right allocation will be crucial.

- Adult – Felicity (NZ DOAT)
- Addictions – Felicity initially (and John Berks – NZ DOAT is in Wellington)
- Child/adolescent – Mirsad Begic (North Island DOAT)
- Consultation-Liaison – Felicity initially (NZ DOAT is in Christchurch)
- Forensics – Himadri Seth (local Training Coordinator) & Krishna Pillai (NZ DOAT)
- Psychiatry of Old Age – Paul Jones (North Island DOAT)
- Psychotherapies – Chris Bampton (North Island DOAT) and Felicity
- Gather the necessary documentation – what do you need?
 - Will depend on the programme, and there's now an [application form for Certificate training](#).
 - Less is needed for Adult as Felicity knows you all (so no CV needed, no workplace performance report needed, no referees needed). Ask Felicity for the papers to fill in – it's mainly a planning process.
 - For all the others you need more – e.g. a letter about why you want to do this, updated CV, workplace performance report (get from Felicity), list of 3 referees and their contact details. Rest depends on what the DOAT says they want.
- Arrange the right type of run in the allocations process (if possible – so you need to do the paperwork and get interviewed before allocations close at end of August.)

What if you can't finish a Certificate Programme within the two ST3 years?

Arrange your initial SMO post(s) to allow for the training requirements (e.g. 1:1 supervision weekly, psychotherapy time, etc.) Get this approved by your DOAT. Often need to get an interim post for CAP until fully qualified (e.g. a MOSS post).

Certificates of Advanced Training Requirements – 2012 Regulations – Current as of April 2018 (Summarised by Song Chan)

Certificate	How achievable is this in Auckland?	Training rotation requirements	EPAs and case summaries	Psychotherapy (Above and beyond standard Stage 3 requirement of 3 x 6 session short structured cases)	SP requirements (Above and beyond the general Scholarly Project as part of the 2012 Regulations)	FEP requirements (all mandatory courses are reimbursed for registrars via NRA)
<p>Addiction Psychiatry</p> <p>Minimum requirement to be selected:</p> <ul style="list-style-type: none"> MCQ must have been passed <p>For details, see: https://goo.gl/NKV83N</p>	<p>2 training posts in the Auckland metro programme.</p> <p>Reasonably achievable, but there might only be space for 1 Certificate trainee at a time, so as to allow other trainees to have some AoD experience.</p> <p>Best to discuss the possibilities with John Berks (WDHB email address), and Felicity.</p> <p>Most of the 2 years would not be achievable in Whangarei.</p>	<p>24 months of Addiction Psychiatry Training:</p> <ul style="list-style-type: none"> general hospital drug and alcohol liaison (6 months; 2–3 sessions per week or equivalent) substance use disorders – specialist treatment setting (12 months; 2–3 sessions per week or equivalent) pharmacotherapy for opiate dependence (12 months; 2–3 sessions per week or equivalent) co-existing substance use and other psychiatric disorders (comorbidity) pain unit (6 months; 1–2 sessions per week or equivalent) gambling, internet gaming and other behavioural addictions. Written learning plan needs to be completed. 	<p>8 x Stage 3 Addiction EPAs</p> <p>Must include the 6 mandatory Addiction EPAs in these 8 EPAs.</p> <p>72 x brief written case vignettes across a range of issues must be collected.</p>	<p>No</p> <p>But there's an Addiction EPA about psychological methods that requires cases in:</p> <ul style="list-style-type: none"> CBT or mindfulness-based cognitive therapy, and motivational enhancement therapy 	<p>No</p>	<p>Yes</p> <p>There's an Australian AoD course that local trainees enroll in and do on-line and via teleconferencing.</p> <p>Plus Stage 3 academic programme attendance where possible.</p>

