

Welcome.



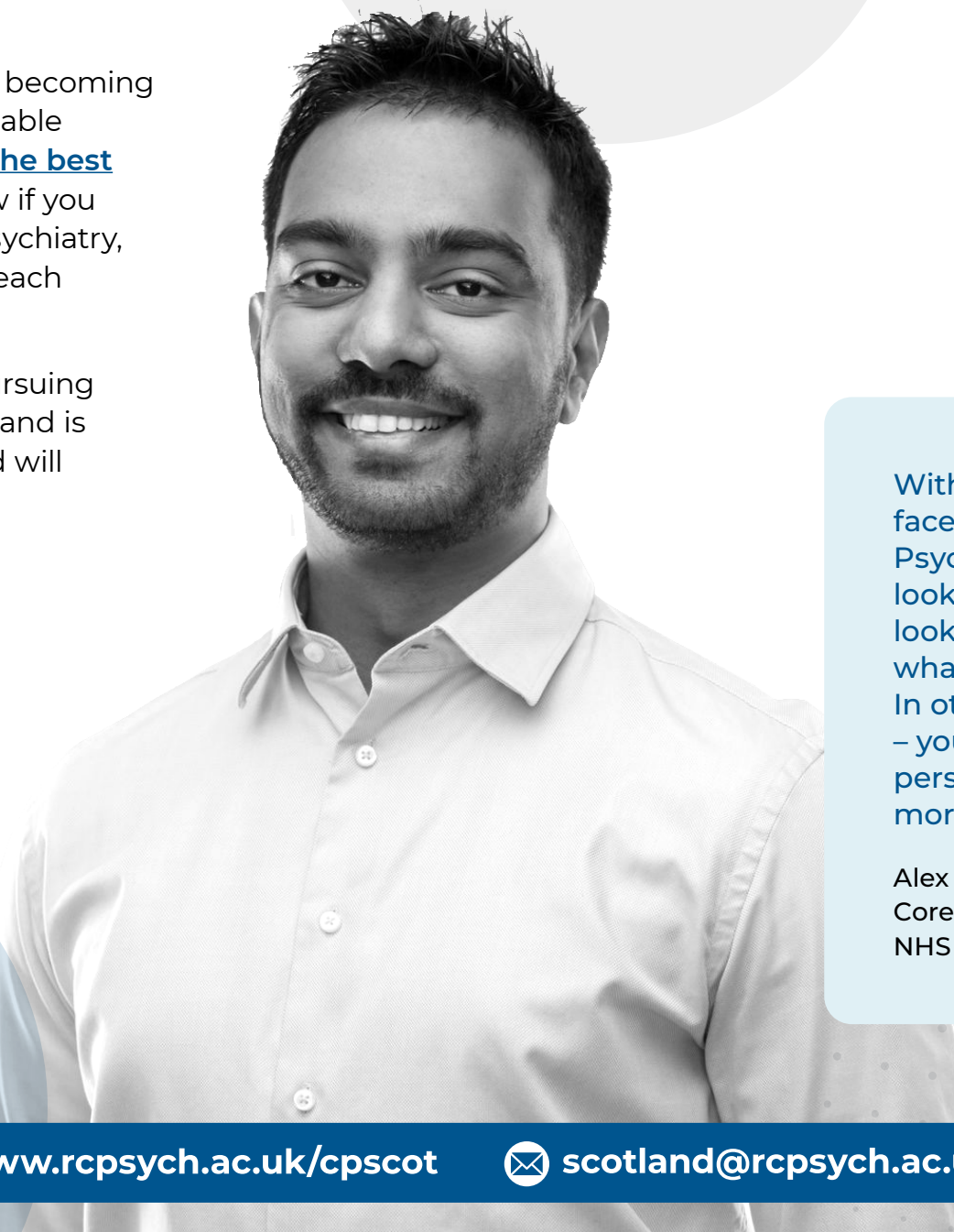
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Studying medicine : Why psychiatry?

Want to find out more about becoming a psychiatrist? Our downloadable guide [Be the brightest | Be the best](#) contains all you need to know if you are considering a career in psychiatry, including information about each specialty and how to train.

A supplementary guide to pursuing a career in psychiatry in Scotland is currently in development and will be available shortly.



