

# Courses for Psychiatry Trainees and Psychiatrists

Professional Development and Higher  
Education courses

## RANZCP accredited courses for trainees

Stage 1 & 2 Formal Education Course  
Child and Adolescent Advanced Training course  
Introduction to Leadership in Psychiatry  
Psychiatry for Junior Medical Officers  
Interprofessional Courses  
Accelerated pathway to Masters  
Scholarly Project Support

[heti.edu.au](http://heti.edu.au)



Begin or continue your journey in psychiatry with HETI Higher Education's accredited, flexible courses in Psychiatry and Applied Mental Health Studies.

Gain the knowledge and skills to make a real difference in mental health care, on your terms. Enrol today and take the next step toward shaping the future of mental health!



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# About HETI Higher Education

Explore our website for more information on the **Applied Mental Health Studies course** and the **range of professional development units**.



HETI Higher Education is part of the Health Education and Training Institute (HETI), a pillar of NSW Health. Formed in 2018, HETI Higher Education transitioned from the Institute of Psychiatry and is accredited with the Tertiary Education Quality and Standards Agency and the Royal Australian and New Zealand College of Psychiatrists.

HETI is uniquely placed within Australia's largest healthcare system and excels in teaching professional practice through interdisciplinary learning. We understand the challenges of balancing clinical practice with study and your other commitments.

HETI has a large network of clinical professionals and academics who deliver high quality teaching and student support.

# About HETI's courses



At HETI Higher Education, we make a difference in mental health care through the delivery of quality education and training for psychiatry trainees and psychiatrists.

Our range of progressive, recovery-oriented courses are expertly designed to support trainees and psychiatrists to meet their individual goals and improve their capacity to deliver evidence based psychiatric care.

Our psychiatry training courses are designed and accredited to meet specific needs across the Royal Australian and New Zealand College of Psychiatrists (RANZCP) Fellowship Program.

HETI Higher Education's curriculum draws on leading experts and lived experience whilst embracing learnings from the NSW Institute of Psychiatry's 50-year history.

The psychiatry courses are developed by psychiatrists in collaboration with a range of clinicians and people with lived experience.

## Your learning environment

Our programs are delivered online through virtual classrooms and distance learning. Courses have flexible participation options with materials and activities accessed through our Learning Management System, MyHETI.

“Learn in the way that you learn best. Learn with your peers or through self directed learning.”

**Dr Roderick McKay, Director  
Psychiatry and Mental Health  
Programs.**

### Formal Education Course

(Postgraduate Course in Psychiatry)

- RANZCP accredited
- Stage 1 and 2 trainees
- Three years

[Apply now](#)

### Advanced Training in Child and Adolescent Psychiatry

- RANZCP accredited
- Stage 3 trainees or Fellows
- Two years

[Apply now](#)

### Introduction to Leadership in Psychiatry

- RANZCP NSW Branch Training Committee accredited
- Stage 3 trainees and psychiatrist

[Apply now](#)

### Psychiatry for Junior Medical Officers

- Self paced course to support prevocational JMOs-

[Apply now](#)

### Interprofessional Courses

(Applied Mental Health Studies)

- TEQSA accredited
- Accelerated pathway to Masters
- Scholarly Project support
- Professional Development units

[Apply now](#)

*“All you need to study with HETI Higher Education, is a computer or device with an internet connection.”*

**Ms Erica Khattar, Student Liaison Officer.**



# Postgraduate Course in Psychiatry

Accredited RANZCP  
Formal Education  
Course for Stage 1 &  
2 Trainees

## What to expect

The learning is centred on live seminars with supporting readings and activity journals that you may use with your supervisor or fellow trainees.

Each semester of study is accompanied by a focus on support for differing RANZCP assessment tasks. After an orientation to RANZCP exams and how to use the course to assist your progression, you will experience teaching focused on each type of exam, as well as psychotherapy teaching designed to support both future practice and psychotherapy written case completion.

HETI Higher Education has partnered with the RANZCP NSW Branch Training Committee to produce and run NSW Mock RANZCP Essay exams.

## Eligibility

Stage 1 and 2 RANZCP trainees. Students must meet the [eligibility criteria outlined by the RANZCP](#). There are no geographic restrictions on entry. Students outside of NSW may enrol in HETI's program.

