

Republic for further training in cognitive-behavioural psychotherapy. Previous studies (Stern, 1993; Castle *et al*, 1994) drew attention to the specific deficits of training in cognitive-behavioural psychotherapy and supported the advice that there should be an increase of senior registrar posts in this speciality, so that future consultants will have some experience of cognitive-behavioural psychotherapy.

One hundred per cent of the sample recognised a need for improving psychotherapy training in Ireland. Some individual suggestions included a need to formalise a structured national training programme in psychotherapy, appointments of consultant psychotherapists in the Republic and support from the Irish Division of the College to promote psychotherapy training in psychiatry.

For a more structured and continuous means of assessing training in psychotherapy and ensuring that all non-consultant hospital doctors have adequate supervised training in all psychotherapies, previous papers have advocated the use of log-books (Royal College of Psychiatrists, 1995; Hamilton & Tracy, 1996; Sullivan *et al*, 1997). In this study 100% of non-consultant hospital doctors and 87% of consultants supported the use of log-books for documenting psychotherapy training.

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*Siobhan Rooney, *South of Ireland Representative for Trainees in Psychotherapy, Senior Registrar in Psychiatry, Cork University Hospital, Wilton, Cork; and Gabrielle Kelly, Department of Statistics, University College Dublin, Dublin*

*Correspondence

Information and advice received by carers of younger people with dementia

Hilary J. Husband and Meera N. Shah

Aims and method Retrospective information on advice and information received post-diagnosis was obtained from 40 carers of younger people with dementia, using a semi-structured interview.

Results Twelve carers received services from old age psychiatry, the remaining 28 from predominantly adult

psychiatry or neurology. Those in receipt of old age services reported greater adequacy of diagnostic information, higher levels of advice giving and more frequent referral to social services.

Clinical implications While old age services were more successful on the parameters examined, the gradually

