

Role Profile – Consultant Medical Psychotherapist

About the organisation

DocHealth is a confidential, not for profit, psychotherapeutic consultation service for all doctors across the UK, delivered by Consultant Medical Psychotherapists.

We help doctors to explore difficulties, both professional and personal, with senior clinicians who have the collective experience of treating over 3000 doctors in the last 20 years.

Although usually based at BMA House in London, we are currently operating a full-online service with patients across the four nations.

How does it work?

The service offers on average up to six flexibly applied sessions, with expert signposting to longer term support and liaison with other health services where needed. Treatment interventions are tailored to the individual in the context of a supportive relationship. This can facilitate greater understanding by the doctor of their presenting difficulties, enabling them to regain greater control of their situation.

DocHealth is exclusively self-referral, with no report writing unless specifically requested by the doctor using the service. The same Consultant throughout consultations provides a continuity of care. Couples therapy is also available.

Presenting issues can include:

- Relationship difficulties at work and at home
- Burnout and work/life balance
- Bullying or harassment
- Communication difficulties
- Adjustment difficulties
- Examination stress
- Inquiry/clinical incident stress
- Trauma past or present
- Bereavement/loss
- Anxiety
- Depression

The post

- Provide clinical consultations as described above
- Keep clinical notes
- Attend monthly meeting consisting of clinical discussion and whole team meeting (90mins)

The successful candidate will be a self-employed Consultant Psychiatrist in Psychotherapy and join the clinical team of 11 part-time Consultants.

Previous experience of working therapeutically with doctors is desirable.

Qualifications

CCT in Psychotherapy.

Professional training in Psychoanalytic Psychotherapy or equivalent.