Context:
The following recommendations are aimed to assist trainees to prepare for the RANZCP 2012 Regulations Fellowship Program examinations, particularly the Written Examinations.

The trainees are required to have in-depth and comprehensive knowledge of the curriculum, with a reminder that in addition to core clinical psychiatry, they need to cover many areas including phenomenology, epidemiology, relevant neurology and brain diseases, addictions, history of psychiatry, research in psychiatry and evidence base, drug prescribing, ethics, medico-legal concepts and professionalism. The level to target in preparation is that of a competent junior consultant. A junior consultant needs in-depth Specialist knowledge to be able to act independently and safely, working with a broad overview of the related and significant issues.

The following texts are not listed in order of priority, but rather in groups covering general and focused areas of knowledge. The list has been prepared in consultation with a number of Directors of Training and psychiatrists involved in current registrar training and exams. Trainees need to have studied in detail a number of the texts over the various areas/fields of knowledge to be prepared for the junior consultant standard of the written exams. Supervisors, senior trainees and mentors may recommend their preferred texts. It is suggested that trainees source the most recent editions – some current ones are listed here. This list represents basic requirements. It is not intended to limit the scope of reading in any way.

<table>
<thead>
<tr>
<th>Name of text</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Comprehensive Psychiatry Texts</strong></td>
<td></td>
</tr>
<tr>
<td>1a</td>
<td><strong>Companion to Psychiatric Studies</strong>&lt;br&gt;Edited by Eve Johnston, Stephen Lawrie and David Owens Pub: Churchill Livingstone (well-recommended and more readable than the K&amp;S “Synopsis”)</td>
</tr>
<tr>
<td>1b</td>
<td><strong>Synopsis of Psychiatry</strong>&lt;br&gt;Kaplan &amp; Sadock; Lippincott Williams &amp; Wilkins Publishers</td>
</tr>
<tr>
<td>1c</td>
<td><strong>The American Psychiatric Publishing Textbook of Psychiatry</strong>&lt;br&gt;Edited by Robert E Hales et al, Pub</td>
</tr>
<tr>
<td>2a</td>
<td><strong>New Oxford Textbook of Psychiatry</strong>&lt;br&gt;Edited by: Michael G. Gelder, Juan Jose Lopez-Ibor, Nancy C. Andreasen Oxford University Press (Paperback)</td>
</tr>
<tr>
<td>2b</td>
<td><strong>Comprehensive Textbook of Psychiatry (2 vols)</strong>&lt;br&gt;Kaplan &amp; Sadock; Pub Lippincott Williams &amp; Wilkins</td>
</tr>
<tr>
<td><strong>Assessment &amp; Interviewing</strong></td>
<td></td>
</tr>
<tr>
<td>3a</td>
<td><strong>Psychiatric Interviewing and Assessment</strong>&lt;br&gt;Rob Poole and Robert Higgo, Pub. Cambridge</td>
</tr>
<tr>
<td>3b</td>
<td><strong>Psychiatric Interviewing</strong>&lt;br&gt;S C Shea, Pub W B Saunders</td>
</tr>
<tr>
<td>3c</td>
<td><strong>The Psychiatric Interview (Practical Guidelines in Interviewing)</strong>&lt;br&gt;D Carlat, Pub LWW</td>
</tr>
<tr>
<td>MSE &amp; Phenomenology</td>
<td></td>
</tr>
<tr>
<td>---------------------</td>
<td></td>
</tr>
</tbody>
</table>
| 4a | The Psychiatric Mental Status Examination  
Paula T. Trzepacz & Robert W. Baker; Pub OUP  
Both are good – Trzepacz is a bit more accessible for 1st years. Suggest trainees get both at some point pre-exam |
| 4b | Symptoms in the Mind: an Introduction to Descriptive Psychopathology  
Andrew Sims (Pub W B Saunders)  
Optional alternate text |
| 4c | Fish’s Clinical Psychopathology  
Pub Casey and Kelly  
Essential assessment text |

