M.R.C.PSYCH. EXAMINATIONS: AMENDMENT TO ENTRY FEES

The re-entry fees of £15 for the Preliminary Test and £25 for the Membership Examination have been discontinued as a result of a costing recently undertaken.

With effect from entries to be received for the Spring 1978 examinations, the fees will therefore be as follows:

Preliminary Test — £25 for each entry

Membership Examination — £35 for each entry

There may be a further amendment to these fees during 1978 depending on the result of another costing to be undertaken on the figures appearing in the financial statement for 1977.

THOMAS BEWLEY, *Dean*

QUARTERLY MEETINGS

Quarterly Meetings of the College will be held on the following dates in 1978 and 1979:

1978

Tuesday and Wednesday, 7 and 8 February

Tuesday and Wednesday, 25 and 26 April

Tuesday, Wednesday and Thursday, 4–6 July (Annual Meeting)

Thursday and Friday, 16 and 17 November

1979

Tuesday and Wednesday, 6 and 7 February

Tuesday and Wednesday, 1 and 2 May

Tuesday, Wednesday and Thursday, 3–5 July (Annual Meeting)

Thursday and Friday, 15 and 16 November

FIVE YEARS OF NURSE-THERAPY: Development of a Clinical Nursing Specialty

by ISAAC MARKS
Institute of Psychiatry, London

The Royal College of Nursing recently published a book in their research series entitled *Nursing in Behavioural Psychotherapy* (Marks *et al.*, 1977) which reviewed developments in the field. Operational research into nurse-therapy began in 1972 at the Maudsley Hospital. Out of this a national course was formalized in 1975 by the Joint Board of Clinical Nursing Studies for England and Wales (Course No. 650). Although the formal course lasts 18 months, it is now possible to shorten the training period to one year, followed by six months of lightly supervised practice working in settings away from the training centre. Currently there are two recognized training centres, at the Bethlem/Maudsley and Graylingwell Hospitals, and moves are afoot to start a third programme elsewhere.

Nursing interest in the course has risen steadily, and the slowly-growing number of trained nurse-therapists has implications for the organization of psychiatric services. JBCNS Course No. 650 aims to train a registered mental nurse to act as the main therapist for a wide variety of clinical problems amenable to brief behavioural psychotherapy. The course member is trained to work in the therapeutic team with more than the usual degree of autonomy and with limited consultation with other team members. By the end of training, nurse-therapists have to manage patients accepted by them for treatment, relying on their own judgement about when to seek help from supervisors, who act more as consultants. Nurse-therapists need to be flexible and to be able to provide patient care in out-patient/in-patient/day-patient and general practice and domiciliary settings as appropriate.

Patients treated by nurse-therapists are adult neurotics with problems responsive to brief behavioural psychotherapy. Together, these make up more than 10 per cent of new psychiatric out-patients. Treatment methods used by nurse-therapists span the entire gamut of behavioural

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