Rebecca Slinn is Specialist Registrar in Old Age and General Adult Psychiatry in the Department of Psychiatry at Southmead Hospital, Bristol and Vice Chair of the Royal College of Psychiatrists’ Collegiate Trainees’ Committee.
There is no claim that APT is the last word in reading for trainees at any stage, or that it is not in fact perfectly possible to pass the examination and attain a consultant job without having turned the cover. The important point is that it is well worth trainees considering it as an additional weapon in their armoury for their ongoing learning and career development.

References


New from Gaskell

Psychosis: Psychological Approaches and their Effectiveness  
Putting Psychotherapies at the Centre of Treatment

Edited by Brian Martindale, Anthony Bateman, Michael Crowe & Frank Margison

This is a most timely book as there is increasing recognition by both professionals and users (and also service planners) that psychological approaches for people with psychotic conditions can be effective, and indeed, are often much sought after by users and their families. However, these were rarely considered and often disparaged in the ascendency of the ‘decade of the brain’. The book updates psychiatrists, psychologists and nurses in a range of psychological therapies that should be available in every modern mental health service. It both outlines the approaches and provides or reviews evidence for their effectiveness.

The authors are selected expert clinicians and researchers from around the globe who describe in clear language the differing contexts, aims and methods of the psychological treatment interventions and evidence for their effectiveness.

There is a wide-ranging introduction then a section based on cognitive approaches, then another on family, group and psychosocial approaches, followed by a psychoanalytic approach. The penultimate section describes the integration of a range of these approaches used in early interventions, designed to improve the chances of full recovery in the community and minimise chronic disability. The authors of this section are Scandinavian where these approaches are increasingly widely practiced. Finally, there is a comprehensive overview from Australia that gives an encouraging vision of modern mental health services for those vulnerable to severe mental disturbance and also valuable pointers to further research likely to be fruitful.

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