



The New South Wales Institute of Psychiatry  
and Transcultural Mental Health Centre present



Transcultural  
Mental Health Centre

# Cross-cultural Mental Health Care in General Practice

Do you work cross-culturally with patients who are experiencing mental health problems?

Would you like to develop more skills and confidence in this area?

*Cross-cultural Mental Health Care in General Practice* is a study unit for GPs offered by the NSW Institute of Psychiatry (IOP) and the NSW Transcultural Mental Health Centre (TMHC).

## About the Unit

Offered by distance education for 15 weeks, the Unit includes 5 teleconference tutorials and a 1 day workshop (also available to external students).

The unit covers a variety of topics including:

- Assessment and Culture
- Cross Cultural Formulation
- Working with Refugees and Asylum Seekers
- Suicide Assessment and Care
- Ethno-psychopharmacology &
- Issues in cross-cultural counselling

## Dates and Costs - Semester 2, 2010

Semester dates: 26 July 2010 - 19 November 2010

**Applications for Enrolment close on 11 June 2010**

Cost: Full Fee \$1580.00 or Early Bird Fee \$1260.00

**Applications for Early Bird Fee close on 25 June 2010**

## Scholarships

Scholarships are available for GPs practising across Australia.

**Applications for Scholarships close on 11 June 2010**

## Accreditation Points

RACGP QA and CPD 40 points (Category 1).

Accredited with ACRRM. Mental Health Skills Training (GPMHSC).

## For further information contact:

### Enquiries:

Jenn Herron, Workshop Coordinator  
TMHC - Tel: (02) 9840 3800  
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### Applications:

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## **Cross-cultural Mental Health Care in General Practice**

### **A Distance Education Unit Available For GPs in 2009**

**Offered by the NSW Institute of Psychiatry & NSW Transcultural Mental Health Centre**

This unit will provide new and experienced GPs with the skills, knowledge and means of building better therapeutic relationships and working more effectively with patients from culturally and linguistically diverse (CALD) immigrant backgrounds.

**Course code:** MVV009

**Semester starts:** July 26, 2010

**Semester finishes:** November 19, 2010

**Course delivery: Distance Education** – study individual units for 15 weeks, 5 teleconference tutorials, 1 workshop in Sydney on September 18.

**The unit is offered** as part of the Graduate Certificate, Diploma or Masters of Mental Health (General Practice) course, or as a stand-alone subject.

**Accreditation:** RACGP QA&CPD 40 points (Cat 1). Accredited with ACRRM. Accredited as a Mental Health Skills Training program.

**Fees** Full fee:

\$1580.00

**Early bird fee:**

\$1260.00 (pay by June 25)

### **SCHOLARSHIPS AVAILABLE FOR GPs practising across Australia.**

**Closing date for scholarship applications Friday June 18, 2010.**

#### **Learning outcomes**

At the completion of this unit students will be better able to:

- ❖ Approach a cross-cultural consultation in general practice with greater confidence, comfort and skills to develop a positive therapeutic relationship
- ❖ Discuss ways in which they can make their practice more accessible to patients and families from CALD backgrounds;
- ❖ State how and when to use an interpreter and be able to work more confidently with interpreters;
- ❖ Demonstrate practical cross-cultural assessment skills;
- ❖ Demonstrate skills in negotiating culturally appropriate mental health treatment plans and utilising various intervention options with patients and families from CALD backgrounds
- ❖ Explain the availability of multicultural and mental health services and resources to their patients;
- ❖ Debate the diagnostic process and its limitations and implications for people from culturally diverse backgrounds;
- ❖ Discuss culture bound syndromes and idioms of distress;
- ❖ Describe the purpose and basic features of a cultural formulation
- ❖ Be aware of potential mental health problems among refugees and asylum seekers;
- ❖ Discuss issues that arise with regards to cross-cultural counselling; and
- ❖ Demonstrate a basic understanding of ethnopsychopharmacology, and the issues related to the prescribing of medication, and adherence to medications prescribed for individuals from CALD backgrounds

#### **Comments from past students**

*Excellent course content... Terrific to discuss cases with other GPs... I have a more detailed understanding of cultural factors in idioms of distress,... I have more awareness of ethnopharmacology... I really enjoyed the course. I found the textbook very inspiring also. I couldn't help finishing reading the whole book. It has already had an impact on my consultation style... Together it was a marvellous blend of thinking, assessing and acting.*

#### **For further information on the unit and scholarships contact:**

Jennifer Herron TMHC 02 9840 3800

[Jennifer\\_Herron@wsahs.health.nsw.gov.au](mailto:Jennifer_Herron@wsahs.health.nsw.gov.au)

Or visit TMHC website:

[www.dhi.gov.au/tmhc/tmhc/default.aspx](http://www.dhi.gov.au/tmhc/tmhc/default.aspx)

GP Course Coordinator or Administrator IOP

[Corinne.Warby@nswiop.nsw.edu.au](mailto:Corinne.Warby@nswiop.nsw.edu.au)

02 9840 3833 Or visit the IOP website

[www.nswiop.nsw.edu.au](http://www.nswiop.nsw.edu.au) .