Dealing with Depression

Mental Health Skills Training, Category 1- 40 CPD Points, 6 Hours CPD

Duration
6-hours
Plus morning tea, lunch and afternoon tea

Program Outline
Dealing with Depression is a new, highly interactive program that aims to provide general practitioners with a practical framework for diagnosing and managing depression. The program uses case based learning to explore the key challenges for GPs caring for patients with depression and to devise effective strategies to address these.

Accreditation
- 40 RACGP QI&CPD Category 1
- 30 ACRRM PRPD
- Approved by the General Practice Mental Health Standards Collaboration (GPMHSC) for Mental Health Skills Training (MHST)

Prerequisites
Completion of predisposing activity

Suitable for
GPs and GP Registrars

Cost: $360

Topics Covered
1. The first visit:
- Diagnosing depression including sub-type
- Assessing and managing suicide risk
- Pharmacological treatments for depression
- Psycho-education and the use of assessment tools

2. The second visit:
- Stress and personality in the aetiology of depression
- Formulation as the basis of treatment planning
- Psychological strategies for managing depression

3. Putting it all together:
- Comprehensive assessment and treatment management planning

Learning Objectives
- Differentiate between the sub-types of clinical depression
- Recognise the contribution of biological, social and psychological factors to the current depressive episode
- Assess and manage risk in the depressed patient
- Select pharmacological treatment best suited to the individual patient
- Develop a comprehensive mental health treatment plan derived from the formulation of the individual patient

To Register