



HEALTH
EDUCATION
& TRAINING

APPLIED MENTAL HEALTH STUDIES PROSPECTUS

Professional Development and
Higher Education Courses





“If you are a passionate, inquisitive and flexible learner, open to personal transformation through study, and learning for the sake of mental health care, then together we really can make a difference.”

Dr Kerry-Ann Grant

Unit Facilitator Perinatal and Infant specialisation, HETI Higher Education.

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HETI HIGHER EDUCATION

Your learning experience will be enriched through HETI's commitment to:

- Flexible online learning
- Excellence in postgraduate education delivered by specialist leads, clinicians and academics
- Recovery-oriented, contemporary, evidence-based curriculum
- Learning alongside other mental health practitioners and professionals from a range of disciplines, backgrounds and settings
- Developing mental health practitioners equipped for interprofessional practice.
- Flexible study options
- A student-centred approach
- Application to practice supported by activities and exercises focused on the development of real-world skills
- Learn more about our specialist leads and academic team [here](#)

“Studying at HETI Higher Education has given me a whole lot more confidence in working with children and families, as well as court staff and the work I do in the mental health advocacy space. It means I can make a real difference to families. And that’s really what it’s all about.”

Louise Salmon

Senior Family Consultant, Hobart Family Law Registry, and Masters of Applied Mental Health Studies graduate.



SPECIALISE

Our courses in Applied Mental Health Studies offer a choice of unique learning pathways. Students can choose to specialise in:

- Perinatal and infant
- Child and youth
- Adult
- Older persons
- Medical

PERINATAL AND INFANT

Perinatal and infant mental health is a rapidly growing area of clinical and research interest. Our specialisation develops student capacity to respond effectively to the mental health needs of infants and their caregivers. Research and contemporary theories provide the framework for teaching and learning within a recovery-oriented and interdisciplinary online environment. Students can expect to engage in relationship-focused approaches to assessment, formulation and intervention that enhance optimal development, resilience, learning, health and wellbeing throughout life.

[Learn more here](#)

CHILD AND YOUTH

Child and youth specialisation focuses on the unique challenges and rewards that can be found working within child and youth mental health. There is a strong focus on attachment and normal development – from infancy to early adulthood – and the exploration of opportunities to assist children and young people to achieve optimum mental health. This is an important time for mental health assessment and intervention as many conditions emerge during this period. The course emphasises working in partnership with children, young people and their families, as well as other key influential systems including education and child protection.

[Learn more here](#)



ADULT The adult mental health specialisation draws on contemporary evidence to enhance recovery- oriented, and trauma-informed approaches to mental health care. A range of mental conditions will be explored, including (but not limited to): anxiety and depression; personality disorders, psychosis; substance use and trauma and stress related conditions.

A holistic approach, which draws on a person's strengths and unique circumstances will be emphasised. Students will learn to critically reflect on their practice and deliver contemporary mental health services that are both effective and founded on a genuine collaboration with consumers and carers.

[Learn more here](#)

OLDER PERSONS The older persons specialisation draws on person-centred and recovery-oriented practice for working with people who are moving into old age and very old age. Students will explore the reality of challenges and developmental changes that occur with age. There is also an acknowledgment of the ongoing contribution of older people to society and identify factors that support positive ageing.

Common causes of mental illness and distress during this life stage will be explored. Students will consider the impact of grief, severely impaired health, ethico-legal issues, dementia and behavioural and psychological changes that may occur in the presence of dementia.

[Learn more here](#)

MEDICAL The medical specialisation is an opportunity for doctors to improve their capability to support people who experience mental health conditions. The medical specialisation enables doctors to learn with each other and gain interprofessional perspectives at the heart of contemporary mental health care. Building upon over 50 years' experience in training and education with psychiatrists, general practitioners, rural and remote practitioners and other medical professionals, this specialisation is open to all medical professionals.

Medical specialisation specific units are delivered across 15 teaching weeks to enable focus on profession specific application to practice. Medical specialisation units should support ongoing AHPRA CPD requirements, with options for flexible study and elective units.

[Learn more here](#)

OUR UNITS

KNOWLEDGE UNITS Are self-paced and delivered over 10 weeks. Admissions are open at each teaching period.

FOUNDATION AND EXTENSION UNITS Are delivered over 5 weeks. Students are encouraged to participate in synchronous learning activities such as live zoom sessions and web forum discussions. These units are offered in predetermined teaching periods.

