
PROFESSIONAL CERTIFICATE IN YOUTH PSYCHIATRY

COURSE OUTLINE



OVERVIEW

Developed by Orygen, a global leader in youth mental health, the Professional Certificate in Youth Psychiatry is the only fully online course in Australia and New Zealand designed specifically for psychiatry trainees who wish to specialise in youth mental health (YMH).

As a student, you will have access to expert knowledge and the latest theory, research and evidence-based approaches in the specialised and rapidly-evolving area of youth mental health.

COURSE AIMS

The course aims to provide graduates with the following learning outcomes:

- Apply best-practice engagement and clinical skills to optimize the therapeutic alliance
- Identify common factors and developmental issues contributing to mental ill-health in young people
- Understand and describe evidence-based approaches to prevention, early intervention and clinical care in YMH
- Understand and be sensitive to ethical and legal issues particular to YMH practice
- Describe and explain cognitive-behavioural therapy and more contemporary psychosocial and psychotherapeutic approaches in the treatment of mental ill-health in young people
- Describe the issues and principles of psychopharmacotherapy for young people
- Conduct effective youth-friendly assessments and develop case formulations for young people experiencing mental ill-health
- Understand a range of psychosocial interventions for working with young people and develop a treatment plan



COURSE STRUCTURE

This course is a one year, graduate-level program designed for psychiatry trainees who have an interest in specialising in youth mental health. It will be delivered across two 12-week semesters. The course is delivered fully online in order to allow psychiatry trainees to easily access the content and work flexibly around other commitments. The lecture materials are recorded by leading experts in research and clinical practice in the field. The course is delivered by experts in youth mental health who have joint appointments with Orygen and the University of Melbourne.

REVOLUTION IN MIND

COURSE CONTENT

The learning materials are structured under fortnightly themes, with two individual lectures per fortnight. Please see the table below for details.

Week	Theme	Lecture Topic	Lecture Topic
1-2	Rationale for Youth Mental Health	Why youth mental health?	Barriers and enablers in youth mental health
3-4	Aetiology and impact of mental ill health	Aetiological models in youth mental health	The impact of mental ill-health on young people
5-6	Social and cultural factors	Development in young people and emerging adulthood	Working with First Nations young people
7-8	Youth mental health services	Principles of youth mental health services	Youth friendly practice
9-10	Ethical, legal and forensic issues	Ethical and legal considerations in youth mental health practice	Forensic issues in youth mental health
11-12	Principles of early intervention and clinical staging	Early intervention frameworks in youth mental health	The clinical staging system
SEMESTER BREAK			
13-14	Engaging young people	Therapeutic principles in youth mental health practice	Engaging young people in clinical practice
15-16	Assessing young people: case formulation, risk assessment and management	Youth mental health assessment frameworks	Self-harm and suicide risk assessment
17-18	Affective and substance use disorders in young people	Affective disorders in young people	Substance use and mental ill-health in young people
19-20	Psychotic and personality disorders in young people	First episode psychosis in young people	Personality disorder in young people
21-22	Psychotherapeutic interventions in youth mental health	Cognitive behavioural therapy with young people	ACT and mindfulness-based approaches with young people
23-24	Pharmacotherapy in young people	Principles of prescribing in youth mental health	Managing the impact of psychopharmacology on physical and sexual health

ASSESSMENT TASKS

The assessment requirements of this course are designed to reflect best practice procedures for ensuring that students maintain a meaningful and deep engagement with the course content and will exit the course with key learning objectives having been achieved.

Overview of assessment tasks

Task	Length
Weekly quiz	2-5 multiple choice questions per week
Graded discussion board	3600 words (250 per original post with 12 required and 100 per reply post with 6 required)
Critical literature review	2000 words
Assessment, case formulation, treatment plan and reflection	1500 words

KEY DATES

Date	Activity
12th April 2021	First semester commences (Weeks 1-12)
2nd July 2021	First semester concludes and assignments are due (Critical Literature Review; Quizzes for weeks 1-12; Discussion Posts for weeks 1-12)
20th September 2021	Second semester commences (Weeks 13-24)
10th December 2021	Second semester concludes and assignments are due (Assessment, Case Formulation, & Treatment Plan; Quizzes for weeks 13-24; Discussion Posts for weeks 13-24)

MATERIALS PROVIDED

You will also have access to the following via Orygen's online LMS (learning management system).

- Lectures for viewing
- Lecture slides for download
- Required reading materials
- Optional extra learning resources

