

## What our trainees say

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*'I have felt really supported by Eastern Health during my training and particularly appreciated the consultant input to exam preparation and the attention to protected academic time' - Stage 3 trainee*

*'I have been impressed by the inclusive culture of Eastern Health during my training and the multi-cultural representation among the staff - Stage 1 trainee*

*'I honestly feel that my personal life was equally valued with my professional life during my training' - Advanced Trainee*



## How to apply

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Prospective trainees should apply to Eastern Health via eMercury, as well as to the RANZCP Victorian Branch directly following their separate process.

Intake for first year of the following year occurs from May to July annually.

Intake for subsequent years of training occurs throughout the year, but predominantly in May-July and November-January.

Enquiries are welcomed and can be made by contacting **Dr Michael Gardner**, Co-ordinator of Post-Graduate Training for the Mental Health Program.

### Eastern Health Mental Health Program

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# easternhealth

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## Specialist Psychiatry Training

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Information for Prospective Trainees



## Why Eastern Health?

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Eastern Health offers ten accredited first-year training positions, as well as a limited number of positions for trainees transferring into our training program. We offer a friendly and supportive environment for psychiatry training and ensure your training experience satisfies all RANZCP Stage 1 and 2 mandatory training requirements.

Eastern Health offers the opportunity to complete Certificates of Advanced Training in Addiction Psychiatry, Adult Psychiatry, Child and Adolescent Psychiatry, Consultation-Liaison Psychiatry, Psychiatry of Old Age and the Psychotherapies as well as Generalist pathway Stage 3 training.

Eastern Health has a record of excellent results in the RANZCP examinations. Our trainees are supported to prepare for the written and clinical examinations by experienced facilitators and RANZCP examiners. More than 60 Consultant Psychiatrists work within our service, representing a diverse range of expertise and experience.

Eastern Health provides high-quality clinical supervision and a comprehensive in-house Academic Program, delivered on Tuesday afternoons. We offer mentoring to provide emotional support and guidance regarding professional development. Our high rate of retention of recently elected Fellows as staff specialists reflects a culture of inclusiveness and excellence which pervades training. Flexible training arrangements are accommodated wherever possible, and within the constraints of the RANZCP Training Program itself.

Trainees are encouraged to participate in the teaching and mentoring of medical students from Deakin and Monash Universities, as well as the education programme for Interns and Hospital Medical Officers.

## What we provide:

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- **Broad clinical experiences** across all stages of training
- **Protected time** to participate in our comprehensive and highly successful **Academic Program** on Tuesday afternoons, incorporating invited speakers, case presentations, journal club and trainee meetings
- **Protected time** to participate in the Formal Education Course (Master of Psychiatry)
- **Dedicated tutorials for first-year trainees** incorporating core skills and topics of psychiatric interviewing, mental state examination, formulation and psychopharmacology
- **Excellent teaching and preparation for written and clinical examinations** including participation in regional mock examinations
- **In-house group psychotherapy supervision** with experienced psychiatrist psychotherapists for the Psychotherapy Written Case
- Opportunities for senior trainees to sit on **organisational committees** and participate in **quality improvement** activities
- **Well-resourced inpatient units** with full-time consultant psychiatrists, providing a supportive learning environment for junior staff.

## Our rotations:

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- Acute Psychiatry—Psychiatric Triage (Box Hill, Maroondah Hospitals), CATT (Ringwood East)
- Adult Psychiatry (Inpatient and Community)—Box Hill and Maroondah Hospitals, Community Clinics at Box Hill, Lilydale, Ringwood East and Upper Ferntree Gully
- Addiction Psychiatry—via Turning Point, Australia’s leading addiction treatment, education and research centre
- Child and Adolescent Psychiatry (Inpatient and Community)—Box Hill, Lilydale, Ringwood East, Upper Ferntree Gully
- Consultation-Liaison Psychiatry—Angliss, Box Hill and Maroondah Hospitals
- Early Psychosis Teams—Box Hill and Ringwood East
- Forensic Psychiatry—in partnership with Forensicare
- Indigenous Psychiatry
- Personality Disorders—via Spectrum, the Personality Disorder Service for Victoria
- Private Psychiatry—in partnership with Delmont Private Hospital
- Psychiatry of Old Age—Peter James Centre
- Rehabilitation Psychiatry - Continuing Care Units (Canterbury and Ringwood East), Mobile Support Teams (Box Hill and Ringwood East)