



20HRS

Start course

Focused psychological strategies for children (5–12 years) online course

About this course

This course aims to equip general practitioners (GPs) with skills to provide psychological intervention directly with children and provide support to their families. The skills covered in this course can be used while a child and family wait to receive further support or as stand-alone interventions when referral to specialist services is not warranted. The course draws on cognitive behavioural therapy (CBT), motivational interviewing, psychoeducation and transdiagnostic skills.

At the end of this course, you will be able to:

- identify key techniques for establishing collaborative relationships with children and parents through effective communication and cooperation.
- identify and implement appropriate focused psychological strategies interventions for common child mental health conditions by actively involving children and families in your case formulation practices.
- formulate treatment plans based on the focused psychological strategies of CBT, motivational interviewing, psychoeducation, and transdiagnostic approaches.
- develop reflective practice and explore pathways for supervision to support and enhance your work with children, families and other practitioners.

Why was this course developed?

GPs are often the first point of contact for families when they have concerns for their children's mental health and are well-placed to engage with children and parents about children's wellbeing. This course was developed to provide GPs with the confidence and skills to work in a therapeutic way with children and families who present to their services with mental health concerns.

How was this course developed?

The course was co-designed in collaboration with GPs, mental health professionals and lived experience partners to ensure content is relevant and realistic to the practitioner experience, with assistance from additional mental health professionals.

Who is this course for?

This course is specifically designed for GPs who have completed level one mental health skills training (MHST) and would like to complete their level two focused psychological strategies skills training (FPS ST) to deliver psychological interventions with children and families.

Accreditation

This activity has been approved for 15 hours Education Activities, 5 hours Reviewing Performance and 1 hour Measuring Outcomes with the RACGP and ACRRM.

This activity has been approved for FPS ST accredited by the General Practice Mental Health Standards Collaboration (GPMHSC).



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