

Editor:
Professor Tom Fahy

Editorial Board:
Dr Peter Byrne
Professor David Cottrell
Dr Teifion Davies
Dr Dominic Fannon
Dr Frank Holloway
Dr Louise Howard
Dr Harry Kennedy
Dr Peter Kennedy
Professor Paul Lelliott
Professor Femi Oyebode
Dr Rosalind Ramsay
Dr Henry Rollin
Dr Mike Shooter
Dr Swaran Singh
Dr David Taylor
Professor Peter Tyrer
Dr James Warner

Trainee Editor:
Dr Sanju George

Bulletin Coordinator:
Conceição Santos Sinclair

Assistant Scientific Editors:
Amanda May
Anne-Louise Clayton

The *Psychiatric Bulletin* is published monthly by the Royal College of Psychiatrists, 17 Belgrave Square, London SW1X 8PG (Registered Charity no. 228636).

Subscriptions

Non-members of the College should contact the Subscriptions Department, Maney Publishing, Hudson Road, Leeds LS9 7DL (tel: 0113 249 7481).

Subscription rate for 2006: £79 (UK and elsewhere), \$127 (USA). Subscription to the printed Bulletin includes unlimited free access to the online Bulletin. Online-only subscription rates: individuals £60 (\$97), institution £67 (\$106).

The paper used in this publication meets the minimum requirements of American National Standard for Information Sciences – Permanence of Paper for Printed Library Materials. ANS1 Z39. 48-1984.

The *Psychiatric Bulletin* is covered by the Excerpta Medica database EMBASE.

US mailing information: the *Psychiatric Bulletin* is published monthly by the Royal College of Psychiatrists. Subscription price is \$127. Second Class postage paid at Rahway, NJ. Postmaster send address corrections to *Psychiatric Bulletin*, c/o Mercury International, 365 Blair Road, Avenel, NJ 07001.
ISSN 0955-6036

Typeset by Dobbie Typesetting Limited, Tavistock. Printed in Great Britain by Henry Ling Limited, the Dorset Press, Dorchester.

Information about the College's publications is available at <http://www.rcpsych.ac.uk>.

psychiatric Bulletin

The Journal of Psychiatric Practice
<http://pb.rcpsych.org>

Notice to contributors

The *Psychiatric Bulletin* publishes original and scientific papers, brief review articles and opinion pieces dealing with treatment of mental disorders, administration, audit and management of psychiatric services and training in psychiatry. The *Psychiatric Bulletin* focuses on matters relevant to everyday clinical practice and management in psychiatry. The *Psychiatric Bulletin* will prioritise articles that are of practical clinical relevance, topical and accessible.

All original articles are peer reviewed. Manuscripts for publication must be submitted online at <http://submit-pb.rcpsych.org>. A unique account will be created for each contributor using his or her email address as identification (note: ensure you use the same email address whenever logging on to the manuscript submission website). Contributors may track the progress of their submissions at any time via this website. For assistance with online submission, please email pb@rcpsych.ac.uk or telephone +44 (0)20 7235 2351. Papers should be typed double-spaced with wide margins. A good length is 1500 words. Longer papers are likely to be returned to the authors for editing before being sent to referees. A structured abstract of 100–120 words should be included with all original scientific papers. A summary of approximately 100 words should precede review articles. Authors are encouraged to limit the number of tables/figures to a maximum of three. Photographs and illustrations are welcome. For more detailed advice on referencing (Harvard system), presentation of statistical information and the style of tables and

figures, please refer to instructions to authors in the *British Journal of Psychiatry*.

A Declaration of Interest must be given and should list fees and grants from, employment by, consultancy for, shared ownership in, or any close relationship with, an organisation whose interests, financial or otherwise, may be affected by the publication of your paper. This pertains to all the authors of the study.

Papers on audit must demonstrate a completed audit cycle. Correspondence is welcome; letters should be no longer than 250 words (please give word count) and include no more than three references, and no tables or diagrams. Letters should be emailed to pb@rcpsych.ac.uk and signed copies must follow by post or fax. The correspondence editor will use a standard email to inform authors if their letter is to be published or not.

If an individual patient is described, the patient should read the report before submission, and written consent must be obtained from the patient or an authorised person. Contributors should be aware of the risk of complaint by patients in respect of defamation and breach of confidentiality.

Manuscripts accepted for publication are copy-edited to improve readability and to ensure conformity with house style. Contributions are accepted for publication on the condition that their substance has not been published or submitted elsewhere.

Published articles become the property of the *Bulletin* and can be published elsewhere, in full or in part, only with the written permission of the Royal College of Psychiatrists.

©2006. The Royal College of Psychiatrists. Unless so stated, material in the *Psychiatric Bulletin* does not necessarily reflect the views of the editor or the College. The publishers are not responsible for any error of omission or fact.

<http://pb.rcpsych.org>

Editorial

- 1 Psychiatric patients and gene-based smoking cessation packages
Colin O'Gara and Marcus Munafò

Opinion & debate

- 3 Through the back door: the College and award of Membership without examination
Murad M. Khan
- 6 College response to . . . Through the back door: the College and award of Membership without examination
Dinesh Bhugra

Original papers

- 7 Beginning therapy: clinical outcomes in brief treatments by psychiatric trainees
Chris Mace, Sally Beeken and Joan Embleton
- 10 Survey of the provision of psychological therapies for older people
Ceri Evans and Paul Reynolds
- 13 Capacity, compliance and electroconvulsive therapy (ECT): the practice of ECT among consultant psychiatrists
Richard Law-Min and John Patrick Stephens
- 16 Survey of client satisfaction with methadone maintenance programmes
M. Raj Kumar and Madhuri Rajwal

- 19 Higher specialist training in child and adolescent psychiatry: a survey of academic programmes
Tim Hawkins, Alison Lee, Helen Stephens, Gisa Matthies and Alison Bailey
- 23 Talking together. Commentary on . . . Higher specialist training in child and adolescent psychiatry
Sally E. Bonnar

Special articles

- 25 Tilting the balance: the first long-term medium secure unit in the NHS in England and Wales
Niamh Power, Dawn Harwood and Akintunde Akinkunmi
- 28 Using the scarce resource of child and adolescent psychiatrists equitably
Hilary Lloyd, Margaret Bamforth and Mary Eminson

Education & Training

- 31 Evaluating qualitative papers in a multidisciplinary evidence-based journal club: a pilot study
Raja A. S. Mukherjee, Katherine Owen and Sheila Hollins

Columns

- 35 Correspondence
- 37 The College
- 39 Obituary
Niazi Ayoub Kraya
- 39 Reading about
Self-help for carers
- ibc E-interview: Max Marshall