

# ABOUT GDMH

## Introduction

Graduate Diploma in Mental Health is a structured training programme for family physicians in Singapore. It is jointly organized by Institute of Mental Health and the Division of Graduate medical Studies (DGMS), NUS.

## Aims and Objectives

IMH and NUS aim to increase training of family physicians in psychiatry and counselling through Graduate Diploma in Mental Health.

## Eligibility

1. A basic degree of the MBBS or equivalent qualification registered with the Singapore Medical Council.
2. All general practitioners who are interested in Mental Health including those who have signed up for the Mental Health-GP Partnership programme.
3. Primary care physicians who have completed housemanship and non-traditional source medical officers.

## Course Overview

The graduate diploma is designed for family physicians who may have a busy work schedule but yet aspire to upgrade medical competency and gain more insight to human psychiatry. The course is divided into 6 modules. Each module is conducted over a period of 2 months.

The GDMH curriculum has been revised to include a **new module**. Participants will cover six modules in total: Psychosis; Mood, Anxiety and Grief; Addiction; Child and Adolescent Mental Health including Learning Disabilities; Psychogeriatrics; and **Personality Disorders and Psychological Therapies (New!)**.

It is highly interactive with case formulation through video & live supervisions, journal discussion and case vignettes. Course reading materials will also be given to the family physicians for self-study. There will also be clinical attachment opportunity for family physicians to gain valuable experience in handling mental health patients.

Upon successful completion of the course, the trainee should be able to:

- Identify the types of psychiatry disorders
- Be familiar with the principles of treatment approach in different psychiatric cases
- Apply assessment methodology to different mental disorders
- Learn management skills and prescriptions of medication