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*Information regarding the RANZCP  
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*The views and opinions expressed by  
individual authors do not represent the  
position of the RANZCP.*

#### Exams

##### Written Examination: MCQ Practice Exam

The MCQ Examination is now delivered as a computer-based testing at dedicated test centres throughout Australia and New Zealand. In preparation for this format of computer-based testing (future) candidates are encouraged to access the [MCQ Practice Exam](#) available online. The practice exam replicates the look and feel of the MCQ Examination and contains RANZCP specific questions. The practice is available as a downloadable program which runs on Windows computers. For non-Windows computer a pdf version is available. The practice will assist you to be familiar with the different features of the system and how to answer questions. The practice is not marked and once installed on your computer you are able to sit it as many times as you want. The answer sheet is available on the [Exam Centre](#) of the College website.

##### Exam Assistants for OSCE Examination – Saturday, 16 April 2016 - Volunteers required for Melbourne

The Committee for Examination would like to invite local trainees and SIMGs to assist with the running of the OSCE examination. The April 2016 OSCE Examination is to be held in Melbourne on Saturday, 16 April 2016. Your attendance at the examination venue would be required from 7:00am to 5:30pm. The examination will be held at the Royal Melbourne Hospital and the Royal Women's Hospital.

Exam assistants play a pivotal part in the smooth running of this event. This is an excellent opportunity for future candidates to improve their chances of success by seeing the examination process in action.

A training webinar will be conducted on Friday afternoon, 15 April 2016 at 3:00pm. Your help will be very much appreciated by the College and your colleagues who will be sitting these examinations.

If you are interested, please contact the Exams Department at [clinicals@ranzcp.org](mailto:clinicals@ranzcp.org)

##### OSCE Examination

Candidates undertaking the April 2016 OSCE are not to bring their travel luggage with them to the examination site. One small handbag/document satchel will only be accepted for storage by examination staff, and personal belongings should be kept to a minimum. Please note that local security protocols will prohibit any baggage being left unattended.

Whilst the College aims to start the examination on time, there are instances where it can be delayed. For candidates who are travelling / flying, we ask that they **do not** book flights immediately following the examination. We highly recommend that you book a flight at least 2.5 to 3 hours after the scheduled conclusion of the examination.

The College regrets any inconvenience these arrangements may cause, but thanks candidates in advance for their cooperation.

Please contact the exams department at [clinicals@ranzcp.org](mailto:clinicals@ranzcp.org) if you have any further questions.

### TRC Update

A big focus of the TRC workload this year, as outlined in the December training letter, has been advocacy for Trainee welfare. There has been a lot of work done here, and we expect the results of this to be widely circulated in the next few months. The Membership Engagement Committee has collected data from a Research Survey and a number of Focus Groups in 2015. This has been analysed and three papers are being written and should be available in the early part of 2016. There will also be a presentation of the data and findings in Hong Kong Congress, which we hope will generate further interest and discussion.

Meanwhile the Trainee Welfare Working Group, which was a College initiative established for the purpose of looking at research findings and generating suggestions and ideas as to how the College can better support trainees, has recently disseminated a report outlining their findings and recommendations. This group had basic and advanced trainee representation from the TRC and also consulted more broadly with trainees in focus groups around Australia and NZ. The report is available online now for all members to view and the RANZCP Board are continuing to discuss and work on these areas. Of note, there is now a '[Self-care for Psychiatrists](#)' page on the College website. This has a link to three new short modules on the topic, as well as useful information of where and how to seek help, and the basics of looking after yourself. The report encourages increased awareness and advocacy for a good workplace environment; provision of orientation and handover, tackling bullying and stigma, and teaching self-care via formal education programmes, as well as developing peer support for trainees. We hope that the increased understanding of the issues will translate into action, and trainees will feel empowered to discuss worries. An ongoing concern for the TRC, and a number of trainees, has been the low pass rates and anxiety around the new standard for assessments. We have been very active on this issue and have been in ongoing discussion with the College and other organisations. We have written a discussion paper, outlining our concerns and questions, which we have submitted to the College. We encourage you all to

