



HEALTH  
EDUCATION  
& TRAINING

APPLY  
TODAY!

Postgraduate Courses

# Applied Mental Health Studies

Perinatal and Infant  
Specialisation

- > Graduate Certificate
- > Graduate Diploma
- > Masters



# Applied Mental Health Studies

## Perinatal and Infant Specialisation

Mental health professionals need to be equipped and inspired to be at the forefront of changes in the mental health sector. In 2016 the Health Education and Training Institute (HETI) officially became a registered Higher Education provider and launched a suite of contemporary programs in mental health.

HETI is focused on delivering exceptional higher education that is renowned for forward thinking, contemporary learning and relevance, and links with industry.

Nested within the framework for Applied Mental Health Studies are Graduate Certificate, Graduate Diploma and Masters level courses, giving students the option to exit with a recognised accredited award at a point appropriate to their needs.

### Perinatal and Infant Mental Health

The perinatal and infant mental health specialisation will develop capacity to apply evidence-based knowledge and advanced skills to work with infants, parents and their families. Perinatal and infant mental health is an interdisciplinary field focused on the health and development of parents and infants from the planning of conception through to three years postpartum. It is a significant life stage and foundation developmental period that shapes parent functioning and a child's capacity for resilience, learning, health and wellbeing throughout life. The perinatal and infant

specialisation takes a relationship based approach to assessment, formulation and intervention that keeps diversity in mind. Learning experiences include in vivo observations of infant-parent interaction supported by reflective practice and supervision.

### Recovery-oriented philosophy

Underpinning the framework is a philosophy of recovery-oriented practice. Through supporting the recovery journeys of people with mental illness we aim to maximise hope, resilience, self-management and advocacy.

### Learn in your time alongside professionals

Delivered through online learning, these courses offer students the opportunity to study at their own pace. Interprofessional collaboration via online forums encourages open discussions and regular communication. Faculty staff work alongside students, supporting them to manage their study and achieve their goals.

### A life-long learning experience

As students progress through the program they will experience interaction and co-reflection enabling them to develop values, expertise and practical knowledge. This invaluable learning experience will ensure that postgraduate students will join a community of leading mental health specialists in contributing to a more dignified, compassionate and effective mental health care service.

## Course Structure: Applied Mental Health Studies (Perinatal and Infant)

### YEAR 1 GRADUATE CERTIFICATE

SEMESTER 1	Fundamentals of Recovery-Oriented Care	Professional Standards in Mental Health Care
SEMESTER 2	Promoting Recovery and Resilience in Perinatal and Infant Mental Health	Assessment and Formulation in Perinatal and Infant Mental Health

### YEAR 2 GRADUATE DIPLOMA

SEMESTER 1	Innovation and Improvement in Mental Health Care	Therapeutic Perspectives Across the Lifespan
SEMESTER 2	Research Methods and Evaluation for Recovery-Oriented Mental Health Practice	Relationship Based Approaches to Intervention in Perinatal and Infant Mental Health

### YEAR 3 MASTERS

SEMESTER 1	Leadership Practice in Mental Health	Research and Project Planning*
SEMESTER 2	Clinical Supervision Theory and Practice	Mental Health Capstone*

\* Common to Applied Mental Health Studies and Psychiatric Medicine Frameworks.

## Make a difference in Mental Health

## Start studying in 2018

To find out more about HETI Higher Education Applied Mental Health courses go to [www.heti.edu.au](http://www.heti.edu.au)

**HETI Higher Education**  
 North Parramatta Campus  
 5 Fleet St, North Parramatta NSW  
 T 02 9840 3833  
 E [info@heti.edu.au](mailto:info@heti.edu.au)

