

Further training opportunities for GPs

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Some suggestions



- **BMJ GP general update days:** next February includes personality disorder and depression
<http://learning.bmj.com/learning/home.html>
- **RCGP** 'e learning for health' includes Youth Mental Health, HeadMeds; Autistic Spectrum Disorders toolkit and MH tool kit
<http://elearning.rcgp.org.uk/course/search.php?search=elearning+for+health>
- **Future learn:** 6/52 online literature and MH course. Free access until 3rd January (after that £40). **Literature and Mental Health:** Reading for Wellbeing. University of Warwick <https://www.futurelearn.com/>
- **MindEd** elearning modules <https://www.minded.org.uk/>

Local, RCGP accredited, free of charge training Psychological Perspectives in Primary Care PPiPCare

Evidence-based training and development opportunities in advanced primary care consultation skills and CBT techniques for GPs and other primary care health professionals

Trained IAPT staff deliver modules (30, 60 or 90 minutes each) at your surgery

- Detecting Anxiety and Depression
- Detecting Anxiety and Depression in Older adults
- Motivational Interviewing Techniques
- Problem Solving Techniques
- Behavioural Activation Techniques
- Guided Self Help

Psychological Perspectives in Education and Primary Care

PPEPCare



Evidence based training and development opportunities to support GPs and others working with Children and Young People (CYP) to feel more confident in detecting and managing CYP's mental health issues and psychological distress. Modules include:

Understanding and supporting children with Specific phobia and separation anxiety disorder, Obsessive Compulsive Disorder, Post Traumatic Stress Disorder, Behaviour Problems , Self Harm, Eating Disorders, Anxiety, Depression and low mood and ADHD

Training modules available in 30, 60 and 90 minutes, delivered by experienced CAMHS staff at your surgery

Contacts for arranging training sessions

PPiPCare (adults)

Oxon Talking Space Plus

Joanne.Ryder@oxfordhealth.nhs.uk

Bucks Healthy Minds

John.Pimm@oxfordhealth.nhs.uk

Berks Talking Therapies

Chapman Judith

Judith.Chapman@berkshire.nhs.uk

PPEPCare (CYP)

For Thames Valley

Lisa.Thomson@berkshire.nhs.uk

Or

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