access the key discussion points of this paper, which we hope will be disseminated to all trainees shortly. Furthermore, TRC representation will be present at [Congress in Hong Kong](#) this year. We are hoping to see and talk with as many trainees as possible. We will be establishing some formal and informal opportunities for networking throughout the week. For the first time there will be a trainee social event on the Saturday night before Congress (Saturday 7<sup>th</sup> May) in Hong Kong, and all trainees attending will be invited, so please consider this event in planning accommodation and travel. The TRC will also be involved in a panel discussion on enriching the training experience, and a confidential lunchtime session to get feedback from registrars on any issues that concern them.

Once again I want to take the opportunity to encourage all trainees to please get in touch with the TRC. We are seeking to advocate for all trainees, and as a committee we really value and appreciate your individual ideas and input. Please do make [contact](#) with your local TRC representative if you wish to contribute further to any discussions or get involved directly. We'd love to hear from you.

### TRC Elections

The call for nominations to join the TRC has commenced and interested trainees are encouraged to visit the [Election](#) page of the College website for further details.

### Adminstrating Certificates of Advanced Training for Fellows

The RANZCP Board approved the introduction of an administrative fee from 1 January 2016 for Fellows in Advanced Training Certificates with outstanding projects or cases.

In addition to general psychiatry training, the RANZCP offers Certificates of Advanced Training to enable trainees and Fellows to extend their training in various dynamic areas of practice.

Certificates of Advanced Training can be undertaken by RANZCP trainees and Fellows and include the areas of addiction, adult, child and adolescent, consultant liaison, forensic, old age and psychotherapy.

Under the existing guidelines Fellows in Advanced Training certificates who have completed 24 months of subspecialty training, though are yet to complete

their logbook requirements and project or cases, are required to pay an annual break in training fee.

Fellows in Advanced Training certificates who have completed 24 months of training and have completed their logbook requirements with only the project or cases outstanding currently do not pay an annual break in training fee.

As Fellows in these circumstances are still administered on an annual basis by the training team, College staff and their relevant subcommittee, it was recommended by the Education Committee that an administrative fee was appropriate to cover these costs in a fair manner for all Fellows undertaking an Advanced Certificate. In November 2015, the RANZCP Board approved an annual Administrative Fee of \$465 (AU/NZ) for Fellows who are undertaking a Certificate in Advanced Training and have completed 24 months of subspecialty training and all of the applicable logbook requirements, but have their project or cases outstanding. The administrative fee is applicable from the commencement of January 2016.

### **Webinar series recordings for trainees and SIMGs now available on the College website!**

The Specialist Training Program (STP) webinar series for rural trainees consisted of 12 webinars delivered from November 2013 through to November 2015. Webinars were designed for rurally based trainees and SIMG candidates, however all members are welcome and encouraged to watch the webinars. Webinars were chaired by a member of the STP Rural Psychiatry working party and presenters were nominated based on their area of expertise. The complete webinar series is now available for viewing: <https://www.ranzcp.org/Publications/Presentations/Webinars.aspx>

#### **Topics include:**

1. **Eating disorders and related exam content**  
Presenters: Prof Phillipa Hay, Prof Marina Vamos
2. **Substance use disorders – Depression and Alcohol**  
Presenters: Prof Dan Lubman, Dr Enrico Cementon
3. **Dementia – the management of confused aggressive older patients**  
Presenters: Prof Gerard Byrne, Dr Rod McKay

The College understands that various priorities exist for members and we invite you to communicate with us should you be experiencing any difficulties you require support with. Contact [RANZCP.Training@ranzcp.org](mailto:RANZCP.Training@ranzcp.org)

### **CBFP**

#### **Reformatted WBA forms**

The Case-based Discussion (CbD), Mini-Clinical Evaluation Exercise and Professional Presentation WBA forms have been reformatted and converted to fillable PDF forms to improve ease of use. Please note, the information on the new forms remains unchanged; only the layout has been modified. The new forms can be filled out on screen or printed and filled out by hand. The current WBA forms will still be available if you prefer. Either version of the form is acceptable for use.

