

# Appendix 4.

**Expert Patient  
Programme  
Toolkit**

# Appendix 4. Professional Development Student Forum (PDSF): Tutor and student guide

Foundations for Practice – Psychiatry attachment  
(March 2022 onwards)

## Derby Psychiatry Teaching Unit

## Case Based Discussion Tutorials (CBDT)

## Student & Tutor Guide

### Introduction

A variety of tutorials will be running across the Foundations for Practice clinical phase and an important outcome is to help students develop their professional practice. During the mental health attachment students will have a weekly professional development forum, led by the local teachers (a Tutor or/and Lived Experience Facilitator).

During the PDSF students will be asked to bring examples and discuss professional and ethical practice issues that they have witnessed or been part of during placement that week. We hope the session will provide a safe forum for students to discuss their feelings and opinions with their peers, in a similar way that a Balint group operates. These sessions will allow students to explore their clinical experience particularly in those relating to professional values and behaviours.

The Lived Experience Facilitators (LEF) will bring a combination of their lived experience and clinical experience to the session. In each 60 minutes session students are invited to bring cases they have seen in practise for discussion and reflection. There will be a theme for each week to guide the group. The themes and guide are suggestions of areas to generate discussion. NOT ALL POINTS HAVE TO BE DISCUSSED.

### Week 1 Theme Stigma

[https://www.youtube.com/watch?v=WJTU6K6UopA&list=PLlDIbrw\\_s980ExNgbUFfFEprzJCS5Ekxu&index=11](https://www.youtube.com/watch?v=WJTU6K6UopA&list=PLlDIbrw_s980ExNgbUFfFEprzJCS5Ekxu&index=11)

#### Points to consider

1. Attitudes toward Mental Health (our own and others, fears, anxieties)
2. Professionals' attitudes, what you may hear in the clinical team, understanding why
3. Normalising Mental Health, Breaking the taboo
4. Language we use (categorising, labelling, judging)
5. Judgements we hold (conscious and unconscious) Substances, self-harm, benefits

### Week 2 Adherence in psychiatry – factors impacting, and how to address

#### Points to consider

1. Difference in compliance and concordance
2. Factors impacting on adherence
3. How to improve adherence
4. Ethics around CTO (community treatment orders)

### Week 3 Theme Resilience

#### Points to consider

1. How we protect ourselves from big emotions
2. Talking (ok not to be ok)
3. Window of tolerance (accept our capacity)
4. Boundaries vs disclosure, personal and professional
5. Supervision, honesty vs fear

### Week 4 Mental Health Act and Mental Capacity Act

#### Points to consider

1. Impact on patients, in view of trauma of process and dignity
2. Impact on family
3. Financial exploitation of an adult with capacity

### Week 5 Theme Transference/Emotions

#### Points to consider

1. Listening to others' emotions (active listening)
2. Silences (therapeutic silence)
3. How do we sit with others emotions?
4. Validation (don't always need the answer, acknowledge what you hear)
5. When we are affected by what we hear, why
6. Ways emotions are expressed
7. Body language and its interpretations
8. Counter transference

### Week 6 Ethical dilemmas

#### Points to consider

1. Confidentiality
2. Consent in children, Gillick and Frasers competence
3. Safeguarding
4. Naughty child vs parenting issues vs ADHD

