

19 April 2022

Dear General Practitioners and Practice Managers

Capital Health Network is offering scholarships to XX AHPRA Registered GP's working in General Practice in the ACT to participate in the [Online focussed psychological strategies skills training](#) which enables them to provide **online focussed psychological strategies** to patients diagnosed with a level of mental health.

### **Who can apply?**

General practitioners who have an AHPRA registration and are working in General Practice in the ACT and have also completed the Mental Health Skills Training (MHST).

### **How to apply?**

An email will be sent out to all practices which will include a link to the sign-up form. The form will require information that will aid the process of deciding the successful applicants.

Successful applicants will be notified by the Capital Health Network. RACGP and Capital Health Network will then communicate with successful applicants to help set up memberships and enrolments into the program. The CHN will directly fund the course through RACGP allowing applicants to choose their preferred dates to begin the course. The courses are run from May 2022 through to December 2022.

Scholarships are conditional on completing the course. Applicants who do not finish the course will be required to re-imburse Capital Health Network for the value of the scholarship (\$1279). Evidence of completion will be required.

### **Overview of the online focussed psychological strategies skill training**

The **online focussed psychological strategies** program is designed and run by RACGP. The online program is developed around core principles of psychological therapies and allows GPs to attain the essential training to become a registered provider of Focused Psychological Strategies (FPS) and also provide CBT-derived FPS counselling to patients in their practice.

The course is accredited by GPMHSC awards a Certificate of Completion to applicants who meet all the criteria and successfully complete the program. The certificate is recognised by ACT Health and health care professionals with this certificate will allow GPs to gain FPS provider registration with Medicare to access FPS related MBS numbers 2721,2723,2725 and 2727.

### **Course requirement and components**

The course is designed to provide easy access and is delivered online. It requires an internet connection and a browser. RACGP recommends using the most recent version of Chrome, Firefox, Safari, Edge or Internet Explorer 10 and above.

Course timing and allocations: <https://www.racgp.org.au/the-racgp/faculties/rural/education-and-training/cpd-opportunities/online-focussed-psychological-strategies-skills>

The course consists of four modules:

1. Clinical audit – Antidepressant prescribing in general practice

2. Cognitive behavioural therapy skills for general practice
3. Case consultation
4. Mental health consumer and carer perspectives

Support by phone and email about the content of the course is provided by RACGP. The phone service is available Monday to Friday from 8:30am to 5:00pm Australian Central Standard Time (ACST) and emails are responded to by the next business day. Technical support is provided by Digital Media.

Yours sincerely

Mohamad Elkheir, *Initial Assessment and Referral Lead.*