

## RACGP Webinar

### Applying a child-centred, family-focused approach in child mental health consultations

This webinar will explore the child-centred and family-focused approach to child mental health in the context of general practice consultations. Based on a case study and with a focus on practice, it will address a number of themes including Why would GPs want to include a focus on the family when supporting children's mental health? What does it look like to explore family dynamics in the general practice context? What does it look like to keep the child at the centre of child mental health consults?

#### Learning outcomes

At the conclusion of this webinar, participants will be able to:

- Explain the value of a child-centred, family-focused approach to supporting children's mental health.
- Apply a child-centred, family-focused approach to child mental health consultations.

#### Case study

Noah (5 years old) has been brought to the consultation with the GP by his father Tom about tummy pains and constipation. Noah has recently lost his grandfather who he was close to. His father is busy and under a lot of pressure at work. His Mum has been away spending time with Noah's grandmother and helping her after the passing of her husband.

Please watch the video (5 mins) which depicts a fictional first consultation between a GP, Noah, and Tom. As you watch, consider what are the key approaches that the GP draws on to connect with Tom and Noah during this initial consultation?

<https://vimeo.com/507809463/e47b90e89a>

Delivery partners:



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