



Supporting children in general practice using focused psychological strategies **online course**

About this course

As a general practitioner (GP), you are often the first point of contact for families when they have concerns about their children's mental health. This makes you well-placed to engage with children and parents about children's wellbeing.

This course aims to introduce you to knowledge and skills related to utilising focused psychological strategies (FPS) to support children aged 5–12 years where mental health concerns are present. It has been designed as a continuing professional development (CPD) course for GPs.

Learning outcomes

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 several appropriate FPS interventions for common child mental health conditions by actively involving children and families in your case formulation practices
- formulate treatment plans for children based on the FPS of cognitive behavioural therapy (CBT), motivational interviewing, psychoeducation and transdiagnostic approaches.

Why was this course developed?

Recent data shows that 13% of Australian children face mental health challenges, with the majority of those struggling to access timely support. This rising demand is compounded by access barriers, workforce shortages, uneven service distribution and limited professional confidence in supporting children. Strengthening the capability of GPs to provide early support to children can help to improve access to care and reduce the long-term burden of mental health issues.

Who is this course for?

This course is for GPs who have completed their level two FPS skills training (FPS ST) and are registered GP providers of FPS. It is designed for GPs who wish to further enhance their FPS practice through gaining knowledge and skills related to addressing the mental health concerns of children aged 5–12 years.

This course will provide you with the CPD hours you are required to complete each triennium to maintain your FPS registration and ensure continued use of the Medicare (MBS) item numbers that relate to the provision of FPS.

Accreditation

This activity has been approved for 4.5 hours Educational Activities, 0.5 hours Measuring Outcomes and 2 hours Reviewing Performance with the RACGP and ACRRM.

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



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