

Focussed psychological strategies skills training (FPS ST)

RACGP RURAL



Register online 

Dates

10 February – 15 May 2020

13 April – 17 July 2020

22 June – 25 September 2020

31 August – 4 December 2020

Where

Accessible online training package, *gplearning*

Cost

RACGP member \$979

Contact

RACGP Rural

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Email rural@racgp.org.au

The FPS ST package provides a clear, viable mental health skill acquisition pathway for GPs.

GPs will develop skills in the provision of evidence based Focussed Psychological Strategies (FPS) derived from cognitive behavioural therapy (CBT) as part of a treatment plan for common mental health problems. There are four modules:

Module 1: Clinical audit – Antidepressant prescribing in general practice. This structured clinical audit activity enables GPs to review their use of antidepressant medications against best practice guidelines, consider non-pharmacological treatment options, and use this information to develop and implement quality improvement strategies in their clinical practice.

Module 2: Cognitive behavioural therapy skills for general practice. This self-paced online module completed via the *gplearning* platform equips participants to understand the theory and practice of CBT and how it can be applied to the treatment of common issues like depression and anxiety.

Module 3: Case consultation. Participants will begin applying what they have learned by providing CBT-derived FPS counselling to patients in their usual practice while being supported via online peer group case consultation sessions lead by an experienced GP provider of FPS.

Module 4: Mental health consumer and carer perspectives. In this final module, GPs will participate in a facilitated webinar in which both a mental health consumer and carer are interviewed about their lived experiences, providing valuable insight to GPs treating mental health conditions.

CPD

Modules 1, 2 and 3 are all CPD Accredited Activities under the RACGP CPD Program (eligible for 40 points each) and Module 4 is a CPD Activity (eligible for 2 points).

The FPS ST training package is also accredited by the General Practice Mental Health Standards Collaboration (GPMHSC), enabling GPs to access Medicare items for providing psychological treatment services.