Doctors who are in a psychiatry registrar position or equivalent, but not a RANZCP trainee, may enrol with a letter of support from their local psychiatry Director of Training.

## Live teaching sessions

Live teaching sessions occur from 2 to 5pm:

- Tuesdays (Year 1)
- Wednesdays (Year 2)
- Thursdays (Year 3)

With permission from their Director of Training and employer, trainees may undertake individual Year 2 and 3 units in reverse order if they best align with other training experiences and goals.

## Study commitment

Students are expected to attend 75% of teaching sessions (live or recorded) or to meet RANZCP training requirements.

# Transitioning to Psychiatry Training [PCP0101]

## Year 1, Semester 1

Commencing psychiatry training is a time of major transitions with so much to learn about being a registrar, RANZCP assessment expectations, and psychiatry -plus the complexities of family, friends and life. In year 1, semester 1, you will explore core concepts, skills and scenarios required for contemporary psychiatric practice in Australia.

**Exam preparation sessions:**

focus on transition to training, understanding the major RANZCP assessments.

**Topics include:**

- Orientation to Psychiatric Medicine
- Making a good start – Engaging, interviewing and assessing
- Formulation and Care Planning
- Using diagnosis wisely
- Recovery-oriented use of mental health legislation
- Recovery-oriented management of psychiatric emergencies
- Professionalism, Ethics and Wellbeing
- Underpinnings of Recovery-Oriented Psychiatry
- Mental health Care in Australia
- Evidence-based practice and recovery-oriented care
- Psychoses: Biologically or socially determined?
- OCD and psychosis
- Introduction to substance related disorders
- Neurosciences, Mental Illness and the MCQ
- Excellence in Care: Warranted and Unwarranted Variation in Care
- Understanding depression
- Working with people with mood disorders
- Understanding Anxiety
- Influences of normal development for practice
- Excellence in care across settings

# Communities, Interventions and Psychiatry [PCP0102]



## Year 1, Semester 2

The successful psychiatrist integrates knowledge of effective interventions with a detailed knowledge of, and empathy for, individuals from diverse backgrounds, communities and experiences. In this semester you will further develop your CanMEDS competencies as you hear about and study these topics.

**Exam preparation sessions:**

focus on understanding and preparing for the RANZCP Multiple Choice Question exam.

**Topics include:**

- Introduction to Psychotherapy
- Collaborative Care Planning
- Motivational Interviewing and Supportive Psychotherapy
- Cognitive Behavioural Therapies
- Psychodynamic Therapies in Practice
- Putting it all Together
- Improving Communication
- A practical approach to culturally inclusive practice
- Aboriginal Mental Health
- Impact of location and socioeconomic status
- Social and preventative interventions
- Responses to trauma
- Dimensions of Personality
- Personality Disorder
- Integrating Physical and Mental Health
- Organic Disorders
- Medications in Recovery Oriented Care – Antipsychotics
- Medications in Recovery Oriented Care – Antidepressants, hypnotics and mood stabilisers

# Meeting diverse needs [PCP0201]

## Year 2, Semester 1

A psychiatrist remains a doctor with a unique set of skills to assess and integrate complexity at the interface of physical and mental health and ill health. In this semester you will enhance your skills with further development of your research and practice improvement capacity, and increased depth of understanding of the needs of diverse communities.

**Exam preparation sessions:**

continue preparation for the RANZCP Multiple Choice Question exam before a concluding MCQ Mini-Exam workshop and Essay exams workshop.

**Topics include:**

- Physical or Mental Illness?
- Research design analysis and appraisal
- Population Health, Epidemiology and Health Promotion
- Workshop: Research and practice improvement
- Responses to Illness
- Culture and Psychiatric Practice
- Physical health in the presence of mental illness
- Working Across Governance Systems
- Organic Disorders
- Cultural and Linguistic Diversity and Psychiatric Practice
- Clinical approaches to considering mental health issues in the presence of physical illness
- Mental Health in Rural and Remote Contexts
- Improving Aboriginal Mental Health and Wellbeing
- Recovery and Professionalism
- Medical Updates
- Gender, Mental Health and Mental Illness
- MCQ Mock Exam and Workshop
- RANZCP Essays Workshop

# Psychiatry Across the Lifespan [PCP0202]



## Year 2, Semester 2

Mental health, mental illness, needs, communities and capabilities continue to change through our lifespan. In year 2, semester 2, you will enhance your knowledge of these changes from infancy to very old age: and their implication for psychiatric practice.