Certificate	How achievable is this in Auckland?	Training rotation requirements	EPAs and case summaries	Psychotherapy (Above and beyond standard Stage 3 requirement of 3 x 6 session short structured cases)	SP requirements (Above and beyond the general Scholarly Project as part of the 2012 Regulations)	FEP requirements
<p>Adult Psychiatry</p> <p>Minimum requirement to be selected:</p> <ul style="list-style-type: none"> MCQ must have been passed <p>For details, see: https://goo.gl/oGZRwK</p>	<p>Felicity is the NZ DOAT – consult directly with her.</p> <p>Multiple posts available in Auckland and Whangarei – readily achievable in either part of the programme.</p>	<ul style="list-style-type: none"> 24 months FTE in accredited adult psychiatry training posts 6/12 can be in another clinical area e.g. teaching, admin or another AOP with adults, but requires DOAT approval Up to 12 months research can be prospectively approved Participation in two admin. committees or planning groups Written learning plan needs to be completed 	<p>8 adult psychiatry EPAs</p> <p>The 5 mandatory EPAs for the adult certificate on college website must be part of these.</p> <p>10 x 800-1000 word written formulations across a range of diagnoses are required.</p>	<p>Yes</p> <p>4 additional short structured psychotherapy cases in addition to the 3 generalist stage 3 cases.</p>	<p>No</p>	<p>Yes</p> <p>The main Stage 3 academic programme.</p>
<p>Child and Adolescent Psychiatry</p> <p>Minimum requirement to be selected:</p> <ul style="list-style-type: none"> MCQ must have been passed <p>For details, see: https://goo.gl/FxYWfC</p>	<p>7 current posts in Auckland region (8 including the Starship Child-CL post), and 1 in Whangarei.</p> <p>Mirsad Begic is DOAT for CAP training –this is a ‘bottleneck’ speciality as stage 2 trainees need CAP as well, so there can be delays in entering certificate training. Consult with Mirsad (WDHB email address), and Felicity.</p> <p>Other than the above, achievable in Auckland metro, but mostly not in Whangarei.</p>	<ul style="list-style-type: none"> 24 months FTE of approved CAP posts Minimum 6 months FTE in a community setting Minimum 6 months FTE in a CAP inpatient setting Written learning plan needs to be completed 	<p>8 CAP EPAs</p> <p>A Case Record (list) tracking the no. and variety of cases seen in every rotation is filled in at each rotation's end.</p>	<p>Yes – but the CAP Cert. cases as below can be used to meet the 3 required for Fellowship.</p> <p>9 psychotherapy cases of 6 sessions each:</p> <ul style="list-style-type: none"> 3 x < 6 y/o 3 x 6-12 y/o 3 x 13-18 y/o <p>Of which:</p> <ul style="list-style-type: none"> 3 x structured or manualised (e.g. CBT/IPT) 3 x dynamically informed (e.g. individual, parent-child, play therapy) 3 x dyadic or family/group (e.g. mother-infant, family/group) 	<p>No</p>	<p>Yes</p> <p>There's a formal CAP Certificate teaching programme, mixed with some attendance at the main Stage 3 academic programme.</p>

Certificate	How achievable is this in Auckland?	Training rotation requirements	EPAs and case summaries	Psychotherapy (Above and beyond standard Stage 3 requirement of 3 x 6 session short structured cases)	SP requirements (Above and beyond the general Scholarly Project as part of the 2012 Regulations)	FEP requirements (all mandatory courses are reimbursed for registrars via NRA)
<p>Consultation-Liaison Psychiatry</p> <p>Minimum requirement to be selected:</p> <ul style="list-style-type: none"> MCQ must have been passed <p>For details, see: https://goo.gl/gmfEQe</p>	<p>5 registrar posts in Auckland region (6 including the Starship Child-CL post), and 1 in Whangarei.</p> <p>Roger Mulder (Christchurch) is the NZ DOAT for CL training. Felicity manages trainees in Auckland.</p> <p>Currently entry into certificate training is limited due to CL rotations also being required for Stage 2 trainees. Consult with Felicity.</p> <p>Largely not doable in Whangarei.</p> <p>Also note you DO NOT need to do 24 months CL for the certificate – think about alternative posts to reach the requirements, if needed.</p>	<p>12 months minimum of Consultation-Liaison Psychiatry Training</p> <ul style="list-style-type: none"> Minimum of 12 months FTE attached to a C-L service in a general hospital including emergency work (<30% of total time) 1 or more liaison style attachments to a unit provided medical or surgical treatment (1 day/week for min. 12 months) Outpatient experience including longitudinal follow up of patients with chronic physical illness (half-day per week, for min. 12 months) <p>Up to 12 months of non-core CL rotations may be prospectively approved by the SATCL subcommittee (e.g. research or other rotations with some CL aspect to them.)</p>	<p>Minimum of 4 x CL psychiatry EPAs</p> <p>Remaining 4 EPAs can be CL or from general rotations (when these rotations have been prospectively approved).</p> <p>20 x written 300-500 word case summaries across a range of issues are required.</p>	<p>No</p>	<p>Yes</p> <p>A CL-specific project is required but it also serves as the general scholarly project.</p> <p>The project needs to be presented at a CPD-approved meeting or conference.</p>	<p>Yes</p> <p>There's a formal CL academic programme requirement.</p> <p>Currently a combination of videoconferencing in monthly to a NSW CL course, attending a UK course, and self-directed study.</p> <p>Plus Stage 3 academic programme attendance where possible.</p>

