



INTRODUCTION TO COMMON MENTAL DISORDERS AND DUAL DIAGNOSIS - RANZCGP Approved training for health professionals.

Section 1: Recognizing Mental Illnesses and Bio-psycho-social Approach to Understand Common Mental Disorders and Dual Diagnosis Presentations

Recognize and understand Common mental disorders and Dual diagnosis presentations. Key points about personality will be discussed in formulations

Ask the right questions in assessment to arrive at the correct diagnosis, by learning to efficiently use ICD, DSM and structured instruments like MINI.

Understand contemporary psychological theories from attachment, cognitive, behavioural, acceptance commitment therapy, interpersonal and psychodynamic perspectives, to better understand clients and their presentations.

Develop person centred and individualized formulations, by learning a Bio- Psycho-Social approach. Better formulations inform the use of correct medications, as well as types of psychotherapy and social interventions suited to the person.

Resources for keeping oneself updated in this area.

Section 2: Mental State Examination for Common Mental Disorders, Assessment of Self-Harm and Suicidal Risk

Enhance your skills and confidence in Mental state examination, by learning a structured approach to examination, further enhanced by use of self-rated and observer rated scales for Common mental disorders and dual diagnosis presentations (e.g., reasons for substance use scale)

Improve the efficiency of Self-harm and Suicidal risk assessments, and confidence level of any risk assessment, by utilizing contemporary as well as a structured CASE approach. Learn basics of Crisis management and Safety planning, so that assessment includes management related questions to guide better interventions.

Recommended reading.

Section 3: Pharmacotherapy treatments for Common Mental Disorders and Dual Diagnosis Presentations

Understand the Pharmacotherapeutic approaches to common mental disorders, first- and second-line approaches to common mental disorders, according to major guidelines of treatment. When not to use medications and approach to common adverse effects to medications.

Key points and approach to Addiction Medicine and Addiction Psychiatry related medications (e.g. Opioid replacement, Nicotine Replacement and Anticraving medications)

Resources for keeping oneself updated in this area..

Learning objectives of this training:

- Recognize and understand Common mental disorders and Dual diagnosis presentations.
- Ask the right questions in assessment to arrive at the correct diagnosis,
- Understand contemporary psychological theories from attachment, cognitive, behavioural, acceptance commitment therapy, interpersonal and psychodynamic perspectives
- Learn a Bio- Psycho-Social approach.
- Enhance your skills and confidence in Mental state examination
- Improve the efficiency of Self-harm and Suicidal risk assessments
- Understand the Pharmacotherapeutic approaches to common mental disorders
- Key points and approach to Addiction Medicine and Addiction Psychiatry related medications.

Trainer:

Dr Nitin Shukla is among the very few Psychiatrists, to be a practitioner, trainer and RANZCP accredited faculty and supervisor of psychotherapy. Dr Shukla works with a stable foundation in psychotherapy, from formal training and extensive practice of psychotherapy and teaching of 15 years.

Winner of 'Best Psychotherapy of the Year' award in 2002, by the Indian Psychiatric Society and RANZCP accredited Faculty and Supervisor of Psychotherapy and Addiction Psychiatry, accredited Faculty Adult and C-L Psychiatry, he has extensive clinical experience: Lead Consultant in Psychiatry for specialist Addiction Psychiatry service (SUMITT), Crisis and Acute Treatment Team (CATT) and GP-Shared Care. Consultant in Acute Psychiatry Inpatient Unit, Community Mental Health, Adult Prevention and Recovery Centre (PARC). Currently working in private practice and a public Dual diagnosis rehabilitation centre.

N.B. This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.

A CPD certificate for 6 hours of training is issued in the week following attendance at this event.

Our continuing professional development events meet the quality standard recognised by many relevant professional associations including psychology, social work, occupational therapy, mental health nursing, community work, counselling, psychotherapy and more.

We recommend checking with your association for the correct calculation of points for this event.

PDP & PESI - your partners in professional development

1300 887 622 | PO Box 161 Chatswood NSW 2057

info@pesi.com.au | www.pesi.com.au