



## Association of Scientists in Child and Adolescent Mental Health Alicia Koplowitz Foundation

### ALICIA KOPLOWITZ ADVANCE TRAINING FELLOWSHIPS - 2017 CALL

**Centre:** Centre for Psychiatry, Imperial College London

**Tutor:** Prof. Paul Ramchandani

#### Research Area:

- Please list and provide a brief explanation of the research projects that are currently being conducted in your department and in which the future fellows could take part in?

**The Unit's research focuses on a number of topic areas and has a number of on-going grant funded research projects. Current research opportunities include:**

***Early risks for childhood mental health problems:*** Professor Paul Ramchandani leads research focussed on early child development and the prevention of psychiatric problems in early life. His team conduct a number of projects including randomised controlled trials, treatment development studies and cohort studies. There are opportunities for fellows to join the research teams on these projects and take on individual components themselves, for example recent fellows have undertaken detailed observational studies of parent-child interaction and conducted analyses of large datasets to examine the effect of paternal depression.

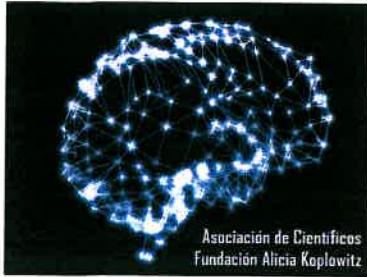
***Adolescent mental health and service use:*** Dr Tami Kramer is currently investigating adolescent mental health and service use including depressive disorders in primary care, psychiatric adjustment following sexual assault, and psychiatric adjustment related to cyberbullying.

***Interface between mental and physical health problems in children:*** Emeritus Professor Garralda and Dr Lorraine Als, in collaboration with paediatric colleagues, investigate the psychiatric adjustment of children with a variety of chronic and acute physical disorders who are admitted to hospital. Dr Hodes investigates psychiatric adjustment in children with allergic disorders.

***Early onset psychosis:*** Dr Mari Dominguez's research has investigated the epidemiology and clinical presentation of early onset psychosis. By making use of the large Harrow & Hillingdon Early Intervention Service for Psychosis carers dataset, the fellow can get involved in investigating the psychological needs of parents/carers of young people presenting with a first episode of psychosis. The database currently offers up to 4 projects in which the fellow can be first author.

- In relation to those research projects, please specify the activities in which the fellows will be able to take part? (e.g. data collection, hypothesis formulation, data analyses, writing up papers, etc.)

**As there are a range of projects running in the unit we are able to offer experience in the full range of research activities outlined (e.g. data collection, hypothesis formulation, data**



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- Please specify statistical support available to the fellows for the development of their research activity? (e.g. statistician input, attendance to statistical courses, skills meetings, etc.)

All the senior academics in the Centre are experienced researchers with the skills & knowledge to support the Fellow in statistical analysis, but in addition the Fellow can access statistical courses, including those for software such as SPSS and STATA. These courses are run at Imperial College and are highly rated by students and staff at Imperial and from other centres in the UK. The Centre for Psychiatry has regular meetings at which all aspects of research are discussed, & this frequently includes statistical queries.

- How much of the fellows' working time will be dedicated to research activities?

The Fellowship at Imperial College is equally split between research & clinical experience, and thus approximately 2.5 days per week are dedicated to research activities.

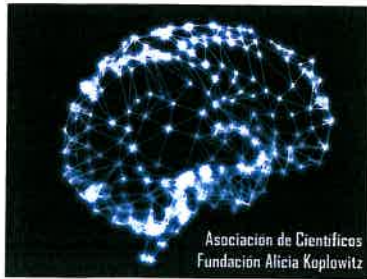
### Clinical Area:

- Could you list the type of clinical placements the fellows could attend (e.g. generic outpatient services, inpatient units, specialist teams, etc.)?

The clinical component of the Fellowship is linked to the local Child and Adolescent Mental Health Services (CAMHS) which encompasses general child psychiatry clinics, specialist teams such as eating disorders and autism clinics, as well as in-patient services.