MASTERS UNITS Are delivered over 15 week semesters. Students are encouraged to participate in synchronous learning activities such as live zoom sessions and web forum discussions. These units are offered in predetermined semesters.

MICROCREDENTIALS AND PROFESSIONAL DEVELOPMENT UNITS You can choose to study single units of your choice to meet your professional development goals. Flexible learning pathways offer the option to study microcredentials that can be used towards a future degree qualification or you can choose to study for professional development purposes.

[Learn more here](#)





OUR COURSES

You can choose to complete a Graduate Certificate, Graduate Diploma or a Masters degree. Our course structure contains both core and elective units.

Each specialisation has a recommended sequence which will allow you to complete your degree over 12 months. We offer flexible learning pathways with Knowledge units available across most teaching periods. Masters units, Foundation and Extension units are only available in specific teaching periods.

Over 12 to 36 months, depending on your workloads and context.

[Perinatal and Infant Schedule](#)

[Child and Youth Mental Health Studies Schedule](#)

[Adult Mental Health Schedule](#)

[Older Persons Mental Health Schedule](#)

[Medical Specialisation Schedule](#)

“Being able to study at HETI Higher Education in a multidisciplinary environment is much more realistic and practical. It also gave me research skills to support an evidence-based approach to care, which is crucial.”

Wendy Aghdam

Masters of Applied Mental Health Studies graduate.

GRADUATE CERTIFICATE (50 HOUR UNITS)

600 hours over 1 year part time. Complete in 1-2 years (12 x 50 hour units)

Core Units

- Strengths-based Assessment and Care Planning [\[8ALF002\]](#)
- Recovery and Recovery-oriented practice [\[8ALF007\]](#)
- Trauma Informed Care and Practice [\[8ALF008\]](#)
- Core Therapeutic Skills [\[8ALF006\]](#)
- Sustaining Your Mental Health Practice [\[8ALF005\]](#)
- Professional and Ethical Mental Health Care [\[8ALF003\]](#)
- Diversity and Mental Health [\[8ALK009\]](#)
- Mental Health, Ill Health and Suicide [\[8ALK001\]](#)
- Attachment, Development and Promoting Mental Health Across the Lifespan [\[8ALK004\]](#)

SPECIALISATION	UNIT
Perinatal and Infant Mental Health	Early Development [8APK030]
	Developmental Screening and Assessment [8APK032]
	Parent and Caregivers [8APK033]
	Mental Health Care in the Perinatal Period [8APF031]
Child and Youth	Considering the Context in Child and Youth Mental Health [8ACF053]
	Child and Youth Mental Health Conditions 1 [8ACF050]
	Child and Youth Mental Health Conditions 2 [8ACF051]
	Child and Youth Mental Health Conditions 3 [8ACF052]
Adult Mental Health	Anxiety and Mood [8AAF070]
	Adult Mental Health Conditions [8AAF073]
	Trauma and Stress Related Conditions [8AAE080]
	Psychosis [8ASF022]
Older Persons Mental Health	Mental Health for Older People [8AOK090]
	Core skills when working with older people [8AOF092]
	Specific Interventions for Older People - Dementia [8AOF093]
	Responding to transitional crises for older people [8AOE091]
Medical Specialisation	Medical mental health care [8AMF110]
	Mental health prescribing [8AMF112]



GRADUATE DIPLOMA (50 HOUR UNITS)

600 hours (12 x 50 hours units). Flexibility to study at your pace. Complete in 1 - 2 years.

Core Units

- Evidence-based Practice [\[8ALF013\]](#)
- Recovery and Recovery-oriented practice [\[8ALF007\]](#)
- Trauma Informed Care and Practice [\[8ALF008\]](#)
- Introduction to Research [\[8ALF014\]](#)
- Structured Therapies 1 [\[8ALF016\]](#)
- Interprofessional Communication and Collaboration [\[8ALF012\]](#)
- Improving Aboriginal Social and Emotional Wellbeing [\[8ALF020\]](#)
- Understanding Mental Health Care in Australia [\[8ALK010\]](#)
- Working with Families [\[8ALF019\]](#)
- Physical and Mental Health [\[8ALK011\]](#)
- Structured Therapies 2 [\[8ALF017\]](#)

See our [website](#) for an example sequences for each specialisation.