**Exam preparation sessions:**

focus on understanding and preparing for the RANZCP Multiple Choice Question exam.

**Topics include:**

- Developmental Theories
- Introduction to Working with Children and Adolescents
- Perinatal psychiatry: Focus on the Infant
- Preschool to Early Primary School Child psychiatry in the
- Consultation-Liaison setting
- Adolescent and Youth Psychiatry
- Perinatal Psychiatry & Systemic Interventions
- MEQ Workshop
- Undertaking and Reporting
- Critical Appraisal of Practice
- Working with/ for Older People
- Can I look forward to older age?
- Depression and Suicide in Older People
- Is my memory going?
- Capacity and Consent
- Psychiatric Emergencies and Behaviour Changes
- "He's not how he used to be...": Personality change and Psychosis in Older People
- Anxiety in Later Life
- RANZCP - "Program of Assessment"
- How might the principles of Child & Older Adult services inform practice across the lifespan

# Working with complexity

## [PCP0301]

### Year 3, Semester 1

In this semester you will enhance your ability to understand and support as a psychiatrist those who are often considered too 'difficult' by others. You will expand your concepts of practice and opportunities as you learn about the needs of individuals who have difficulties with substance misuse, intellectual disability or interface with the forensic system.

You will also develop your understanding of how to prepare for and undertake a research (or scholarly) project.

**Exam preparation sessions:**

continue preparation for the RANZCP Multiple Choice Question exam before a concluding MCQ Mini-Exam workshop and Essay exams workshop.

**Topics include:**

- Leadership in Recovery –Oriented Care
- Scholarly Project lecture series
- Mental Health of People with Intellectual Disability lecture series
- Talking, Walking and Working together for better First Nations
- Limiting the Harm from Alcohol Abuse
- Neuropharmacology and Stimulants
- People with Mental Illness and Drug Misuse
- Reducing Over the Counter and Prescribed Medication Misuse
- Working with people with opiate dependence
- Forensic Related Mental Health Assessment and Reporting
- Assessing Risk and Management of Harm to Others
- Forensic Mental Health Systems and Legislation
- Working with 'Difficult People'
- Disorders and Problems More Common in Forensic Populations
- Sleep Disorders – social, psychiatric or medical?
- Working with People with problems with gambling
- Preventing Nicotine Misuse in People with Mental Illness

# Neurosciences and the Psychotherapies [PCP0302]



## Year 3, Semester 2

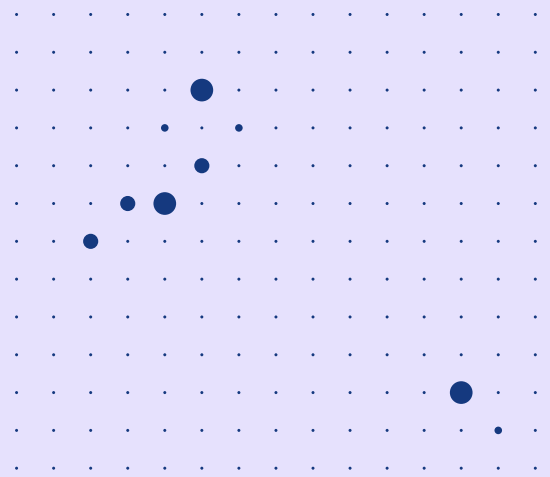
For many trainees year 3, semester 2 will be their final semester in the Postgraduate Course in Psychiatry. You will explore a range of areas related to the neurosciences, and how to purposefully translate complex information into formats that communicate to a broad range of audiences. You will also take a more in-depth exploration of the psychotherapies and consider the implications for ongoing safe practice development.

**RANZCP assessment support:** will help you to develop perspectives that will inform the Psychotherapy Case and prepare for the RANZCP Essay exam.