<table>
<thead>
<tr>
<th>Diagnosis &amp; Formulation</th>
</tr>
</thead>
</table>
| 6a | Diagnostic & Statistical Manual of Mental Disorders version 5 (DSM-5)  
[APA Press]  
Essential diagnostic manual – DSM-5 is the version in current use |
| 6b | International Classification of Disease- ICD-10 (or 11 when released)  
Alternative diagnostic manual and classificatory system to DSM. Trainees should be aware of this system |

and see 10b below: **Psychiatric Case Formulations** by L Sperry

<table>
<thead>
<tr>
<th>Management</th>
</tr>
</thead>
</table>
| 7a | Management of Mental Disorders  
Andrews, Dean, Genderson et al., Independent Publishing Platform  
Essential text on management |
| 7b | Gabbard’s Treatments of Psychiatric Disorders  
Alternate texts on management |
| 7c | Management of Mental Disorder 1&2- Treatment protocol Project  
World Health Organization Collaborating Centre |

<table>
<thead>
<tr>
<th>Organic Psychiatry</th>
</tr>
</thead>
</table>
| 8a | Organic psychiatry: the psychological consequences of cerebral disorder  
Lishman W.A. [Blackwell Scientific]  
Core organic psychiatry texts – either of these is fine |
| 8b | APA Textbook of Neuropsychiatry  
[APA Press] |

<table>
<thead>
<tr>
<th>Psychotherapies</th>
</tr>
</thead>
</table>
| 9 | An Introduction to the Psychotherapies  
S Bloch – Oxford University Press  
A good overview of the psychotherapies |
| 10a | Long-Term Psychodynamic Psychotherapy: A Basic Text  
(Excellent “how to” explanatory book about actually doing psychotherapy)  
By Glen Gabbard, American Psychiatric Publishing, Inc.  
Essential to read this before starting your Psychotherapy Written Case with a patient |
| 10b | Psychiatric Case Formulations  
Advisable to read before writing up the Psychotherapy Written Case |
| 11a | Psychodynamic Psychiatry in Clinical Practice  
(links psychological understandings to usual clinical work)  
Glen Gabbard, American Psychiatric Press  
Excellent and comprehensive, core psychotherapy texts – at least one of these should be read |
| 11b | Oxford textbook of Psychotherapy  
G Gabbard, J Beck, J Holmes |
| 11c | Individual Psychotherapy and the Science of Psychodynamics  
David H Malan  
A more advanced text – suitable for Stage 3 training |
| 12a | Cognitive Behavior Therapy for Psychiatric problems: A Practical Guide (Oxford Medical Publications) by Hawton, Salkovskis, Kirk & Clark | Core CBT text |

**Critical Appraisal & EBM**

| 13a | Evidence-Based Mental Health Care S Hatcher, R Butler, M Oakley-Browne. Pub Elsevier Ltd | This is commonly a challenging area so both texts are recommended, as they cover different but overlapping areas. Essential preparation for CAP questions in MCQ exam. |
| 13b | Critical Appraisal S Lawrie, A MacIntosh, S Rao, Pub | Alternate texts on Critical Appraisal |
| 13c | How to Read a Paper: The Basics of Evidence-Based Medicine T Greenhalgh, Pub Wiley Blackwell | |
| 13d | Critical Reviews in Psychiatry Brown and Wilkinson, Gaskell Publications (RCPsych) | |

**Psychopharmacology**

| 14a | Stahl's Essential Psychopharmacology: Neuroscientific Basis and Practical Applications (Essential Psychopharmacology Series) By Stephen Stahl | Core psychopharmacology texts – suggest read both. |
| 14b | Fundamentals of Psychopharmacology By Brian E Leonard [Wiley] | |
| 15a | The Maudsley Prescribing Guidelines By Carol Paton and David Taylor and Shitij Kapur | Useful for everyday prescribing |

**Ethics**

| 16a | Psychiatric Ethics Bloch S, Oxford University Press | Core ethics texts – either is fine |
| 16b | In Two Minds: A Casebook of Psychiatric Ethics By D Dickenson, W Fulford, KWM Fulford; OUP | |

**ECT**


**Child and Adolescent Psychiatry**

| 18a | Clinical Child Psychiatry W M Klykylo, J Kay, D Rube, Pub John Wiley & Sons | Good core Child Psychiatry text |
| 18c | **Lewis's Child and Adolescent Psychiatry: A Comprehensive Textbook**  
M Lewis [Lippincott Williams & Wilkins; 4th edition] |
| 18d | **Basic Child Psychiatry**  
Philip Barker, Pub Wiley- Blackwell |
| 18e | **Child and Adolescent Psychiatry**  
David Coghill et al, Pub OUP |
| 18f | **Child and Adolescent Psychiatry**  
R Goodman and S Scott, Pub Wiley- Blackwell |
| 19 | **Practitioner’s Guide to Psychoactive Drugs for Children and Adolescents**  
JS Werry and MG Aman [Springer, 2nd Edition] |