SPECIALISATION	UNIT
Perinatal and Infant Mental Health	Enabling Effective Mental Health Care in the Perinatal Period [8APK034]
	Observation Theory & Practice in Perinatal & Infant Mental Health [8APF035]
	Relationship-Based Therapies in Perinatal & Infant Mental Health [8APF036]
Child and Youth	Development in Childhood, Adolescence and Young Adulthood [8ACF055]
	Engagement in Child and Youth Mental Health [8ACF054]
Adult Mental Health	Working with People with Personality Disorders [8AAF071]
	Substance Dependence and Addiction [8ASF021]
Older Persons Mental Health	Engaging with Older Persons [8AOF094]
	Complexity in Older Persons Mental Health Care [8AOE096]
Medical Specialisation	Lifespan Medical Mental Health Care* [8AMF113]
	Medical Mental Health Care for Diverse Communities* [8AMF112]

*new in 2024

MASTERS

600 hours (4 x 150 hours units). Flexibility to study at your pace. Complete in 1 - 2 years.

MASTERS COURSE		
Semester 1	Leadership Practice in Mental Health [100301]	Research and Project Planning [300302]
	Clinical Supervision Theory and Practice [100303]	Mental Health Capstone [300304]





WHO SHOULD APPLY

Our Applied Mental Health Studies courses are ideal for professionals and workers at all levels who have a passion for improving mental health and wellbeing, including but not limited to:

Nurses

- Inpatient
- Community

Allied Health

- Occupational Therapists
- Social Workers
- Psychologists
- Peer Workers
- Alcohol and Other Drugs Workers
- Health Promotion Workers
- Early Childhood Educators
- Teachers, School Counsellors and other Educators
- Youth Workers
- Aged Care Workers
- Health Service and Nursing Unit Managers
- Primary Health Workers
- Human Service Managers and Staff
- Other Mental Health Workers
- Perinatal workers

Doctors

- General practitioners
- Rural generalists
- Psychiatrists
- Other specialisations

Learn more about entry [requirements](#).

HOW TO APPLY Apply online via the [myHETIconnect](#) student management system.

KEY DATES The graduate certificate and graduate diploma courses are delivered across six five-week teaching periods. With enrolment available at each teaching period.

The masters course is delivered in two 15-week semesters with admission available prior to each semester.

See the [academic calendar](#) for key dates.

FEES Tuition fees vary depending on the type of unit studied. View current fees [here](#).

Students completing a degree course may be eligible for [FEE-HELP](#).

You can apply via the MyHETIconnect student management system during the enrolment process.

SCHOLARSHIPS HETI offers a range of scholarships and grants to provide equal access to education in areas of need.

View our range of [scholarships](#).



COURSE OUTCOMES

Graduates of our Masters Applied Mental Health Studies are able to:

1. Demonstrate an integrated understanding and application of advanced and complex knowledge about mental illness and distress through the provision of evidence-based, culturally informed care, using a person-centred framework.
2. Implement a management plan based on a critical analysis of evidence, biopsychosocial assessment and formulation which applies established theories to the integration of physical and mental health needs in treatment planning for a range of common mental health presentations in pursuit of recovery.
3. Apply expert clinical judgement, decision-making and insight in novel and complex mental health care in pursuit of optimal outcomes for people with lived experience.
4. Demonstrate autonomy and expert judgement in advocating for people with lived experience through an advanced and integrated understanding of the implications of policy, procedures and scope of practice for working within service models of care.
5. Reflect on and synthesise complex information in adapting recovery-oriented approaches and interventions to meet the needs of people from diverse backgrounds, life stages and cultures, who are experiencing mental illness and distress.
6. Demonstrate an integrated understanding of personal values and assumptions, and the complex nature of their impact on cultural competence in the delivery of mental health care.
7. Demonstrate expert judgement and leadership in applying adaptations to practice required for improvement in Aboriginal social and emotional wellbeing.
8. Demonstrate expert judgement and adaptability in applying principles of interprofessional practice in collaboration with other professionals and people with lived experience and their supporters.
9. Demonstrate expert judgement and leadership through engaging in meaningful professional relationships across a range of health settings and within ethico-legal frameworks for the benefit of people with lived experience, their families and carers.
10. Demonstrate adaptability and responsibility as a leader by reflecting on practice and demonstrating self-awareness, and open and transparent communication and action through collaborative work practices.
11. Engage with information technology to critically analyse and synthesise complex evidence from a wide range of sources in determining appropriate actions for practice, and communicate effectively through written and verbal mediums in its dissemination.



CONTACT US

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