### Topics include:

- What Matters in Neurosciences and Recovery?
- Culture, Society and the Neurosciences
- Advanced Child Neuroscience
- Advanced Neurostimulation
- Advanced Exploration of Treatment Refractoriness
- Advanced Older Person's Neuroscience
- Neuroscience of Resilience
- Neuroscience of Psychotherapy
- The Gut-Brain Axis
- Psychotherapy - What's the Evidence?
- Psychotherapy – Roles, Ethics and Collaboration in Recovery-Oriented Practice
- Psychodynamic Therapies 1
- Psychodynamic Therapies 2
- Structured Therapies
- e-therapies and Supportive Therapies
- Mindfulness and Positive
- Psychology
- Systemic Therapies
- Transition to Stage 3 Training

# Child and Adolescent Psychiatry Advanced Training Course



The Formal Education Course for Child and Adolescent Psychiatry Advanced Training is a two-year training program accredited with RANZCP for Advanced Training in Child and Adolescent Psychiatry in NSW. The course features six newly designed units to develop your knowledge of contemporary practice in child and adolescent psychiatry:

## Who is it for?

RANZCP Trainees and Fellows accepted into the RANZCP Advanced Training Psychiatry Program. Applications are also considered from other RANZCP Fellows, Paediatricians, Senior Paediatrics Trainees or Career Medical Officers.

## How do I apply?

Trainees must first apply to RANZCP, and if successful, trainees will then need to apply to enrol in HETI's Advanced Training in Child and Adolescent Psychiatry program. In accordance with the RANZCP training requirements, trainees will undertake clinical work in a variety of child and adolescent psychiatry training terms. In addition, trainees will participate in workshops, seminars and small group clinical supervision.

## Topics include:

- Introduction to Child and Adolescent Psychiatric Disorders [001]
- Teamwork, Systems and Collaboration in Child and Adolescent Psychiatry [002]
- Perinatal, Infant and Early Childhood Psychiatry [003]
- Childhood and Adolescent Psychiatry [004]
- Leadership, Management and Advocacy [005]
- Transition to being a Child and Adolescent Psychiatrist: Teaching, Learning and Professionalism [006]

# Introduction to Leadership in Psychiatry



RANZCP Stage 3 Training  
(self paced, 25 hours total)

Leadership is intrinsic to the role of a psychiatrist, but the manner in which this role is undertaken will vary markedly and is influenced by many factors. In this course you will learn from experts and prepare a plan for ongoing development of leadership in partnership with a locally nominated supervisor.

Satisfactory completion of the unit will fulfil the requirements of a formal leadership and management training course, as accredited by the RANZCP NSW Branch Training Committee. It is estimated that the combination of online learning and the learning activity journal activities will require 25 hours to complete.

## Who is it for?

**Introduction to Leadership in Psychiatry** is approved by the RANZCP Branch Training Committee as a leadership experience suitable for all Stage 3 trainees. It offers a self-paced online experience completed by the trainee with a locally approved supervisor. Psychiatrists and supervisors may also enrol in this course.

## Topics include:

- Topic 1: Leadership as a psychiatrist
- Topic 2: Applying leadership theory to the everyday
- Topic 3: Leading change
- Topic 4: Setting up an improvement activity
- Topic 5: Sustaining your vision

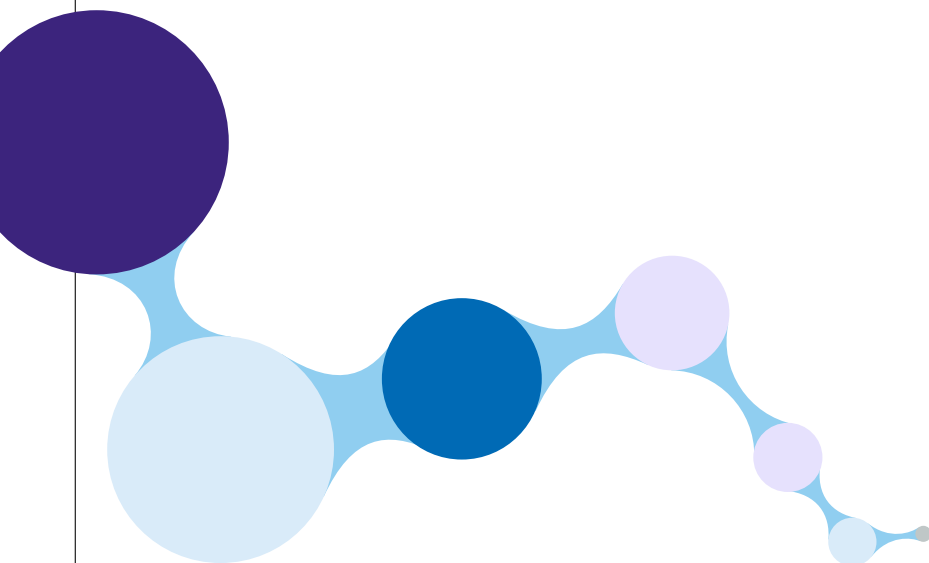
# Psychiatry for Junior Medical Officers

