



### Depression Module: Psychological Treatment of Depression

<b>Duration</b>	3 hours
<b>Accreditation</b>	<ul style="list-style-type: none"><li><input checked="" type="checkbox"/> Cat 1 ALM (40 QA&amp;CPD points) <b>only</b> when combined with a second BDI Mood Disorder Management Module workshop (to constitute a minimum of 6 hours)</li><li><input checked="" type="checkbox"/> In conjunction with 'Psychological Toolkit' this program will qualify for Focused Psychological Strategies ongoing (FPS ongoing) <i>formerly Level 2 ongoing</i></li><li><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</li><li><input checked="" type="checkbox"/> May also be undertaken as Cat 2 activity accruing 2 points per hour</li><li><input checked="" type="checkbox"/> ACRRM 7 points</li></ul>
<b>Pre-requisites</b>	Pre-disposing activity must be completed and submitted prior to the event
<b>Program Aims</b>	The aim of this lecture is to provide participants with an overview of the sorts of psychological approaches that are effective in the treatment of depression. These include brief interventions (eg, mindfulness, problem-solving, exercise) and an introduction to other approaches requiring further training or referral (eg Cognitive Behavioural Therapy [CBT], Interpersonal Therapy [IPT], family therapy. These will be discussed in the context of case scenarios.
<b>Learning Outcomes</b>	By the completion of this Program, participants will be able to: <ul style="list-style-type: none"><li><input checked="" type="checkbox"/> Discuss the rationale for using psychological therapies for depression</li><li><input checked="" type="checkbox"/> Describe the short term therapies developed for depression</li><li><input checked="" type="checkbox"/> Discuss the use of the various therapies for different depressed patients in general practice.</li><li><input checked="" type="checkbox"/> Set up system in your practice to ensure follow up of patients receiving psychological treatments</li></ul>
<b>Program Calendar</b>	All dates for our training programs are posted on our website.
<b>More Information</b>	General Practice Education Project Officer Tel: 02 9382 8518 Email: k.denton@blackdog.org.au