



HEALTH  
EDUCATION  
& TRAINING

PSYCHIATRY TRAINEE PROSPECTUS

# 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



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## INTRODUCTION

At HETI, the Health Education and Training Institute, we are driven to make a difference in mental health care, through our range of progressive, recovery-oriented courses that are specifically designed to support psychiatry trainees and practitioners to meet their individual goals and develop their capacity to deliver modern psychiatric care.

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

The Postgraduate Course in Psychiatry (PCP) supports Stage 1 & 2 trainees in professional development and exam preparation, with Stage 3 trainees (and their supervisors) eligible for the Introduction to Leadership in Psychiatry course.

The Child and Adolescent Advanced Training course supports trainee and psychiatrist participants in advanced training in Child and Adolescent Psychiatry. Psychiatrists and trainees are also eligible to participate in the

interprofessional Applied Mental Health Studies Higher Education courses, which offers the option to study for professional development or an award qualification.

Uniquely placed within Australia's largest health care system, HETI's curriculum draws on leading experts whilst embracing learnings from the NSW Institute of Psychiatry's 50-year history. HETI's commitment to support professional and interdisciplinary practice ensures students are offered extensive opportunities to learn from both clinicians and academics, in addition to the skilled psychiatrists who form the core of our psychiatry teaching.

We understand the challenges of clinical practice, study and preparing for exams. HETI's team of support staff are here to guide you with your studies, enabling you to develop your own style of excellence in practice for the future.

We look forward to welcoming you to our courses.



## OPTIONS FOR YOUR STAGE OF CAREER

### RANZCP STAGE ONE AND TWO TRAINING

The Postgraduate Course in Psychiatry is accredited to meet your RANZCP Stage One and Two Formal Education Course Requirements. 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 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 has also been partnering with the RANZCP NSW Branch Training Committee to produce and run NSW Mock RANZCP Essay Exams.

### RANZCP STAGE THREE TRAINING

HETI offers two professional development courses for Stage three trainees:

- **Introduction to Psychiatric Leadership** is approved by the RANZCP Branch Training Committee as a leadership experience suitable for all Stage Three trainees. It offers a self-paced online experience completed by the trainee with a locally approved supervisor. Supervisors may also enroll in this course.
- **The Advanced Training in Child and Adolescent Psychiatry** course is a two-year Formal Education Course accredited with RANZCP for Advanced Training in Child and Adolescent Psychiatry in NSW.

### RANZCP FELLOWS AND TRAINEES OF ALL STAGES

Psychiatrists and trainees also have the option to apply for the Applied Mental Health Studies course with the option to enrol in single units of choice for professional development or the award program, where applicants can apply for advanced standing to accelerate attainment of a graduate certificate, graduate diploma or master's degree.

The Applied Mental Health Studies course provides an interprofessional experience and offers specialisation in perinatal, child and youth, adult and older person's mental health, along with a medical specialisation. It has recently undergone extensive modernisation to maximise flexibility of learning, so that students are able to learn at a time, pace and style aligned to their professional and personal commitments and contexts. A real opportunity for psychiatrists to consider different perspectives, and to develop with learners of diverse backgrounds and perspectives.

Explore our website for more information on the [Applied Mental Health Studies course](#) and the [range of professional development units](#).



**HOW DO I APPLY?** Apply via a simple online process through the MyHETIconnect student management system.

**WHAT IF I NEED HELP?** You can find more information at [www.heti.edu.au](http://www.heti.edu.au) , or contact us with any questions at [support@heti.edu.au](mailto:support@heti.edu.au)

**FEES** Tuition fees for units vary depending on the unit choices and year of delivery. NSW Trainees are eligible for special rates for the Postgraduate Course in Psychiatry and Introduction to Leadership in Psychiatry. Full fee details are available at <https://heti.edu.au/student-information/key-information/fees>

Please note that any units studied for Award completion are eligible for FEE-HELP. Professional Development enrolments are not eligible for FEE-HELP.