Certificate	How achievable is this in Auckland?	Training rotation requirements	EPAs and case summaries	Psychotherapy (Above and beyond standard Stage 3 requirement of 3 x 6 session short structured cases)	SP requirements (Above and beyond the general Scholarly Project as part of the 2012 Regulations)	FEP requirements (all mandatory courses are reimbursed for registrars via NRA)
<p>Forensic Psychiatry</p> <p>Minimum requirements to be selected:</p> <ul style="list-style-type: none"> ▪ MCQ must have been passed <p>and</p> <p>Must also have passed another test of proficiency in writing, i.e. either the:</p> <ul style="list-style-type: none"> ▪ PWC ▪ OR Scholarly Project ▪ OR Essay examination <p>For details, see: https://goo.gl/4AF63n</p>	<p>Krishna Pillai is the NZ DOAT and Himadri Seth is the Auckland Training Coordinator (WDHB emails).</p> <p>6 registrar posts at the Mason Clinic in Auckland, which offer the training rotation breadth requirements.</p> <p>Readily achievable in Auckland metro, but not in Whangarei.</p>	<ul style="list-style-type: none"> ▪ 24 months FTE training in forensic psychiatry posts ▪ 3 months FTE treatment of prisoners/remandees ▪ 3 months FTE acute inpatient unit in a forensic hospital. ▪ 3 months FTE rehab. ▪ 3 months FTE community forensics <p>Up to 12 months FTE can be prospectively approved by SATFP in forensic research, medical admin or medical education.</p>	<p>8 x Forensic EPAs</p> <p>Must include the 6 mandatory Forensic EPAs in these 8 EPAs.</p>	<p>No</p>	<p>Yes</p> <p>A Forensic-specific project is required but it also serves as the general scholarly project.</p>	<p>Yes</p> <p>There's a formal Forensic academic programme requirement.</p> <p>The usual option done locally has been via distance learning – 2 core modules of the Graduate Certificate in Forensic Behavioural Science through Swinburne University, Melbourne.</p> <p>Plus Stage 3 academic programme attendance where possible.</p>

Certificate	How achievable is this in Auckland?	Training rotation requirements	EPAs and case summaries	Psychotherapy (Above and beyond standard Stage 3 requirement of 3 x 6 session short structured cases)	SP requirements (Above and beyond the general Scholarly Project as part of the 2012 Regulations)	FEP requirements (all mandatory courses are reimbursed for registrars via NRA)
<p>Psychiatry of Old Age</p> <p>Minimum requirement to be selected:</p> <ul style="list-style-type: none"> MCQ must have been passed <p>For details, see: https://goo.gl/t4xkZU</p>	<p>7 registrar posts in Auckland metro and 1 in Whangarei</p> <p>Paul Jones is the North Island DOAT for POA (ADHB email)</p> <p>Currently entry into POA certificate training may be limited due to 'bottleneck' issues with stage 2 trainees also needing these runs – consult with Felicity to plan training.</p> <p>Whangarei POA trainees must do min. 6 months in an Auckland metro POA post. Very limited access to the post in Whangarei.</p>	<ul style="list-style-type: none"> 24 months FTE training in POA 6 months FTE inpatient POA 6 months FTE community POA *6 months geriatric medicine can be approved by SATPOA *12 months research can be approved. Management of 2 patients having ECT 5 x ½ day memory clinics Completion of a written learning plan 	<p>8 x POA EPAs</p> <p>40 brief written case summaries across a range of disorders are required.</p> <p>Completion of five medico-legal reports is required.</p>	<p>Yes</p> <p>Need to complete 3 x structured therapies for min. 6 sessions each with >65 y.o. patients.</p> <p>These POA therapy cases can be used to meet the 3 required for Fellowship.</p>	<p>Yes</p> <p>A POA-specific project is required but it also serves as the general scholarly project.</p> <p>NB: this requirement is in the process of being removed, so that a scholarly project in any AOP will meet the POA requirements.</p>	<p>Yes – there's a monthly formal POA academic programme.</p> <p>Plus Stage 3 academic programme attendance where possible.</p>
<p>Psychotherapies</p> <p>Minimum requirements to be selected:</p> <ul style="list-style-type: none"> MCQ must have been passed PWC must have been passed <p>For details, see: https://goo.gl/LYb5b1</p>	<p>Chris Bampton (ADHB email) is the psychotherapy DOAT for Northern New Zealand.</p> <p>Liaise with Chris and Felicity about certificate training.</p> <p>Opportunities depend on access to the academic program and on negotiating with suitable rotations so that these allow time for extra therapy cases. Not easily doable in Whangarei.</p>	<p>4 streams:</p> <ul style="list-style-type: none"> Individual dynamic psychotherapies (requires 3 long cases, 8 short cases, 1 x 20-week dyadic [infant] observation experience. NB: cases don't need extensive write ups.) Structured and brief psychotherapies (requires 14 cases, length as per each modality.) Group therapies Family and couples therapies <p>No runs are needed for the Cert, but completion of 4 x Stage 3 generalist ITAs is required for Fellowship.</p>	<p>8 x psychotherapy EPAs (7 of which are mandatory EPAs) are required to complete the psychotherapies certificate program.</p> <p>Stage 3 trainees can do some FELL or AOP EPAs to meet fellowship requirements, then complete the rest of the 8 required psychotherapy EPAs as an SMO.</p>	<p>Yes</p> <p>A number of completed long &/or short psychotherapy cases are required, depending on the stream. See under Training Rotation requirements and see the college website for details.</p> <p>Completion of the case requirements in any of the streams will meet the general fellowship requirement for 3 short cases.</p>	<p>No</p>	<p>Yes – a Core academic program (40 hrs) & a Modality program (120 hrs) is required.</p> <p>This has been locally organised by the DOAT via private providers. At present it's available in Auckland across 2018-2019, but is not yet set in place for 2020-2021. Talk to Chris.</p> <p>Plus Stage 3 academic programme attendance where possible.</p>