
PROFESSIONAL CERTIFICATE IN YOUTH PSYCHIATRY

COURSE OUTLINE 2022



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 optimise 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
- Conduct effective youth-friendly assessments and develop case formulations for young people experiencing mental ill-health
- Describe and explain cognitive-behavioural therapy and other contemporary psychosocial approaches to the treatment of mental ill-health in young people
- Describe a range of psychosocial interventions for working with young people and develop a treatment plan
- Describe the issues and principles of psychopharmacotherapy for young people



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, with a total time commitment of approximately 240 hours. 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 to three 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? Principles of youth mental health services	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	Positive youth development	Working with First Nations young people
7-8	Ethical, legal and forensic issues	Ethical and legal considerations in youth mental health practice	Forensic issues in youth mental health
9-10	Approaches to care	The clinical staging system Transdiagnostic approaches with young people	Trauma-informed care in youth mental health
11-12	Engaging young people	Therapeutic principles in youth mental health practice	Engaging young people in clinical practice
SEMESTER BREAK			
13-14	Assessing young people: case formulation and risk	Youth mental health assessment frameworks	Self-harm and suicide risk assessment
15-16	Neurodevelopmental disorders	Working with young people with attention deficit hyperactivity disorder	Autism spectrum disorder in young people
17-18	Affective and substance use disorders in young people	Depression in young people Anxiety 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 reflect best practice procedures. They are designed to ensure 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	Up to 5 multiple choice questions per week
Graded discussion board	3000 words (250 per post with 12 required across the year)
Critical literature review	2000 words
Assessment, case formulation, treatment plan and reflection	Up to 2000 words

KEY DATES

Date	Activity
28 th March 2022	First semester commences (Weeks 1-12)
25 th April 2022	Census date (withdraw by this date to avoid incurring a fee)
19 th June 2022	First semester concludes
26 th June 2022	Semester 1 assignments are due (Critical Literature Review; Quizzes for weeks 1-12; Discussion Posts for weeks 1-12)
29 th August 2022	Second semester commences (Weeks 13-24)
20 th November 2022	Second semester concludes
27 th November 2022	Semester 2 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

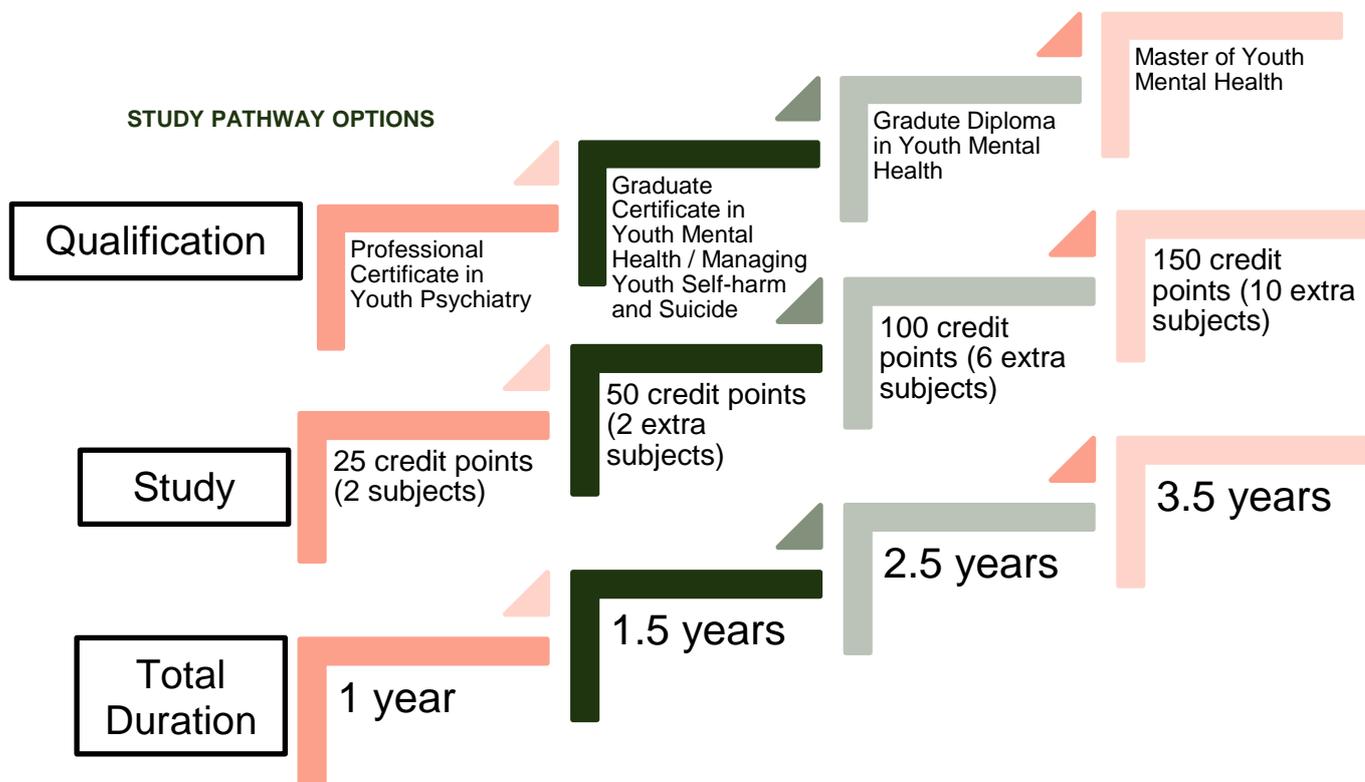
It is strongly recommended that you take a week-by-week approach to your study in this course. Start by watching the lecture for the week. Following the lecture, complete the weekly quiz. Work through each week's required readings. Please refer to the assessment guidelines document for detailed guidance 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 is by e-mail on youthpsychiatry@orygen.org.au

FEES

The 2022 fee for the Professional Certificate is \$3000 AUD (including GST).

ENROLMENT

To enrol, please complete the [Professional Certificate in Youth Psychiatry](#) application form. Successful applicants will be emailed further instructions for payment of course fees. Full payment is required prior to commencement of the course. **Please note that applications close 27th February 2022.**