

### **Learning objectives c**

The specialist doctor is to have a good command the management of all common mental illnesses with an emphasis on the most prevalent disorders, such as:

- Affective disorders,
- Anxiety disorder,
- Psychoses, and
- Personality disorders.

The specialist doctor should additionally:

- Be able to manage the less common mental illnesses and acute mental illnesses,
- Be able to initiate psychiatric responses to disasters,
- Be able to manage common addiction disorders,
- Be able to assess what psychological method might be appropriate for the treatment of various mental illnesses and be able to manage patients using psychotherapy methods,
- Master psycho-pharmacological and electroconvulsive treatment, and
- Be able to initially manage physical conditions in patients with mental illnesses.

The specialist doctor shall also have knowledge of:

- The mechanisms behind the emergence of mental illnesses and for treatment of the illness,
- The theoretical foundations of the various psychotherapy methods,
- Methods for investigating and determining the patient's cognitive function,
- Coordination and follow-up of treatment and rehabilitation efforts, and
- Differential diagnosis of internal medicine, neurological and mental illnesses.

In addition, the specialist doctor is to have knowledge of neurodegenerative diseases with an emphasis on the major dementia disorders.

The specialist doctor should also have knowledge in child and adolescent psychiatry. The specialty resident is to have:

- Knowledge of developmental mental disorders, and
- Knowledge of paediatric psychiatry approaches and abnormal and normal neurological development in childhood and adolescence.

Finally, the specialist doctor is to master the application of the legislation and other regulations concerning the exercise of public authority within psychiatry and have knowledge of other legislation and regulations that are relevant to psychiatry.

<b>Learning objective c1</b>	<b>Programme activities</b>	<b>Assessment</b>
The specialist doctor shall: <ul style="list-style-type: none"> <li>– Master the management of common and major mental illnesses with the emphasis on the most prevalent widespread conditions such as affective disorders, anxiety disorder, psychoses, and personality disorders</li> <li>– Have knowledge of the mechanisms underlying the emergence of these illnesses and disorders and have knowledge of their treatment,</li> </ul>	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	<b>General recommendations</b>  Participation in seminars  Clinical attachment  Theoretical studies	

<b>Learning objective c2</b>	<b>Programme activities</b>	<b>Assessment</b>
The specialist doctor shall: <ul style="list-style-type: none"> <li>– Be able to manage other mental illnesses</li> </ul>	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	<b>General recommendations</b>  Participation in seminars  Clinical attachment  Theoretical studies	

<b>Learning objective c3</b>	<b>Programme activities</b>	<b>Assessment</b>
The specialist doctor shall: – Be able to manage acute psychiatric disorders and be able to initially manage situations requiring mass catastrophe and disaster psychiatry	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	<b>General recommendations</b> Participation in seminars Clinical attachment Theoretical studies	

<b>Learning objective c4</b>	<b>Programme activities</b>	<b>Assessment</b>
The specialist doctor shall: – Master psycho-pharmacological and electroconvulsive treatment	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	<b>General recommendations</b> Participation in seminars Theoretical studies	

<b>Learning objective c5</b>	<b>Programme activities</b>	<b>Assessment</b>
The specialist doctor shall: <ul style="list-style-type: none"> <li>– Have knowledge of the differential diagnosis of internal medicine, neurological and mental illnesses.</li> <li>– Be able to detect and initially manage physical conditions in patients with mental illnesses.</li> </ul>	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	<b>General recommendations</b> Participation in seminars Clinical attachment Theoretical studies	

<b>Learning objective c6</b>	<b>Programme activities</b>	<b>Assessment</b>
The specialist doctor shall: <ul style="list-style-type: none"> <li>– Be able to manage common substance addiction disorders and have knowledge of their comorbidity with internal medicine conditions and other mental illnesses</li> </ul>	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	<b>General recommendations</b> Participation in seminars Clinical attachment Theoretical studies	

<b>Learning objective c7</b>	<b>Programme activities</b>	<b>Assessment</b>
The specialist doctor shall: <ul style="list-style-type: none"> <li>– Have knowledge of neurodegenerative diseases with an emphasis on the major dementia disorders.</li> <li>– Be able to diagnose and manage patients with mental illness and also suffering from cognitive distortion</li> </ul>	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	<b>General recommendations</b> Participation in seminars Clinical attachment Theoretical studies	

