

# CERTIFICATE OF ADVANCED TRAINING IN CHILD AND ADOLESCENT PSYCHIATRY

## Information Sheet

February 2026

Welcome to the Child and Adolescent Psychiatry Certificate of Advanced Training programme in NSW

### To Commence your Training:

1. **Prerequisites** for admission to advanced Training in Child and Adolescent Psychiatry include completion of the MCQ exam and all training time and EPAs to completion of stage 2; including sign off of end of stage two ITA.
  - Also SATCAP requires completion of the sessions for fellowship requirement of the long Psychotherapy case (but not write up).
2. **Accredited Stage 3 CAP Training Position:** Securing an accredited stage 3 C&A training position and accredited child and adolescent psychiatrist supervision via area health services.

**It is crucial you discuss with the Director of Training your interest in Child and Adolescent Psychiatry Advanced Training and need for an accredited position ASAP if you have not already done so.**

3. **ATSN:** Completion of the RANZCP Advanced Training Selection Notification (available on the RANZCP website in the Advanced Training Section). This form must be completed for your training time to be counted on InTrain and for you to be added to the NSW DOAT list so training forms can be signed off. You cannot complete this until you have finished all Stage 2 training time.
4. **Learning and Development Plan:** Within the first six weeks of training you will need to complete, with your supervisor, the Learning and Development Plan (available on the RANZCP website in the Child Certificate Training section) and submit to CAP DOAT for sign off.

### Child and Adolescent Psychiatry Advanced Training Requires:

1. Two years full time equivalent of stage three training in accredited C&A positions, including at least 6 months inpatient and 6 months community CAMHS; completion of 9 psychotherapy cases across age groups and completion of 8 EPAs, 2 each rotation.
2. **Formal Education Course:** Participation in the FEC:

You need to enrol in the Child and Adolescent Psychiatry Formal Education Course at HETI.

Gordana Culjak ([gordana.culjak@health.nsw.gov.au](mailto:gordana.culjak@health.nsw.gov.au)) is the project officer for the course and an invaluable support to the programme. The best phone contact for Gordana is (02)9844 6314. Her back up person is Mary Ma ([mary.ma@health.nsw.gov.au](mailto:mary.ma@health.nsw.gov.au)). Mary's best phone contact is (02)9844 6138.

As DOAT I oversee CAP AT training and the FEC. I am happy to receive enquiries and feedback at any time. The course will run across four semesters over two years and incorporates online course material; face-to-face teaching; therapeutic supervision and peer review groups.

The **format of the course** is as follows:

- Four semesters over two years
- Six units with fifteen topics in each unit (see below for more detail)
- Online topic content is available for the duration of the course but should be undertaken weekly.
- Workshops are delivered face-to-face on a fortnightly basis and there are eight workshops per semester.
- Specialist therapeutic supervision is conducted fortnightly on the same day as workshop teaching
- Peer review groups are encouraged to meet at least fortnightly – for example on the Tuesdays when you do not have face to face workshops.

### **Additional information:**

Four units of core Child and Adolescent Psychiatry topics run consecutively over the four semesters:

- Unit 1 - Introduction to Child and Adolescent Psychiatric Disorders
- Unit 2: Teamwork, Systems and Collaboration in Child and Adolescent Psychiatry
- Unit 3: Perinatal, Infant and Early Childhood Psychiatry
- Unit 4: Childhood and Adolescent Psychiatry

Two units cover other areas of CANMEDS competence:

- Unit 5: Leadership, Management and Advocacy
- Unit 6: Teaching, Learning and Professionalism

### **\*\*\* PARTICIPATION REQUIREMENTS \*\*\***

**Trainees must achieve at least an 80% attendance in each aspect of the FEC: online, workshops, supervision, peer groups.**

- Each week will require around six hours of work; in addition to face-to-face attendance at HETI.
- Online topics must be completed each week.
- Fortnightly attendance at face-to-face workshops; and participation in specialist therapeutic supervision.

**\*\*\* NB: Trainees in the past have had the mistaken belief that watching video recordings of workshops is sufficient to complete requirements. This is NOT the case. SATCAP are very clear about the need for direct, active participation in teaching sessions, whether in person or online.**

**IF FOR ANY REASON you are unable to attend some workshops, it is necessary you let me know ahead of time so special consideration can be organised.**

- In the alternate fortnight, participation in peer review groups is encouraged.

**Specialist therapeutic supervision** will be provided by supervisors experienced in child and adolescent psychotherapies. The groups run on the workshops days from 2.00pm -3.45pm. These sessions allow for further discussion of topics covered in the online learning and workshops, alongside clinical presentations by trainees with discussion involving the group.

**Peer Groups:** Peer review groups are a key component of ongoing medical education and clinician sustainability and support. These groups will provide an opportunity for trainees to discuss trainee concerns including the CAP course, clinical issues, team and systemic challenges, and work life balance. I think it works best to organise

these groups yourself. If you experience difficulty managing this let me know. Trainees from previous years have suggested that setting up a WhatsApp group or similar may be a good way for the trainee group to be able to communicate. Alternative Tuesday afternoons are often a good time to meet. Let me know once you have decided on group composition. Also, if you have any difficulty setting up groups let me know.

I will be working mostly Tuesdays and Thursdays, alternating with some Mondays. When not available you are able to contact the CAP Cohort Convenor (Gordana Culjak or Mary Ma) for matters relating to the FEC. For college related matters, you can email the college on [training@ranzcp.org](mailto:training@ranzcp.org)

Felicity Waters