Monash’s Department of Psychiatry offers single unit enrolments to health professionals, who are interested to upskill 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.

**MHS5102 TRANSCULTURAL MENTAL HEALTH CARE**

*Semester 2*

The unit will examine the effects of culture on the construction and experience of mental illness and the implications of cultural and community structures for the delivery of mental health services. Major areas covered include explanatory models of mental illness, cultural and social factors shaping the mental health in the community with a focus on the mental health of Aboriginal, refugee, asylum seeker and migrant communities in Australia, racism and prejudice, cultural assumptions of standard methods of assessment and treatment, State mental health policy, psychiatric service utilisation, and gaps in current service provision.

**Best suited for:**

Professionals who work with individuals and groups from a culturally and linguistically diverse background in range of mental health settings: mental health nurses, refugee health nurses, case workers and graduates and students of occupational therapy, international development, community development, health sociology, interpreting and translating and medical anthropology.

**MHS5104 PSYCHOPHARMOCOLOGY 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 living with mental health issues and their families.
MHS5105 FUNDAMENTALS OF FORENSIC PSYCHIATRY

Semester 1 and 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.

MHS5106 ETHICS OF MENTAL HEALTH CARE

Semester 1
This unit explores ethical concepts in capacity, the ethics of coercive
treatment, boundary issues, issues of the exercise of power in
psychiatry, privacy and confidentiality, relationships with industry, end-
of-life decisions, child protection, ethics of duality and conflicts of
interest and the ethics of the distribution of healthcare resources.
Professionalism in the workplace is introduced with teaching on
personal ethics and integrity, maintaining professional standards, and
personal wellbeing. The unit also examines the principles underpinning
mental health and local legislation. This unit covers the essentials
components of psychiatric ethics and is part of an accredited formal
education course that is recognised by The Royal Australian and New
Zealand College of Psychiatrists (RANZCP).

Best suited for:
Training psychiatrists, mental health nurses, clinical psychologists,
social workers, occupational therapists and case managers engaged in
the care of mental health consumers, professionals working in public
health and in the legal system.

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,
bars 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.

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