<b>Learning objective c8</b>	<b>Programme activities</b>	<b>Assessment</b>
The specialist doctor shall: <ul style="list-style-type: none"> <li>– Have knowledge of developmental mental illnesses</li> <li>– Be cognisant of paediatric psychiatry approaches and abnormal versus normal neurological development in childhood and adolescence.</li> <li>– Be able to take adequate steps where there is a suspicion that a child is being neglected or abused</li> </ul>	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	<b>General recommendations</b> Participation in seminars Theoretical studies	

<b>Learning objective c9</b>	<b>Programme activities</b>	<b>Assessment</b>
The specialist doctor shall: <ul style="list-style-type: none"> <li>– Have knowledge of the theoretical foundations of the various psychotherapy methods,</li> <li>– Be able to assess potentially suitable psychological methods for the treatment of various mental illnesses</li> <li>– Be able to manage patients using psychotherapy methods</li> </ul>	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	<b>General recommendations</b> Theoretical studies	

<b>Learning objective c10</b>	<b>Programme activities</b>	<b>Assessment</b>
The specialist doctor shall: <ul style="list-style-type: none"> <li>– Master the application of the legislation and other regulations concerning the exercise of public authority in the skills area</li> <li>– Have knowledge of other legislation and regulations relevant to psychiatry</li> <li>– Be cognisant of the organisation and responsibilities of forensic psychiatry</li> </ul>	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	<b>General recommendations</b> Participation in seminars Theoretical studies	

<b>Learning objective c11</b>	<b>Programme activities</b>	<b>Assessment</b>
The specialist doctor shall: – Have knowledge of cognitive disabilities and their importance for patient care and treatment and have knowledge of the testing methods used for these	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	<b>General recommendations</b> Participation in seminars Theoretical studies	

<b>Learning objective c12</b>	<b>Programme activities</b>	<b>Assessment</b>
The specialist doctor shall: – Have knowledge of the coordination and follow-up of patients over long periods, which includes for example a combination of treatment with psychiatric medications and psychosocial interventions in collaboration with other professional groups – Be cognisant of the role of drug user organisations as a resource	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	<b>General recommendations</b> Participation in seminars Theoretical studies	

<b>Learning objective c13</b>	<b>Programme activities</b>	<b>Assessment</b>
<p>The specialist doctor shall:</p> <ul style="list-style-type: none"> <li>– Be able to apply the legislation and other regulations applicable to the specialty, including having knowledge of the organisation, regulatory framework and conditions under which social services and other relevant government agencies operate</li> </ul>	<p>Clinical practice under supervision</p>	<p>Certificate of completed programme activities and attained the required competencies issued by the supervisor</p>
	<p>Participation in one or more courses</p>	<p>Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor</p>

## ***General recommendations***

### **Programme structure**

Practice in adult psychiatry with inpatient and outpatient care forms the basis of specialty training in this skills area. Experience in acute psychiatry and compulsory care/involuntary treatment early in the programme is important.

Clinical practice in the following areas should be included:

- In addiction medicine
- At units that investigate and manage old age psychiatry patients
- In child and adolescent psychiatry
- At the units managing an undifferentiated patient clientele
- At units offering sub-specialties.

A course in psychotherapy is essential, where the specialty resident can acquire knowledge of different psychotherapy methods. During this course, it is important that theory and practical skills are integrated under the supervision of registered psychotherapists trained in providing supervision. The course should alternate with clinical practice so that specialty resident can apply the knowledge acquired in his/her daily medical practice.

Furthermore, clinical practice in adjacent specialties should be included in the specialty training. Clinical practice in neurology and an internal medicine specialty are of particular value. Clinical practice in family medicine can completely replace the internal medicine residency.

Towards the end of the programme, the specialty resident should:

Be placed within adult psychiatry to facilitate the transition to independent practice as a specialist.

Actively participate in the regular local continuing education gatherings, and the exchange of knowledge and experience with external parties is recommended.