

GP resource

Become a GP provider of Focussed Psychological Strategies

What are Focussed Psychological Strategies (FPS)?

FPS are specific mental healthcare treatment strategies, derived from evidence-based psychological therapies.

Medicare has approved a range of acceptable strategies for use by a GP in providing FPS under the Better Access initiative, including:

- psychoeducation, including motivational interviewing
- Cognitive Behaviour Therapy (CBT), including behavioral interventions and cognitive interventions
- relaxation strategies
- skills training, including problem solving, anger management, social skills training, communication training, stress management and parent management training
- Interpersonal Therapy (IPT).

What are the benefits of being a registered provider of FPS?

The delivery of FPS by a GP enables members of the community to receive psychological interventions where there is a lack of access to allied mental health providers, such as in rural and remote settings.

The effectiveness of FPS has been demonstrated in treating people with depression and anxiety and in meeting the needs of patients in an acute medical situation. GPs skilled in FPS are better equipped in managing stressful situations and supporting individuals experiencing difficulties with their mental health, such as post-traumatic stress disorder or people encountering an exacerbation of a pre-existing mental illness.

How do I become a registered provider of FPS?

- Complete an accredited Mental Health Skills Training (MHST) activity.
- Complete a FPS Skills Training (FPS ST) activity.
- Complete and forward the Application to register as a GP provider of Focussed Psychological Strategies with Medicare Australia to the GPMHSC along with the certificate of completion. This application is located on the GPMHSC website.
- Await a letter from Medicare confirming registration as a provider of FPS.

(GPs are eligible to deliver FPS even if they do not work in practices accredited by the RACGP, provided that the GP has met the requirements listed above.)

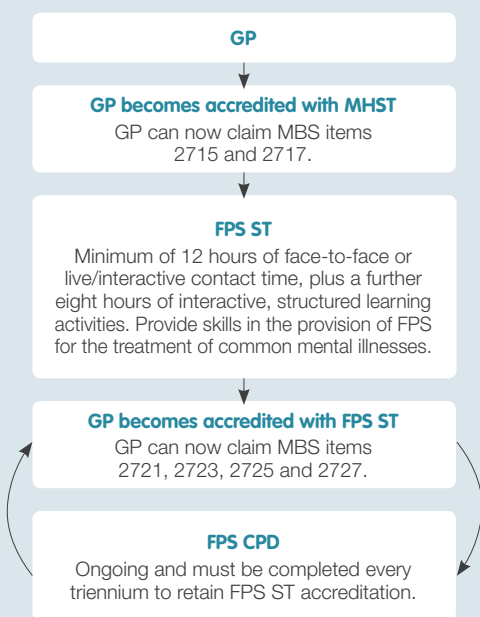
What are the MBS item numbers that I can use once registered?

GPs can access MBS items 2721, 2723, 2725 and 2727 for attendance in or out of surgery.

For further explanation of these item numbers, please refer to MBS online (mbsonline.gov.au) or contact the Medicare Australia provider enquiry line on 13 21 50.

Are there any ongoing requirements to maintain registration as a provider of FPS?

A FPS Continuing Professional Development (FPS CPD) activity must be completed each subsequent triennium following the triennium the FPS ST was completed in order to maintain registration as a GP Provider of FPS.



Further information

For further information relating to the process of becoming a registered GP provider of FPS, contact the GPMHSC Secretariat:

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