The RCPsych Psychiatric Trainees’ Committee

The PTC and You
Hello, and thank you for taking the time to read this leaflet!

We are the RCPsych Psychiatric Trainees’ Committee (PTC), a committee of around 40 representatives from across the UK (and various other groups such as military and international medical graduates) who have been elected or co-opted to represent the around 6000 trainees in UK.

In the following pages you can find out a bit about the work we do, and how we interact with trainees across the UK. This document is split into the sections above, so that you can get an idea of how we might be able to help you during your training, projects we do that you might be able to benefit from (or get involved with!), and access to our strategy for the coming academic year.

We are a friendly bunch and really welcome contact from anyone! The best way to contact us is to email us at ptcsupport@rcpsych.ac.uk, and then your email can be forwarded onto the right person. You can also find us on twitter @RCPsychTrainees.

We are present at CT1/ST4 introductions to the College, have a trainees’ lounge at International Congress and have a Conference every year for trainees.

We really hope to meet you on your travels and please get in contact if you would like to discuss anything with us!

Dr Chris Walsh  
(he/him)  
Chair  
PTC 2022-2023

Dr Gemma Buston  
(she/her)  
Vice Chair  
PTC 2022-2023

Dr John Moore  
(he/him)  
Secretary  
PTC 2022-2023
important voice in the development of new ideas and strategies within the College. Each of us is allocated at least one other committee within the College that we sit on, which means our reach and exposure is wide as between us we sit on most other committees within the College. This includes Faculties, Specialist Interest Groups (SIGs), Human Rights Committee, Trainee Support Group, Wellbeing Committee and Psychiatrists’ Support Service (PSS).

We are very involved with the educational aspect of training, including representing trainees in relation to exams (recently the digitisation of the MRCPsych) and the new Curriculum and associated e-portfolio.

We also work with the Choose Psychiatry committee in their fantastically successful campaign to share our passion in this specialty.

If something impacts trainees within the College, we are likely there making sure we are representing you.
Our Annual National Trainees’ Conference

We are delighted to announce that our 2022 Trainees’ Conference will take place at the Royal College of Psychiatrists’ Headquarters at 21 Prescot Street, London (COVID-Permitting). This two-day event is designed to explore the transitions that many of us will face throughout our time as psychiatric trainees through a series of keynote talks, workshops, and panel discussions.

FIND OUT MORE

Supported and Valued?

A trainee-led review into morale within psychiatry

In 2019, the Royal College of Psychiatrists’ Psychiatric Trainees’ Committee (PTC) commenced a standalone review into morale and training within psychiatry. "Supported and Valued" has since progressed into an ethos about the way that psychiatric trainees should be cared for. To support this, we have launched a suite of resources to support local improvements and have instigated various initiatives to help overcome the challenges commonly faced by psychiatric trainees throughout the UK.

 supported and valued? #StayingSafe #SupportedValued
It was personally refreshing to read the comments of senior psychiatrists undimmed and interactions above 70k, as well as trending nationally, I think we can be satisfied.

Future events might try to utilise some of the views of our event and those with lived experience; perhaps this online space is a starting point for people from different groups to engage with each other meaningfully.

We can only hope that this event plays a small part in helping people to #choosepsychiatry. I'm so pleased I did.

As ever, we wish those of you sitting exams the best of luck, and those who have already passed them but still have a penchant for being right.

As the PTC Exec, we are also preparing to exit from our roles and look forward to the new directions that will be taken.

We are working to achieve this aim by:

- Establishing the best delivery method for the CASC.
- Improving learning outcomes by reviewing the assessment tools.
- Continuing to strive to reduce the disparity in training standards.
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Advice and Guidance

Whether it is wanting to get involved with a project we are running, wanting pointed in the right direction about a query, or if you’re just feeling stuck in relation to an aspect of training, please give us a shout!

We are in a fantastic position in that we sit on the committees of most aspects of the College, so have a great sense of what is happening in the College to advise you who the best person is to speak to about any query you have.

Plus we are a friendly and helpful bunch and would love to have a chat with you about your training and get to know you! You can contact your local rep. if you know who they are, or email the address below for your query to be sent to your local rep. (or other PTC member if more appropriate).

Sometimes it’s as simple as being guided towards a College web-page, document or video to have you query answered, which can be a quick-fix to an otherwise complicated problem - please do not hesitate to get in touch with us!

Please contact us via email at: ptcsupport@rcpsych.ac.uk
We have developed our strategy for the following academic year based on the visions of the College officers, but also following a face-to-face meeting of our PTC committee and what they want to get out of this year.

We are passionate about engagement, including connecting trainees to the College Officers and central college structure, connecting with other groups such as the SAS (specialty and associate specialist psychiatrists) doctors. We would love to engage trainees in the work that we do, as it is very rewarding and a fantastic way to work on non-clinical skills and getting to know new people!

We have been working on various trainee wellbeing projects in recent years, as summarised in earlier pages in this document. We want to expand this in other projects which are identified as trainees as being useful to them in these difficult times.

Ensuring that all trainees are treated equally is at the heart of the PTC ethos - trainees are a richly diverse group, and we aim to celebrate and embrace that, through our work with the various committees in the College.

We run a national conference every year around May, which we hope to be a hybrid event in 2023 - we usually have a fantastic line up of speakers and a theme of delivery which comes from trainees. It’s a fantastic opportunity to spend time together!

Finally, we have a trainee magazine ‘The Registrar’ which is written and edited by trainees and is a fantastic platform to write for a nationally-consumed publication!