

# SINGLE UNITS IN MENTAL HEALTH SCIENCE

Monash's Department of Psychiatry offers single unit enrolments to health professionals, who are interested in upskilling in their current role or simply refresh their knowledge in mental health. These units are also available to our students studying degrees in related courses.

All units are offered online with mandatory attendance at a weekend workshop once during the semester. These are delivered within the standard University semester (12 weeks) and carry a work requirement of approximately 12-hours per week.

You can apply to study a single unit, without enrolling in the entire course. Explore our range of single units below.

## CPS5001 PSYCHOANALYTIC AND DEVELOPMENTAL THEORIES I

### Semester 1

This unit aims to enable you to have a familiarity with and a knowledge of some of the theories on which the understanding of child development and the practice of child psychotherapy are based. It is designed to explore human development from three theoretical perspectives enabling you to apply a theoretical basis to the practice of observation, assessment, and case management. The theoretical perspectives to be studied in this unit will be those of Sigmund Freud, Anna Freud and John Bowlby's Attachment theory. Contemporary theories of attachment and intersubjectivity will be explored in light of these 3 foundational theoretical perspectives.

#### Best suited for:

Psychologists, social workers, general practitioners, psychiatrists, paediatricians, mental health nurses and case managers engaged in the care of infants and parents, children, adolescents and families.

## CPS5002 NORMAL DEVELOPMENTAL OBSERVATION

### Semester 1

This unit will explore normal development from infancy to adolescence with a focus on experiential learning through observing infants and young children. Based in Psychoanalytic theory you will explore developmental observations and how to apply them in your clinical and consultative work. Key concepts from attachment theory, developmental psychology, intersubjectivity, neuroscience, and cultural inclusion are considered alongside core psychoanalytic theories.

#### Best suited for:

Psychologist, social worker, art or music therapist, occupational or speech therapist, general practitioner, psychiatrist, paediatrician, mental health nurse or a case manager engaged in the care of infants, children, adolescents and families.

## MHS5104 PSYCHOPHARMACOLOGY AND PHYSICAL TREATMENTS IN MENTAL HEALTH CARE

### Semester 2

This unit provides you with the theoretical underpinning of psychopharmacology and physical treatments, such as electroconvulsive therapy (ECT) and transcranial magnetic stimulation (TMS), as used in contemporary psychiatric practice.

You'll learn the foundational knowledge of pharmacokinetics and pharmacodynamics to critically analyse how medications affect physiological, biochemical and pathophysiological processes.

This unit covers the use of antidepressants, antipsychotics, anxiolytics, hypnotics, mood stabilisers, psychostimulants and other adjunctive psychotropic medications.

#### Best suited for:

Trainee psychiatrists, clinical psychologists, general practitioners, mental health nurses, nurse practitioners, case managers engaged in the care of mental health consumers.

## PIT5006 CHILD AND ADOLESCENT PSYCHIATRY

### Semester 1 and 2

This unit will introduce you to the essentials of the psychiatric care of children, adolescents and their families. This includes an introduction to, epidemiology, aetiology, neurobiology, and principles of diagnostic paradigms, assessment and management of major categories of mental disorders in children and adolescents. The foundation skills in interviewing and assessment of children and adolescents, mental status examination, appropriate medical assessments and investigations, use of collateral sources, family interviewing, developmental assessment, principles of identifying, diagnosing and managing major clinical disorders will essentially underpin a student's expertise in working with children and adolescents and their families.

This unit will provide a sound academic platform for the Royal Australian and New Zealand College of Psychiatrists (RANZCP) trainee's clinical training. This unit is uniquely positioned to enable the student to meet the requirements of the Formal Education Course (FEC) requirement of the RANZCP.

#### Best suited for:

Training psychiatrists, clinical psychologists, general practitioners, paediatricians, mental health nurses and case managers working with children and adolescents and their families living with mental health issues.

## MHS5105 FUNDAMENTALS OF FORENSIC PSYCHIATRY

### Semester 2

Forensic psychiatry is a sub-specialty field of psychiatry that stands at an interface between law, mental illness and abnormal human behaviour.

Working in forensic psychiatry requires an understanding of mental illness in the setting of criminal offending, legislation governing such offenders, and risk assessment. This unit enables you to understand the various approaches to violence risk assessment, the role of the expert witness, the multiple approaches to service delivery in prison settings, prison hospitals and the community, and finally the task of treatment and rehabilitation of the mentally ill offender.

#### Best suited for:

Training psychiatrists, clinical psychologists, social workers, occupational therapists and case managers engaged in the care of mental health consumers, professionals working in the forensic system.

## PIT5005 PSYCHIATRY OF THE MEDICALLY ILL

### Semester 1 and 2

This unit will introduce you to the essentials of consultation liaison psychiatry. This includes principles of assessment and management, and introduction to psychological therapies for the medically ill. Subspecialty areas of psycho-oncology, neuropsychiatry, cardiology, renal medicine, chronic pain, gastroenterology, endocrinology and women's health will be covered.

#### Best suited for:

This unit is offered only to training psychiatrists.

## MHS5103 CONTEMPORARY RESEARCH AND PRACTICE IN FAMILY VIOLENCE

### Semester 1

This unit provides you with theory, policy, and practice in family violence. It includes the types of violence and its (health and mental health) impact on children, adolescents, and adults.

The unit provides you with an overview of how theory and policy translate into practice. Providing an overview of current terminology, approaches and drivers of family violence, we consider intersectionality, barriers and enablers to optimal family violence support. We will look at diverse population groups and their experiences of family violence (including CALD, Indigenous and LGBTIQ+ people, people with disabilities, and those experiencing Elder abuse). You will hear from people with lived experience from all walks of life through a range of modes.

#### Best suited for:

Clinical psychologists, nurses, doctors, social workers, occupational therapists, any practitioner needing/wanting to update their knowledge on family violence.

## MHS5101: MENTAL HEALTH OF THE ELDERLY

### Semester 1

The ageing of the population in Australia and worldwide will naturally entail an increase in the number of older adults with mental health problems. Mental health of older adults encompasses a range of disorders seen in younger adults and also disorders manifesting in late life such as neurocognitive disorders. Whilst cognitive impairment can be the focus, it can influence the manifestation of other psychiatric conditions such as depressive and psychotic symptoms. This unit will discuss the common disorders seen in older adults and examine the issues of increasing physical comorbidity, psychosocial issues and vulnerability of older people which can add to the complexity in management.

#### Best suited for:

Training psychiatrists, clinical psychologists, general practitioners, geriatricians, mental health nurses, other doctors, case managers and social workers wanting to update their knowledge in the care of mental illness in older adults.

## THE CHOICE IS YOURS

You can apply to study a single unit, without enrolling in the entire course. If you complete the assessments successfully and decide to enrol into our Master of Mental Health Sciences, that's also an option.

### Contact Us

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