With psychiatry it's the faces I'm most interested in. Psychiatry encourages you to look at people as individuals, look at their life history and what brought them to you. In other medical fields – you just don't get that personal touch, results are more interminable.

Alex Beadel
Core Psychiatry Trainee
NHS Dumfries & Galloway

Since I switched over to psychiatry, I have felt that I have, along with the ability to treat physical health of my patients, developed skills to treat their mental health which I find very satisfying... I get to spend quality time with my patients and am able to assist them through some of the most difficult periods of their lives.

Prerna Ambardar
ST4
NHS Greater Glasgow & Clyde

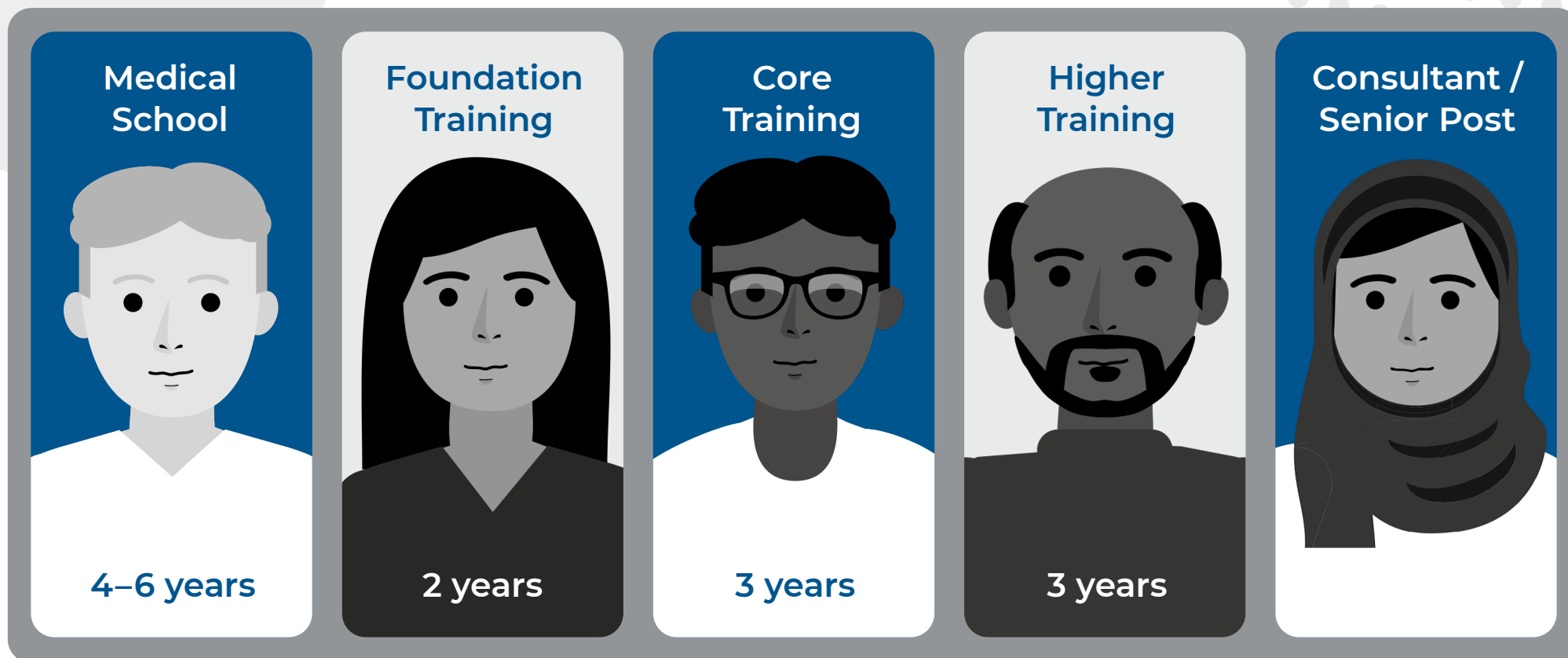
A career in psychiatry provides an opportunity to form meaningful therapeutic relationships with patients and their families.

Fiona McGibbon
Consultant Older Adult Psychiatry
NHS Highland



[Click here](#) to watch 'Why I chose psychiatry' by Alan Mackenzie, Forensic Psychiatry Speciality Registrar, West of Scotland.