All WBA forms can be found on the following web page [Pre-Fellowship>2012 Fellowship Program>Training program forms.](#)

4. **Perinatal psychiatry – Psychosis in the perinatal period**  
Presenters: Prof Phil Boyce, Prof Anne Buist
5. **Post-Traumatic Stress Disorder and its comorbidities**  
Presenters: Prof Mal Hopwood, Dr John Cooper
6. **Forensic Psychiatry – Approaches to violence risk assessment**  
Presenters: A/Prof Kimberlie Dean, Dr Anthony Cidoni
7. **Borderline Personality Disorder**  
Presenters: Dr John Little, Dr Anthony Cidoni
8. **Electroconvulsive Therapy**  
Presenters: Prof John Tiller, Dr Raju Lakshmana
9. **First Episode Psychosis**  
Presenters: Prof David Castle, Dr Domineik Beatens
10. **Aboriginal and Torres Strait Islander mental health: cultural considerations for risk assessment**  
Presenters: Ms Kath Ryan, Dr Jason Lee, Dr Murray Chapman
11. **Child and Adolescent Mental Health: suicide and self-harm**  
Presenters: A/Prof Sandra Radovini, Dr Leeanne Fisher
12. **Side effects of anti-psychotic medications**

Presenters: A/Prof David Menkes, Prof Tim Lambert

For queries please contact the [Rural Project STP team](#).

[The Royal Australian and New Zealand College of Psychiatrists has received Australian federal government funding under the Specialist Training Program for this initiative.](#)

## Conferences

### 2016 International RANZCP Congress of Psychiatry Hong Kong – Program released

The College is pleased to announce the full Congress [program](#), based around the theme 'Regional challenges, worldwide influence', is now available on the conference [website](#).

The RANZCP International Congress will be held on 8-12 May 2016 in Hong Kong and will welcome psychiatrists, trainees, allied health professionals, community representatives, medical students and other medical practitioners from around the world.

The Hong Kong Congress will see a record number of presentations so if you can only attend one event in 2016, make sure it is this one. A diverse range of panel, combined symposium, rapid fire, oral and poster presentations have been confirmed.

A number of full and half-day [pre-Congress workshops](#) will be held on Sunday 8 May and will prove an exciting start to Congress 2016.

Seven [international keynote speakers](#) are confirmed: Dr Naomi Fineberg (UK), Dr Nitin Gogtay (USA), Professor Robert Howard (UK), Professor David Nutt (UK), Professor Thomas Schlaepfer (Germany), Professor Peter Tyrer (UK) and Dr Frank Yeomans (USA). View [keynote speakers' biographies](#) online.

Additional [invited speakers](#) from around the world will also present on a range of psychiatric subspecialties including child & adolescent, consultation-liaison, forensic, old age, neuropsychiatry, perinatal and infant, private practice, social and cultural, youth mental health and electroconvulsive therapy and neurostimulation.

Trainee input into the Congress development has been strong, and a number of excellent sessions linked to education and training are being planned. Psychiatry trainees can attend Congress at a heavily discounted rate, and trainee engagement will also be supported by other networking opportunities being coordinated by the College's Trainee Representative Committee.

[Registrations](#) for the College's premier event are open and discounted rates are available until **29 February 2016**. Visit the Congress [website](#) for more information including [accommodation](#) options, [social program](#) and optional [pre- and post-conference tours](#). Attractive accommodation rates have been negotiated for Congress delegates at a number of hotels close to the venue. We encourage you to secure your [accommodation](#) early via the Congress website.

### Psychotherapy conference in September

This is a preliminary notice to inform interested parties that the 2016 Faculty of Psychotherapy conference will take place in Sydney in early September. The date has not yet been fixed but in all likelihood will take place on the first or second weekend of September.

The Faculty's Conference Committee has secured organisational psychoanalyst Dr. Anton Obholzer to be our keynote speaker. The theme concerns the health of our psychiatric service organisations, and the well-being of those who work in them.