**WHERE WILL I LEARN?** Flexibility is a hallmark of learning with HETI. All courses have distance participation options with materials and activities accessed through our Learning Management System, myHETI.

The Postgraduate Course in Psychiatry and Child and Adolescent Advanced Training courses enable learning:

- On site at our St Leonards building, subject to adaptations for COVID19 impacts
- via live web video conferencing
- delayed online participation
- a combination

Availability and frequency of onsite teaching will be under ongoing consultation with the RANZCP and trainees until the impacts of COVID stabilize. Delayed on-line participation is available but not preferred as the regular participation mode for these two courses.

Our facilities are equipped to ensure online participants can see, hear and join in class activities, in real time. All you need is a [simple set up](#) and an internet connection.

**WHO WILL I LEARN FROM?** The psychiatry courses are developed and supported by both internal academics with a broad range of expertise from our partners. Whilst predominantly psychiatrists, these include a breadth of academics, clinicians, consumers, and carers to best meet learners needs. Most years, approximately 80 experts contribute to teaching.

# POSTGRADUATE COURSE IN PSYCHIATRY

## ACCREDITED RANZCP FORMAL EDUCATION COURSE for Stage 1 & 2 trainees

**WHO IS IT FOR?** Stage 1 and 2 RANZCP trainees. No geographic restrictions on entry. 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.

**WHAT TO EXPECT** All Semesters are 18 weeks, plus an additional 2-week mid semester break to enable reflection and catch up on learning tasks.

PCP 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.



# TRANSITIONING TO PSYCHIATRY TRAINING [PCP0101]

Year 1, Semester 1

Commencing psychiatry training is a time of major transition with so much to learn about being a registrar, RANZCP assessment expectations, and psychiatry - plus the complexities of family, friends and life. This semester supports your exploration of 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, and developing Critical Analysis Question related skills.

**Topics include:**

- Orientation to Psychiatric Medicine
- Making a good start – Engaging, interviewing and assessing
- Underpinnings of recovery-oriented psychiatry
- Formulation and care planning
- Professionalism, ethics and wellbeing
- Using diagnosis wisely
- Recovery-oriented use of mental health legislation
- Evidence-based practice and recovery-oriented care
- Influences of normal development for practice
- Understanding depression
- Mental health care in Australia
- Understanding Anxiety
- Psychoses: biologically or socially determined?
- Anxiety and trauma
- Introduction to substance related disorders
- Working with people with mood disorders
- Recovery-oriented management of psychiatric emergencies
- 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
- A practical Approach of Culturally Inclusive Practice
- Collaborative Care Planning
- Improving Communication
- Motivational Interviewing and Supportive psychotherapy
- Impact of Location and Socioeconomic Status
- Cognitive Behavioral Therapies
- Aboriginal Mental Health
- Medications in Recovery Oriented Care - Antidepressants, Hypnotics and Mood Stabilizers
- Dimensions of personality
- Medications in Recovery Orientated Care - Antipsychotics
- Personality Disorder
- Social and preventative Interventions
- Integrating Psychical and Mental Health
- Psychodynamic Therapies in Practice
- Organic Disorders
- Putting it all Together – Stepped Care and Scope of Practice
- Responses to Trauma



# MEETING DIVERSE NEEDS [PCP0201]

Year 2, Semester 1

A psychiatrist remains a doctor with a unique set of skills to assess and integrate the complexity at the interface of physical and mental health and ill health. In this semester you will enhance these skills with further development of your research and practice improvement capacity, and increase your 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 and Practice Improvement
- Population health, epidemiology and health promotion
- Research Design, Analysis and Appraisal
- 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
- Medical updates
- Improving Aboriginal Mental Health and Wellbeing
- Recovery and professionalism
- Gender, Mental Health and Mental Illness
- Practice MCQ (Mock Exam)
- RANZCP Essay 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 this semester you will enhance your knowledge of these changes from infancy to very old age, and their implication for psychiatric practice.