**Addiction Psychiatry**

| 20 | **Drugs & Alcohol Abuse: a clinical guide to diagnosis and treatment**  
M A Schuckit - Published Plenum Medical Book Co. |

**Psychiatry of Old Age**

| 21a | **Oxford textbook of Old Age Psychiatry**  
Edited by Tom Dening and Alan Thomas, Pub. Oxford University Press |
| 21b | **Community Mental Health for Older People**  
Gerard Byrne and Christine C Neville, Pub Elsevier |

**Forensic Psychiatry**

| 22 | **Geriatric Consultation Liaison Psychiatry**  
P S Melding & B Draper [Oxford Univ Press] |

**Liaison Psychiatry**

Michael G. Wise, James R. Rundell  
Publisher: American Psychiatric Publishing Inc |
| 24b | **Massachusetts General Hospital - Handbook of General Hospital Psychiatry (Edition 6)**  
By Theodor A Stern MD Pub Saunders Elsevier |

**Mental Health Services (for Australian trainees)**

| 25 | **Mental Health in Australia: Collaborative Community Practice**  
Graham Meadows et al, Pub OUP |

**General Medicine**

| 26 | **Oxford Handbook of Clinical Medicine**  
I. Wilkinson |

Other alternate Child Psychiatry texts

Practical child psychopharmacology

Core Addiction Psychiatry text

Core Old Age Psychiatry text

Alternate POA text, Australian author, community based focus.

Useful POA and C-L text

Core Forensic psychiatry text

Core consultation-liaison psychiatry text

Alternate consultation-liaison psychiatry text

Locally written text on Mental Health services.

General medicine text helpful for the OSCEs as well as “organic” differentials.
JOURNALS

- Australian & New Zealand Journal of Psychiatry
- Australasian Psychiatry
- British Journal of Psychiatry
- American Journal of Psychiatry
- Psychosomatics
- Journal of Psychological Medicine
- JAMA Psychiatry

RANZCP Resources:

- Clinical Practice Guidelines (current/updated versions)
- Clinical Memoranda
- Position Statements
- Exam Archive materials

PRACTICE AND POLICY GUIDELINES PRODUCED BY LOCAL & STATE/NATIONAL HEALTH SERVICES

Especially managerial and organisational themes, for example:
- managing adverse incidents
- safe ward practice e.g. policies on reducing seclusion
- Indigenous mental health
- ECT

THE APA CORE COMPTENCIES SERIES

**Long-Term Psychodynamic Psychotherapy**
A Basic Text, Second Edition
Core Competencies in Psychotherapy
Glen O. Gabbard, M.D. Series Editor: Glen O. Gabbard, M.D.

**Learning Cognitive-Behavior Therapy**
An Illustrated Guide
Core Competencies in Psychotherapy
Jesse H. Wright, M.D., Ph.D., Monica Ramirez Basco, Ph.D., and Michael E. Thase, M.D.
Series Editor: Glen O. Gabbard, M.D.
| **The Art and Science of Brief Psychotherapies**  
An Illustrated Guide, Second Edition  
Core Competencies in Psychotherapy  
Edited by Mantosh J. Dewan, M.D., Brett N. Steenbarger, Ph.D., and Roger P. Greenberg, Ph.D. |
|---|
| **Learning Supportive Psychotherapy**  
An Illustrated Guide  
Core Competencies in Psychotherapy  
Arnold Winston, M.D., Richard N. Rosenthal, M.D., and Henry Pinsker, M.D.  
Series Editor: Glen O. Gabbard, M.D. |
| **PODCASTS:** |
| Jon Frederickson psychodynamic issues. [https://www.youtube.com/user/JonFrederickson/videos](https://www.youtube.com/user/JonFrederickson/videos) |
| The Maudsley debates series at King's College. |
| MGH Psychiatry Academy |
| Lancet Psychiatry. |