Training : Psychiatry pathway



Welcome : Royal College of Psychiatrists in Scotland

The Choose Psychiatry in Scotland (CPS) campaign aims to promote the specialty across the nation, by engaging with the profession and those considering entering the medical psychiatric workforce.

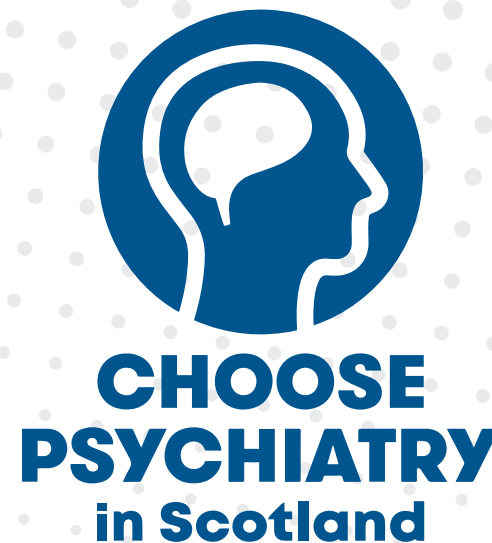
By connecting with medical students, foundation doctors, trainees and consultants alike, we can showcase this medical field to encourage and support our next generation of clinicians.

The campaign is being run by the [Royal College of Psychiatrists in Scotland \(RCPsychiS\)](#) which opened in 1994. We are a Devolved Nation and Council of the Royal College of Psychiatrists (RCPsych), and have over 1,400 Members, Fellows, Affiliates and Pre-Membership Trainees in Scotland.

RCPsych is the professional medical body responsible for supporting psychiatrists throughout their careers, from their traineeship through to retirement.

As the professional medical body for psychiatry in Scotland, we set standards and promote excellence in psychiatry and mental healthcare.

We lead, represent and support psychiatrists nationally to government and other agencies, aiming to improve the outcomes of people with mental illness, and the mental health of individuals, their families, and communities.



Join us : Royal College of Psychiatrists

If you are interested in psychiatry as a career, or even if you're just curious, becoming a Student Associate or Foundation Doctor Associate of the Royal College of Psychiatrists is a great way to discover more about the specialty. It's **FREE** and comes with a range of benefits.

 Choose Psychiatry on [Twitter](#)



Sign up to free membership with the College: www.rcpsych.ac.uk/become-a-psychiatrist/choose-psychiatry/what-next

Find out more : Member benefits

Member benefits

- + Online access to the British Journal of Psychiatry and our other journals
- + Discounted entry to the biggest psychiatry conference in the UK, our International Congress
- + Discounts on our publications and our eLearning resource CPD Online
- + Regular newsletter to keep you in touch with the College and psychiatrists



[Click here](#) to download our Members quarterly magazine *Insight*, packed with news from psychiatrists across the UK.

Opportunities : Getting involved

- + Join your University Psychiatric Society
- + Attend local Psychiatry Schools
- + Psychiatry Attachments / Electives
- + National Student Psychiatry Conference
- + Attend RCPsychiS Academic, Faculty and CPS events
- + RCPsychiS bursaries (free conference places and travel expenses up to £100)
- + RCPsych 'Psych Star' Scheme
- + Local Mentoring Schemes ie Psychiatry Early Experience Programme Scotland (PEEPS)*
- + RCPsych Foundation Fellowship Programme
- + Foundation Priority Placement Programme (NES)
- + Foundation Years Champions (currently being developed in the West)

*Available at Edinburgh University and in development with Glasgow University



Psychiatric Trainees Committee : Supporting you

The [Psychiatric Trainees Committee \(PTC\)](#) is a national community representing psychiatric trainees within the UK. It believes passionately that by driving improvements in the quality of training and through supporting and valuing each other, we can improve the quality of care and the lives of people with mental illness.



Dr Laura Thorn
Chair, Psychiatric
Trainees Committee



Dr Chiara Cattra
Vice Chair, Psychiatric
Trainees Committee



Dr Daniela Almeida Borges
Secretary, Psychiatric
Trainees Committee



[Click here](#) to find out more about
Your Psychiatric Trainees Committee
representatives (Scotland Division).

