

HETI Higher Education Professional Development



Apply now

HETI Higher Education offers a number of professional development (PD) opportunities as stackable credit units. These units are of 50 hours duration for stackable credit and 20-25 hours for professional development only. Units are available over 5–12 weeks depending on your available study time and type of unit chosen.

Where units are completed for stackable credit (can be used towards degree completion), it will take up to 50 hours of study to complete. Up to 300 hours of study can be completed before entering a formal award course, which requires 600 hours to complete.

Short Unit Types

There are three types of short units: Knowledge, Foundation, and Enhance. Knowledge units are studied independently over two teaching periods. Foundation and Enhance units are available over a single teaching period, depending on delivery schedule.

Units

The Applied Mental Health Studies course has four specialisations including Perinatal and Infant Mental Health, Child and Youth Mental Health, Adult Mental Health and Older Persons Mental Health. Units are applicable to each of these specialisations. Lifespan units cover all specialisations.

Fees

Each Knowledge unit is \$500; Each Foundation or Enhance unit is \$885. PD units require payment before study is available.

How to enrol

To study the PD units you need to apply through [myHETIconnect](https://myHETIconnect.heti.edu.au).

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Units available

Please visit our [website](#) for the current availability of units in 2025 teaching periods.

Unit Code	Unit Name
LIFESPAN UNITS	
8ALK001	Mental Health, Mental Ill Health and Suicide
8ALF002	Strength-based assessment and care planning
8ALF003	Professional and ethical mental health care
8ALK004	Attachment development and promoting mental health across the lifespan
8ALF005	Sustaining your mental health practice
8ALF006	Core therapeutic skills
8ALF007	Recovery and recovery-oriented practice
8ALF008	Trauma-informed care and practice
8ALK009	Diversity and Mental Health
8ALK010	Understanding mental health care in Australia
8ALK011	Physical and mental health
8ALF013	Evidence-based practice
8ALF014	Introduction to research
8ALF015	Quality practice
8ALF016	Structured therapies
8ALF017	Motivational Interviewing
8ALF018	Biological Therapies
8ALF019	Working with families
8ASF027	Substance dependence and addiction
8ASF028	Psychosis
PERINATAL AND INFANT MENTAL HEALTH SPECIALISATION UNITS	
8APK030	Early development
8APF031	Mental health care in the perinatal period
8APK032	Developmental screening and assessment
8APK033	Parents and caregivers
8APK034	Enabling effective mental health care in the perinatal period
8APF035	Observation theory & practice in perinatal & infant mental health
8APF036	Relationship-based therapies & practices in perinatal & infant mental health
8APE037	Loss, grief and trauma in the perinatal period

View our courses and download a prospectus at

heti.edu.au

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CHILD AND YOUTH MENTAL HEALTH SPECIALISATION UNITS

8ACF050	Child and youth mental health conditions 1
8ACF051	Child and youth mental health conditions 2
8ACF052	Child and youth mental health conditions 3
8ACF056	Considering the context in child and youth mental health
8ACF054	Engagement in child and youth mental health
8ACF055	Development in childhood, adolescence and young adulthood
8ASF028	Psychosis
8ACS057	Assessment and Care Planning for Child and Youth Mental health Clinicians

ADULT MENTAL HEALTH UNITS

8AAF075	Anxiety and mood
8AAE080	Trauma and stress related experiences
8AAF073	Adult mental health conditions
8AAF071	Working with people with personality disorders
8ASF027	Substance dependence and addiction
8ASF028	Psychosis

OLDER PERSON'S MENTAL HEALTH UNITS

8AOK090	Mental health for older people
8AOE091	Responding to transitional crises for older people
8AOF092	Core skills when working with older people
8AOF093	Specific interventions for older people – Dementia
8AOF094	Engaging with older persons
8AOF095	Mental health care in residential aged care facilities
8AOE098	Complexity in older persons mental health care