This unit introduces JMOs to the speciality of psychiatry whilst supporting learning and development of core mental health skills through a JMO rotation. The course is self-paced distance education that enables a variety of activities online and with the JMO's supervisor.

Topics include::

- Topic 1: Psychiatric Assessment
- Topic 2: Making a diagnosis
- Topic 3: Care planning
- Topic 4: Capacity, Guardianship and the Mental Health Act
- Topic 5: Psychiatric Emergencies

In addition to supporting those who may wish to specialise in psychiatry, the course has been designed to support JMOs and supervisors in meeting requirements of the National Framework for Prevocational (PGY1 and PGY2) Medical Training.



## Applied Mental Health Studies

Psychiatrists and trainees may apply for the Interprofessional Course - **Applied Mental Health Studies** nested Masters courses

The Applied Mental Health Studies course provides an interprofessional experience and offers lifespan specialisation in perinatal, child and youth, adult and older person's mental health, or the general specialisation. It has undergone extensive modernisation to maximise flexibility of learning, pace and style. The online flexible course, provides the opportunity for psychiatrists to consider different perspectives and develop with diverse learners.

Find out more about the Applied Mental Health Studies course at <https://heti.edu.au/our-courses/applied-mental-health-studies>

### Choose your depth and path of study

With the option to enrol in single units *for professional development or the full Award program*. Those wanting to follow the full Award pathway will commence in the Graduate Certificate before progressing into the Graduate Diploma or Masters Degree but applicants can apply for advanced standing to accelerate attainment of an Award level.

### Professional Development

Rather than enrolling into the full Award, psychiatrists and trainees may enrol into one or more units for Professional Development.

There are two types of Professional Development pathways available. Each provides a different learning experience and level of scheduled time commitment and interaction. If you choose to complete the full assessment for a unit, you can expect to spend around 50 hours to complete each unit.

If you choose to complete the reflective activity, you can expect to spend about 20 hours to complete each unit. This study effort estimation includes reading, thinking, learning activity completion, as well as assessment preparation and submission time.

If you successfully receive a pass grade or above in the full assessment, you may be eligible for stackable credit toward the full Award.

Discover the available Professional Development Units at <https://heti.edu.au/our-courses/professional-development>

### Accelerated pathways to Masters for psychiatrists

Fellows of the Royal Australian and New Zealand College of Psychiatrists (RANZCP) may enrol into the Master's after completion of:

- 8ALF025 Partnering with Aboriginal People for Improved Social and Emotional Wellbeing
- 8ALF013 Evidence-based Practice
- 8ALF014 Introduction to Research OR
- 8ALF015 Quality Practice

These all must be completed as 50 hour units (full graded assessment).

### Scholarly Project Support

#### Psychiatry Trainees

Psychiatry trainees may enrol in HETI Higher Education Units, including Masters Units, to support and develop their scholarly project. The recommended units are:

- 8ALF013 Evidence-based Practice
- 8ALF014 Introduction to Research OR
- 8ALF015 Quality Practice
- 300302 Research and Project Planning
- 300304 Mental Health Capstone

You can complete these units in either stage 2 or stage 3 as professional development (see professional development). Trainees who choose to complete the assessment at a minimum PASS level in each unit, will be eligible for stackable credit towards the Award. These stackable credits would be recognised once you gain entry to the Master's degree.

You do not need to be enrolled in HETI Higher Education's Postgraduate Course in Psychiatry to complete units or be eligible to enrol into the Master's.

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HETI HIGHER EDUCATION

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