Get in touch



Follow the PTC on [Twitter](#)



Follow the PTC on [Facebook](#)



PTCsupport@rcpsych.ac.uk



RCPsych in Scotland : Events

The College in Scotland holds two Academic Conferences each year – at the end of January (Winter Meeting) and September (Autumn Meeting).

In addition, it holds Faculty Conferences throughout the year:

- + Addictions
- + Child & Adolescent
- + General Adult
- + Intellectual Disability
- + Forensic
- + Old Age
- + Liaison
- + Medical Psychotherapy
- + Perinatal
- + Eating Disorders

Check out our [events calendar](#). We normally offer two free medical student / foundation doctor spaces at each event. Currently we are also offering bursaries to attend our events. These offer a **FREE** place as well as up to £100 for travel and accommodation expenses.

RCPsych in Scotland : Get in touch

Royal College of Psychiatrists in Scotland (Staff Team)

- + Laura Hudson – Manager
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Affairs Manager
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- + Angela Currie – Coordinator
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- + Susan Richardson – Coordinator
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- + Laura Varney – Devolved
Nations Press Officer
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Scottish Medical Schools : Psychiatric Societies



University of Aberdeen
Psychiatric Society



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[@uoapsychiatrysoc](https://www.facebook.com/uoapsychiatrysoc)



[@uoapsychiatrysoc](https://www.instagram.com/uoapsychiatrysoc)



University of Edinburgh
Psychiatric Society



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[@EdinburghUniPsychiatrySoc](https://www.facebook.com/EdinburghUniPsychiatrySoc)



[@EdPsychiatrySoc](https://www.instagram.com/EdPsychiatrySoc)



[@EdPsychiatrySoc](https://twitter.com/EdPsychiatrySoc)



University of St Andrews
Psychiatry Society



stapsychiatrysoc@gmail.com



[@stapsychiatrysoc](https://www.facebook.com/stapsychiatrysoc)



[stapsychiatrysoc](https://www.instagram.com/stapsychiatrysoc)



University of Dundee
Psychiatry Society



psychiatrysoc@dmil.dundee.ac.uk



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[@uodps](https://www.instagram.com/uodps)



[@UniversityofDu1](https://twitter.com/UniversityofDu1)



Glasgow University
Psychiatry Interest Group



glasgowpsych@googlemail.com



[@glasgowpsych](https://www.facebook.com/glasgowpsych)



[@GUPIGroup](https://twitter.com/GUPIGroup)



Further information : Online resources

- + [RCPsych Choose Psychiatry](#)
- + [Guidance for Medical Schools](#)
- + [My Psych App](#)
- + [NHS Education Scotland](#)
- + [Scottish Foundation School Training](#)
- + [British Medical Association](#)
- + [General Medical Council](#)
- + [Study Materials for Students](#)
- + [Psychiatry Jobs Scotland](#)
[NHSScotland Careers](#)

Psychiatry quiz : What do you know?

1. Do you believe that people who are depressed...
 - a should pull themselves together
 - b are weak
 - c need help and support
 - d only have themselves to blame
2. To become a psychiatrist, which of the following must you study after Highers in Scotland)?
 - a psychology
 - b anthropology
 - c medicine
 - d psychotherapy
 - e sociology
3. Which of these would a psychiatrist not deal with?
 - a depression
 - b a heart bypass
 - c intellectual disabilities
 - d anorexia
 - e autism
4. Where can psychiatrists work?
 - a hospitals
 - b residential homes
 - c prisons
 - d schools
 - e courts of law
 - f all of the above
5. How long does it take to train to become a psychiatrist after medical school?
 - a about 3 years
 - b about 5 years
 - c about 8 years
6. What qualities does a good psychiatrist need?
 - a good communication skills
 - b scientific background
 - c genuine interest in how people think and feel
 - d good investigative skills
 - e all of the above
7. Which of these would a psychiatrist not treat?
 - a adolescents
 - b adults
 - c children
 - d animals
 - e older people
8. In terms of public health, which psychiatric disorder is most common?
 - a schizophrenia
 - b depression
 - c eating disorders
 - d drug addiction
9. Which of the following categories of people are vulnerable to developing mental illness?
 - a people of low intelligence
 - b people with weak personalities
 - c older people
 - d everyone

Answers: 1c, 2c, 3b, 4f, 5c, 6e, 7d, 8b, 9d

