

Role Profile – Consultant Medical Psychotherapist

About the organisation

DocHealth is a confidential, not for profit, psychotherapeutic consultation service open to all practising doctors (or those who intend to return to practise) in 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.

Both the administrative members of the team and the clinicians work exclusively online, and can therefore cover the entire UK.

How does it work?

The service offers up to six individual sessions, at flexible times, with expert signposting to longer term support and liaison with other health services where needed. There are two analytic groups run by group analysts which offer longer term therapy for those who want group therapy. These are available to patients who have had at least one session of individual therapy. Couples therapy is also available.

DocHealth is exclusively self-referral, short notes are kept in a secure online system, and no reports or letters are required unless specifically requested by the doctor using the service.

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
- See on average at least two patients a week, either a first or a follow up appointment
- Keep clinical notes in the secure DocHealth system
- Attend monthly meeting consisting of clinical discussion and whole team meeting (90mins)

The successful candidate will be a current or previous NHS Consultant Psychiatrist in Psychotherapy or equivalent medical practitioner, but would be employed by DocHealth on a self-employed basis. They will join the clinical team of 14 part-time Consultants.

Qualifications

Essential:

- Degree in Medicine
- Professional training in Psychoanalytic Psychotherapy or equivalent

Desirable:

- CCT in Psychotherapy
- British Psychoanalytic Council membership