ONLINE LEARNING AND ASSESSMENT

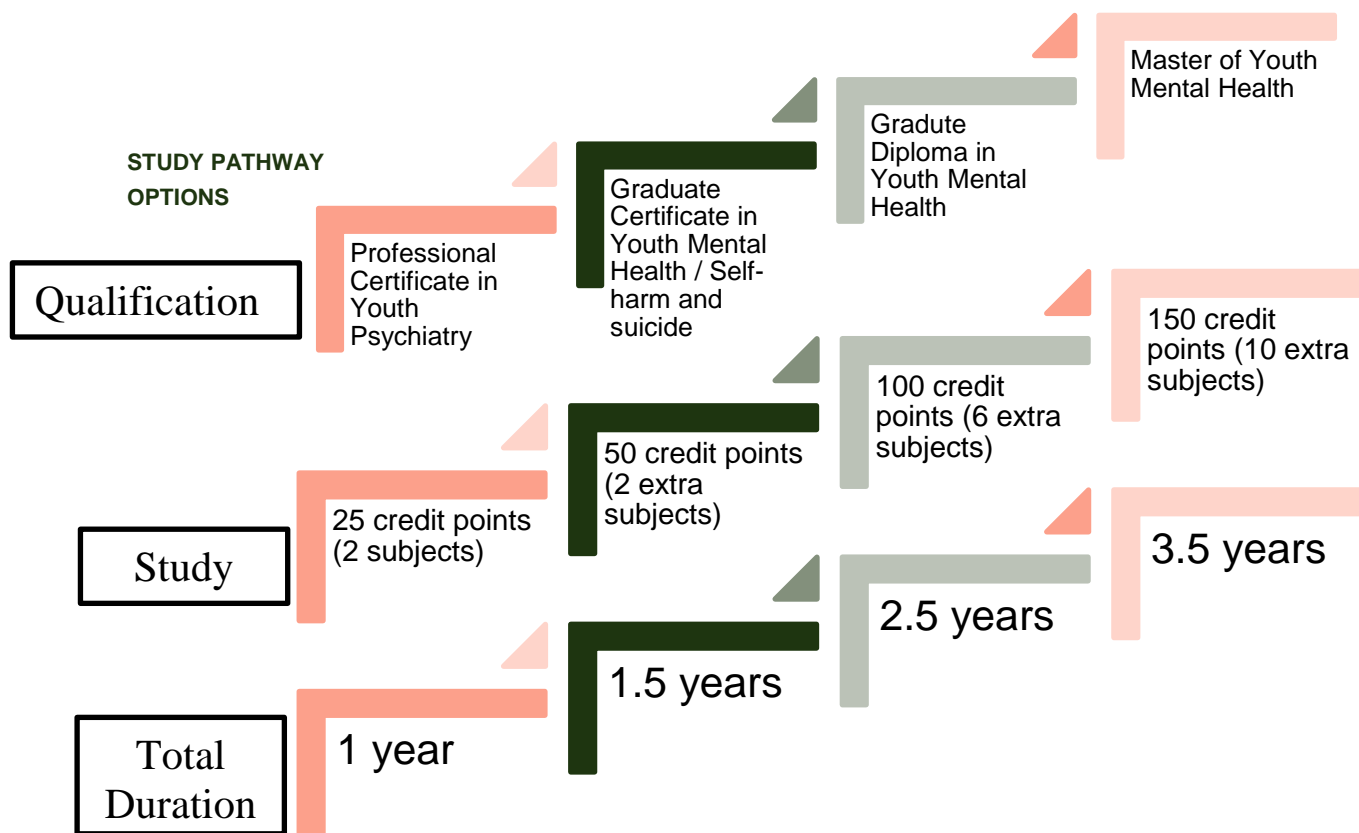
It is strongly recommended that you take a week-by-week approach to your study in this course. Start by watching the lecture for the week. Following the lecture, complete the weekly quiz. Work through each week's required readings. Please refer to the assessment guide document for detailed guidance regarding assessment requirements.

FURTHER QUALIFICATIONS

Participants will be able to exit this course with a Professional Certificate in Youth Psychiatry. Under recognition for prior learning arrangements with the University of Melbourne, completing this certificate will be recognised as the equivalent of 25 credit points (or two university graduate level subjects). This prior learning can be used to substitute the first two subjects if you enrol in any of the following qualifications at the University of Melbourne.

- Master of Youth Mental Health
(<https://study.unimelb.edu.au/find/courses/graduate/master-of-youth-mental-health/>)
- Graduate Diploma in Youth Mental Health
(<https://study.unimelb.edu.au/find/courses/graduate/graduate-diploma-in-youth-mental-health/>)
- Graduate Certificate in Youth Mental Health
(<https://study.unimelb.edu.au/find/courses/graduate/graduate-certificate-in-youth-mental-health/>)
- Graduate Certificate in Managing Youth Self-harm and Suicide
(<https://study.unimelb.edu.au/find/courses/graduate/graduate-certificate-in-managing-youth-self-harm-and-suicide/>)

These courses follow a nested structure outlined below, offering students the opportunity to pursue the amount of study that best suits their career development.



ASSISTANCE OR SUPPORT AVAILABLE FROM THE ACADEMIC STAFF

The course coordinator will provide support that includes:

- Moderating online discussions if necessary
- Answering general enquires regarding the course materials or teaching procedures
- Assistance with clarifying assessment requirements
- Assistance with accessing additional reading materials

You are also welcome to contact the course coordinators at any time to provide feedback on materials provided to you.

CONTACTING OTHER STUDENTS

The General Discussion Forum will remain open for the duration of the course. This is the best way to communicate with your fellow students.

CONTACTING THE COURSE STAFF

The easiest way to contact the course coordinator, Dr Stefanie De Silva, is by e-mail on youthpsychiatry@orygen.org.au

FEES

The 2021 fee for the Professional Certificate is \$1000.

ENROLMENT

To enrol, please complete the [Professional Certificate in Youth Psychiatry](#) application form. Successful applicants will be emailed an invoice for course fees. Full payment is required prior to commencement of the course. Please note that applications close 5th March 2021.

