



Depression Module: The Psychological Toolkit

Duration	3 hours
Accreditation	<ul style="list-style-type: none"><input checked="" type="checkbox"/> Cat 1 ALM (40 QA&CPD points) only when combined with a second BDI Mood Disorder Management Module workshop (to constitute a minimum of 6 hours)<input checked="" type="checkbox"/> In conjunction with 'Psychological Treatments' this program will qualify for Focused Psychological Strategies ongoing (FPS ongoing) <i>formerly Level 2 ongoing</i><input checked="" type="checkbox"/> Accredited by the RACGP as Mental Health (MHST ongoing) – <i>formerly Level 1 ongoing</i> when taken in conjunction with any of the other BDI Mood Disorder Management Modules<input checked="" type="checkbox"/> May also be undertaken as Cat 2 activity accruing 2 points per hour<input checked="" type="checkbox"/> ACRRM 7 points
Pre-requisites	Pre-disposing activity must be completed and submitted prior to the event.
Program Aims	The Psychological Toolkit is a collection of practical resources available for GPs to assist in the management of mood disorders in their clinical work. Workshop participants will be introduced to these resources and will work through the use of some of the skills outlined in the context of case scenarios. Each participant will receive an electronic copy of the Toolkit to take away and use in their practice.
Learning Outcomes	By the completion of this Program, participants will be able to: <ul style="list-style-type: none"><input checked="" type="checkbox"/> Describe the resources in the Psychological Toolkit which can assist in the management of depression<input checked="" type="checkbox"/> Identify resources from the Psychological Toolkit that you could use in your practice.<input checked="" type="checkbox"/> Build adequate review of 'homework' into treatment that use patient exercises or worksheets
Program Calendar More Information	All dates for our training programs are posted on our website. General Practice Education Project Officer Tel: 02 9382 8518 Email: k.denton@blackdog.org.au