The clinical training draws from among the following components:

1. **Assessment, formulation and diagnosis** of child and adolescent disorders seen in general child psychiatric clinics at St Mary's CAMHS and at linked (for training) child and adolescent mental health services in West and North West London.
2. Evidence-based **psychotherapies** for children and adolescents, specifically cognitive-behaviour therapy, family therapy, parent training programmes.
3. Child and adolescent **psychopharmacology**.
4. Individual and group non-directive **psychotherapies**, in-patient milieu therapy, *liaison* work with paediatrics, social services and education
5. **Neuropsychiatry**, specifically autism and related disorders, learning disability, attention deficit hyperkinetic disorders, psychiatric disorders linked to brain disorders such as epilepsy or developmental anomalies.
6. **Psychosomatic disorders**, including eating disorders and chronic fatigue syndrome.
7. **Cultural** child and adolescent psychiatry, including the mental health needs of refugee children



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8. *Community psychiatry*, through work with primary mental health workers setting up programmes in schools, with social services (for looked after children) and in the management of children who present in crisis at accident and emergency rooms.
9. *Forensic* child and adolescent psychiatry and legal aspects of and court involvement for *family breakdown*.

Elements of the above components of the clinical training programme are individually tailored to the Fellow working alongside colleagues within the British system. Where fellows have specific training needs, we try to incorporate these into their programme. This can include placements at clinics outside of the scheme subject to negotiation (for example at Great Ormond Street Hospital).

Therefore, in discussion with the Fellow the most appropriate type of placements for them to undertake over the 2-year period will be determined.

- Could you describe the fellows' role in relation to participation in assessments and treatments in their clinical placements?

During the first 2-3 months of the Fellowship the Fellow will join a number of clinical teams in Westminster CAMHS, to gain general experience of CAMHS in a UK setting (Prof. Paul Ramchandani, Dr Sharon Taylor, Dr Tami Kramer and Dr Matthew Hodes all work in Westminster CAMHS). After this induction period fellows are allocated to specific placements in discussion with the Clinical Lead, Dr Sharon Taylor). The Fellow is encouraged to fully participate in assessments and interventions.

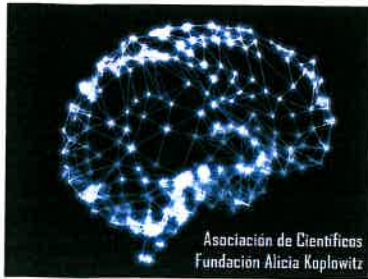
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### Academic area:



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- Will the fellows be able to join a specific academic programme? If so, could you briefly describe the structure of this programme?

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- Will the fellows be able to attend other training courses outside the specific academic programme (e.g. university courses, therapy workshops, etc.)?

The Fellow will be supported and encouraged to attend a variety of other training courses and academic conferences, including those organised by the Royal College of Psychiatrists, the Association of Child and Adolescent Mental Health (<http://www.acamh.org.uk>), the Royal Society of Medicine (<http://www.roysocmed.ac.uk/>) and other organisations dedicated to specific psychotherapies. The Fellow will have both a research and a clinical supervisor, and they are very familiar with the courses and conferences that the Fellow will benefit from as they link to both the research and clinical activities the Fellow will be undertaking.

- Please specify annual budget available to the fellow for training.

The Fellow will have an allocated budget of £1,300 per year to spend on training and conferences.

- Please specify the clinical and research supervision offered to the fellow over the 2-years fellowship.

Prof Paul Ramchandani is the overall supervisor for the Fellowship and meets regularly with the fellows. Each fellow will be allocated an individual clinical supervisor and a research supervisor with whom they will meet on a weekly basis. These are senior professionals – in most cases Dr Sharon Taylor provides clinical supervision and Dr Tami Kramer provides research supervision). The supervisors will be determined at the start of the Fellowship once the specific clinical and research activities the Fellow will be undertaking have been agreed.





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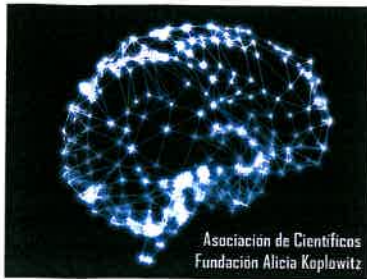
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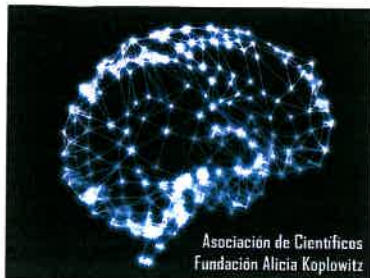
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