

# PROGRAMME OVERVIEW

## GRADUATE DIPLOMA IN MENTAL HEALTH

### COURSE 1 PSYCHOSIS

Course 1 provides participants with an overview of Psychotic Disorders including Schizophrenia. Participants will be able to have better understanding of the psychopathology of the disorder as well as the various signs and symptoms of Psychosis. There will be a discussion on the treatment including rationale and benefits of early intervention.

By the end of the course, participants should be able to:

- conduct assessment of Psychosis through interviewing & mental state examination
- manage & apply treatment for Schizophrenia
- treat and manage Psychotic Disorder in Primary Care
- have an overview on other Psychotic Disorders & various types of medications
- be familiar with medication & therapy, with indication & side effect in mind
- apply concept of Early Intervention

---

### COURSE 2 MOOD, ANXIETY AND GRIEF

Depressive disorders, anxiety disorders as well as grief and bereavement are common in the community. Participants will be able to acquire the knowledge in differentiating normal mood states and actual disorders. They will be able to diagnose such disorders as well as provide a holistic approach to treatment. They will also be able to provide advice and psychoeducation to the patients and caregivers.

By the end of the course, participants should be able to:

- diagnose, assess, & manage depression & anxiety through counselling, therapy, biological treatment & social intervention
- identify and psychoeducate patients and caregivers on bipolar disorders
- identify normal & pathological grief & the stages which patients undergo
- define types of bereavement
- conduct grief counselling & provide ways to help the bereaved
- advise patients and caregivers how to live a healthy lifestyle

### **COURSE 3 ADDICTION**

This course provides an overview of addictive disorders. With a recent increase in awareness about addictions, patients are more likely to seek help early especially at the primary care setting. This course will provide participants with a better understanding of these conditions in terms of detection, assessment and treatment.

By the end of the course, participants should be able to:

- manage substance abuse & dependence
- carry out Therapeutic Strategies
- recognise and conduct assessment on addictive disorders
- apply medical and non-pharmacological measures for detox, rehabilitation and relapse prevention
- understand the principles in multidisciplinary management of addictive disorders
- understand the strategies in management of co-occurring disorders

---

### **COURSE 4 CHILD AND ADOLESCENT MENTAL HEALTH INCLUDING LEARNING DISABILITIES**

This course will emphasize on recognizing and managing children and adolescent's mental health disorders. Participants will be given an understanding of child and adolescent mental health disorders and their impact on the lives of the youths and their families. Participants will learn to provide suitable interventions, both medical and psychosocial.

By the end of the course, participants should be able to:

- identify behavioural & emotional disorders in children & adolescents
- apply management skills & prescriptions of medication
- apply educational & occupational therapies
- assume the role of family doctors in liaison with schools & working in multidisciplinary team

---

### **COURSE 5 PSYCHOGERIATRICS**

This course provides in-depth study of mental disorder of the elderly. Participants will be equipped with the essential information, knowledge and skills to cope with elderly related mental disorders. Family physicians will be able to manage and prescribe medication for elderly mental patients with confidence.

By the end of the course, participants should be able to:

- identify different mental disorders
- apply assessment methodology to different mental disorders
- apply management skills & prescriptions of medication

## **COURSE 6 PERSONALITY DISORDERS AND PSYCHOLOGICAL THERAPIES**

### **Topic 1: Managing Borderline and Antisocial Personality Disorders in General Practice**

This topic provides a thorough understanding of what Personality Disorders (PD) are, including the underlying neurobiology of common PDs in Primary Care. The common presenting features of Borderline and Antisocial Personality Disorders will be discussed and participants will be equipped with useful strategies to manage these two conditions within Primary Care.

By the end of the lecture, participants should be able to understand:

- what Personality Disorders (PD) are
- the underlying biology of common PDs in Primary Care
- common presentations in Primary Care
- strategies to manage patients

### **Topic 2: Cognitive Behavioral Therapy**

This topic provides an understanding of the fundamental principles of Cognitive Behavioural Therapy (CBT) and its role in common psychiatric conditions such as Depression and Anxiety. It also allows participants to better appreciate its efficacy and limitations based on existing literature. The course will also address the relevance of CBT in General Practice.

By the end of the lecture, participants should be able to:

- understand the fundamental principles of CBT
- understand the formulation of CBT in common disorders such as depression & anxiety
- appreciate the efficacy and limitations of CBT based on existing literature
- provide psychoeducation on CBT to patients
- refer appropriate patients for CBT work

### **Topic 3: Psychological Treatment for Addictive Disorders**

This topic provides participants with an overview of non-pharmacological therapies for addictive disorders. Participants will be able to have better understanding of the Alcohol Use Disorder and its treatment which includes Motivational Interviewing and Brief Intervention.

By the end of the lecture, participants should be able to understand:

- psychosocial intervention for addictive disorders
- treatment of alcohol dependence through Brief Intervention in primary medical care
- stages of Change Model and Motivational Enhancement
- practical skills of Motivational Interviewing