



JAMES COOK  
UNIVERSITY  
AUSTRALIA

# Mental Health Upskilling for Rural GPs and GPs with Mental Health Advanced Skills

## CONTINUING PROFESSIONAL DEVELOPMENT

James Cook University warmly invites you to a continuing professional development (CPD) workshop - Mental Health Upskilling for Rural GPs and GPs with Mental Health Advanced Skills.

### ABOUT THE WORKSHOP

Join us for this interactive upskilling workshop. The sessions are case based with a "non metro" focus, recognising the wider scope of practice of GPs working outside the cities.

Topics include mental health assessment and mental health emergencies in primary care, child and adolescent health, perinatal mental health and mental health in older adults.

### WHO CAN ATTEND?

GPs working in remote, rural and regional locations, and GPs with a Mental Health Advanced Skill.

### ACCREDITATION

James Cook University will apply for Category 1 RACGP and ACRRM points. Accreditation for maintenance of focused psychological strategies skills will also be applied for.

### BURSARIES

To help support the costs of attending, the Northern Queensland Primary Health Network (NQPHN) are offering a limited number bursaries (\$400 per person) to eligible GPs who are based in Cairns, Mackay and Townsville. [Apply here.](#)

Attendees may also be eligible for bursaries provided by the Health Workforce Queensland as part of Round 4 which are available for application between 7 and 20 November 2022. [Apply here.](#)



**DATE:** Friday 17 to Saturday 18 March 2023

**LOCATION:** James Cook University, Brisbane Campus (349 Queen Street, Brisbane City)

**COST:** Early bird \$1,300 (closes 22 January 2023); Full price \$1,500 (closes 5 March 2023)

**REFRESHMENTS:** Morning tea, lunch and afternoon tea will be provided.

**Places are limited for this workshop and registrations essential. To reserve your spot, register here now.**

*This workshop is sponsored by Aurora Health, Northern Queensland Primary Health Network, and the Rural Doctors Association of Queensland.*

**Aurora**

**phn**  
NORTHERN QUEENSLAND  
An Australian Government Initiative

**RDAQ** Rural Doctors Association of Queensland

[jcu.edu.au/cpdhealth](http://jcu.edu.au/cpdhealth)

**Places are limited.  
Register now.**

# Workshop Program

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### FRIDAY 17 MARCH 2023

TIME	SESSION	PRESENTERS
12pm to 1pm	Event registration and lunch	
1pm to 2pm	Refresher: Mental Health Assessment and Diagnoses	- Dr Mary Emeleus, Psychiatrist, Robina Private Hospital; Australian Society for Psychological Medicine - Dr Ebonney van der Meer, Rural Generalist (FACRRM AST Mental Health)
2pm to 3.15pm	Update on Mental Health Act: application in primary care	- Presenters: To be advised.
3.15pm to 3.45pm	Afternoon tea	
3.45pm to 5pm	Mental Health Emergencies in Primary Care - Young person with first psychotic episode - Adult with suicidal intent - Adolescent with eating disorder	- Case studies and panel facilitated by Associate Professor Peta-Ann Teague, JCU College of Medicine and Dentistry - Panel: To be advised.

### SATURDAY 18 MARCH 2023

TIME	SESSION	PRESENTERS
8am to 8.30am	Enjoy a complimentary coffee or tea before the day begins.	
8.30am to 10am	Health Coaching: Improving patient outcomes	- Dr Sam Manger, General Practitioner, Senior Lecturer at JCU, President of the Australasian Society of Lifestyle Medicine
10am to 10.30am	Morning tea	
10.30am to 12.30pm	<i>General Stream</i> 1. Overview of psychological therapies and their application 2. Psychotropics: The good, the bad and the ugly	- Sonia Nazareth, Clinical Psychologist, Belmont Private Hospital (Aurora Health) - Presenter: To be advised.
	<i>AST/ARST Stream</i> 1. Child and Adolescent Health - Approach to assessment of a young person - Diagnosing and managing ADD, ASD and more complex presentations	- David Hartman, Consultant Child and Adolescent Psychiatrist, Belmont Private Hospital (Aurora Health)
12.30pm to 1pm	Lunch	
1pm to 2.30pm	Special populations 1. Older persons' mental health 2. Perinatal mental health	- Dr Sarah Beaney, Old Age Psychiatrist, The Townsville Clinic - Dr Lyndall White, Consultant Psychiatrist, Belmont Private Hospital (Aurora Health)
2.30pm to 3pm	Afternoon tea <i>Kindly sponsored by the Rural Doctors Association of Queensland (RDAQ).</i>	
3pm to 4.15pm	The resilient practitioner: how to stay sane for the long haul <i>This session is kindly sponsored by the Rural Doctors Association of Queensland (RDAQ).</i>	- Dr Ebonney van der Meer, Rural Generalist (FACRRM AST Mental Health) - Dr Matthew Ruhl, GP SMO Toowoomba Hospital
4.15pm	Evaluation and feedback	

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