



**aspm**  
australian society  
for psychological medicine



## **GP PSYCHOLOGICAL MEDICINE TRAINING: FOR GPs BY GPs** **RACGP ACTIVITY NO. 98147**

This course is accredited by the General Practice Mental Health Standards Collaboration (GPMHSC) as a FPS Skills Training activity

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*Are you struggling to find good quality Level 2 mental health training? Here's the good news:*

The Australian Society for Psychological Medicine has launched a fully accredited mental health skills training program for GPs. The program consists of a 2 day face-to-face workshop (14 hours) which concentrates on the practical aspects of mental health care delivery in general practice and 6 additional hours to be completed at your own pace in a variety of possible ways.

Participants will be eligible for 80-120 CPD points, depending on the pathway chosen to complete the training. Those who choose the six hours of Small Group Learning may also be eligible for 5 QI points in the current RACGP triennium.

### **Program Details**

**Module 1** of the program covers foundation concepts including the neurobiology of relationships, therapeutic alliance, GP self-care and sustainable practice, and assessment and treatment planning. FPS are suitable for the treatment of common mental disorders, and the training includes assessment of suitability for FPS delivery in the GP context and discussion about tailoring choice of FPS to the life stage of the person and to specific symptoms and/or disorders. A number of the skills taught are transferable to wider use in General Practice including relaxation strategies and goal setting.

**Module 2** continues with skills training and includes interviews with consumer and carer representatives, integrating prescribing and FPS provision, and translating skills into real practice.

**Module 3** Participants are required to complete further hours of training after the 2 day workshop, to reach a total of 20 hours inclusive of the workshop. The post-workshop hours can be achieved by participating in a case-based discussion group (face to face or teleconferenced depending on geography of the group), or a series of online interactive exercises, or a combination of the two.

CBT-derived skills taught throughout the program include Psycho-education, Motivational Interviewing, cognitive interventions, behavioural interventions, and relaxation strategies. Recent advances in the areas of neuroscience, trauma-Informed practice and therapeutic alliance are included, and current evidence-based guidelines inform the content throughout.

A wide variety of resources and self-help activities are provided, all of which are high quality, online and free to access; most of these come from the rich suite of resources produced by Universities and other Mental Health Research and Advocacy organisations in Australia. In addition a comprehensive reading list is provided for those who wish to develop greater depth of skill in particular areas of interest.

The training is highly interactive and very practical. It is suitable for all GPs with an interest in Mental Health from Registrars to the very experienced, and many of the skills are also transferable to other areas of General Practice. All of the trainers are GPs and ASPM is dedicated to supporting our GP colleagues in this way. Payment of registration also includes a reduced annual membership for the ASPM ([www.aspm.org.au](http://www.aspm.org.au)) for more information about who we are).