**Exam preparation sessions:** will focus on understanding and preparing for the RANZCP Essay Exams.

## Topics include:

- Developmental Theories
- Can I look forward to Older Age?
- Introduction to Working with Children and Adolescents
- Adapting Practice for Older People
- Perinatal Psychiatry - Focus on the Infant
- Adapting Treatment for the Older Person
- Preschool to Early Primary School
- Depression and Suicide in Older People
- Families, Parenting and Communication Skills
- Is My Memory Going?
- Adolescent and Youth Psychiatry
- 'He's not how he used to be...' Personality Change and Psychoses in Older People
- Child Psychiatry in the Consultation-Liaison setting
- Legal Dilemmas - Enabling Consent or Allowing Neglect?
- Perinatal Psychiatry - Focus on the Parent
- Disturbed Behaviour in Older People
- Anxiety in Later Life



## WORKING WITH COMPLEXITY [PCP0301]

Year 3, Semester 1

In this semester you will enhance your ability to understand how psychiatrists can support those who are often considered too 'difficult' by others. You will also expand your concepts of practice and opportunities as you learn about the needs of individuals who have difficulties with substance misuse, intellectual disability or interfaces with the forensic system. At the same time, you will develop your understanding of how to prepare for and undertake a research (or scholarly) project.

**RANZCP Assessment focus** is on preparation for the RANZCP Scholarly Project.

### Topics include:

- Introductions & Leadership in recovery-oriented care
- Scholarly Project overview & Aboriginal social and emotional
- Scholarly Project success & limiting alcohol related harm
- Conducting a literature review & Neuropharmacology and stimulants
- Clinical Audits & Substance Related Mental Illness
- Case Series & Working with Risk of Harm to Others
- Quality Assurance & OTC and Prescribed Medication Misuse
- Project ethics & Reducing Opiate Dependence
- Sharing Project Success & Forensic Assessment and Reporting
- Working with Data & Intellectual Disability 1
- Qualitative Research & Intellectual Disability 2
- Quantitative Data & Intellectual Disability 3
- Writing a Scholarly Project & Forensic Mental Health Systems
- Publication & Working in Forensic contexts
- Conference Presentation & Disorders 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 this 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:** development of perspectives that will inform the Psychotherapy Case. Communication translation is relevant to the Critical Essay Exam and some scholarly projects.

### Topics include:

- Psychotherapy - What's the Evidence?
- What Matters in Neurosciences and Recovery?
- Psychotherapy – Roles, Ethics and Collaboration in Recovery-Oriented Practice
- Culture, Society and the Neurosciences
- Psychodynamic Therapies 1
- Advanced Exploration of Treatment Refractoriness
- Psychodynamic Therapies 2
- Advanced Neurostimulation
- Presenting Psychotherapy Cases
- Advanced Child Neuroscience
- Structured Therapies
- Advanced Older Person's Neuroscience
- e-Therapies and Supportive Therapies
- Neuroscience of Psychotherapy
- Mindfulness and Positive Psychology
- Neuroscience of Resilience
- Systemic Therapies
- Mock Essay Exam



## INTRODUCTION TO LEADERSHIP IN PSYCHIATRY

Self-paced online with support for activities with supervisor

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 both learn from experts and prepare a plan for ongoing development of leadership skills 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 will require 25 hours to complete.

### WHO IS IT FOR?

NSW Stage 3 Psychiatry trainees, their supervisors and potential supervisors.

### HOW DO I APPLY?

Apply via a simple online process through the [MyHETIconnect](#) student management system, with monthly entry into the 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

## CHILD AND ADOLESCENT PSYCHIATRY ADVANCED TRAINING COURSE

Self-paced online with supports for activities with supervisor

The Formal Education Course for Child and Adolescent Psychiatry Advanced Training is a two-year training program accredited with RANZCP. 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 invited 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, then apply to enrol in HETI's Advanced Training in Child and Adolescent Psychiatry course. In accordance with the RANZCP training requirements, trainees will undertake clinical work in a variety of child and adolescent psychiatry training contexts. 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]

# CONTACT US

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

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