

The next phase in the development of the programme will be to understand in more detail what participants are learning and the impact on their practice.

A Survey of Long Case Psychotherapy Experiences of Psychiatric Trainees Working in South London and Maudsley NHS Trust

Dr Famia Askari* and Dr Gillian Brown

South London and Maudsley NHS Foundation Trust, London, United Kingdom

*Presenting author.

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Aims. Psychotherapy is a mandatory component of the Royal College of Psychiatrists training curriculum. The long-term benefits of psychotherapeutically-informed practice to both patients and doctors are well recognised. In the face of regular service configurations, there was a wish to gather evidence to ensure continued provision of this training experience to a high quality. The purpose of this survey was to obtain feedback from trainees regarding their experience of the psychodynamic psychotherapy long case to evidence the relevance and value of this component of the training programme.

Methods. The anonymous survey, including questions, numerical rating scales and free text boxes, was sent to 294 trainees on a combined mailing list. This number may be slightly inaccurate due to incorrect email addresses and duplicates. A reminder email was sent one week later to encourage a higher fill rate.

Results. There were 35 responses: a fill rate of approximately 12%. The largest group of respondents were Core Trainees (3rd year) of whom just over half had completed the long case.

92% of respondents found the long case to be at least 'slightly useful', of whom almost a third found it 'extremely useful'. 94% of trainees found the experience to be at least 'slightly helpful' in understanding psychodynamic concepts and 75% found supervision 'very' or 'extremely useful'.

Qualitative responses described it as a unique experience not offered elsewhere in the curriculum that provided important transferable skills.

Difficulties mentioned were similar to those found by previous studies, including practical concerns relating to patient and service factors. There were suggestions for more in-depth training and suggested reading to increase trainees' confidence. An email was sent signposting trainees to further support in response to some specific concerns.

Conclusion. Overall, the responses suggest that the majority of trainees find the long case a valuable training opportunity. These data are useful to evaluate and improve trainees' experience within the trust, and could be helpful for other training programmes nationally.

Due to the nature of psychotherapy, there is inevitable variation in trainee experiences but attempts to clarify and/or standardise some elements may result in greater trainee satisfaction. Trainees suggested improvements including addressing practical issues, patient factors, supervision content, and educational resources. A future survey following implementation of some suggested improvements would be helpful; the impact of the COVID-19 pandemic and the switch to remote working is another area that may be useful to explore.

Are Single Doctors More Focussed in Career Progression?

Dr Ramy Metwali¹, Dr Divya Vikraman Chandrika² and Dr Siddhartha Baiju^{3*}

¹NHS Wales, Cardiff, United Kingdom; ²NHS Wales, PONT-Y-CLUN, United Kingdom and ³NHS Wales, Bridgend, United Kingdom

*Presenting author.

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Aims. It is commonly assumed that single doctors are more focused on career progression than doctors in a relationship/ or having dependents. In this study, we tried to find out if it's true. We measured this among doctors in Psychiatry (from training – to consultants' level) across Wales.

Methods. We designed an anonymized online survey and distributed it among Psychiatry doctors.

We categorized the relationship status as

- Single
- In a relationship – committed, engaged, married, living together
- Separated, Divorced, Widowed
- Others

We measured the career progression on the basis of the following criteria:

- Why they were interested in Psychiatry
- Number of years taken to complete or intending to complete training.
- Having met the portfolio criteria for their level.
- Undertaking RCPsych Exams
- Having missed any opportunities related to career.

We analysed the data from the survey using an online tool.

The survey included questions that measured the link between career progression/choices and relationship Status/responsibilities. We used the Likert Scale, yes or no questions, and free text boxes.

Results. We received 66 responses and we divided them into three groups according to their relationship status which are the single group, relationship group, Divorced/ Separated/ Widowed group, and compared the results between them. We got some interesting results as follows.

- Single participants seem to be less limited in choosing the specialty, Exam Preparation, and overall career progression.
- A significant proportion of people in relationships felt limited in choosing the Specialty and workplace. Had less time for Exam preparation and have missed career opportunities.
- Females in Relationships were more restricted.
- The divorced / Separated / Widowed group did not feel limited, however, affected their exams, and have missed opportunities.

Conclusion. Single doctors seems to have overall better opportunities in career progression compared to people in relationship. However, our sample size was small especially in single group. A bigger study is needed to conclude the impact of relationship in career progression.

Educational Supervision – Backbone of Training: How Do We Make It Effective?

Dr Mrunal Bandawar^{1*2}, Dr Zahra Ali¹, Dr Laura Jayne Carone¹ and Dr Kallol Sain¹

¹Birmingham and Solihull Mental Health NHS Foundation Trust, Birmingham, United Kingdom. and ²Institute of Mental Health, University of Birmingham, Birmingham, United Kingdom

*Presenting author.

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Aims. Assess and improve the educational supervision for the core psychiatry trainees (CT) in the west midlands.