



## Accessible Focussed Psychological Strategies Skills Training (FPS ST)

### Training outline

The RACGP Rural Online Focussed Psychological Strategies Skills Training course is comprised of four modules:

**Module 1: Clinical audit – Antidepressant prescribing in general practice.** This structured clinical audit activity will equip you to review your use of antidepressant medications against best practice guidelines, consider non-pharmacological treatment options, and use this information to develop and implement quality improvement strategies in your clinical practice. To complete this Module you will be required to undertake a retrospective audit of your antidepressant prescribing, and then develop and implement a quality improvement plan. We strongly encourage you to complete the retrospective audit and develop your quality improvement plan in the first two weeks of the training so that you have sufficient time to implement your quality improvement plan. We recommend that you implement your quality improvement plan for approximately 12 weeks before reviewing your progress and completing the reaudit and reflection activities for this Module at the end of the training.

**Module 2: Cognitive behavioural therapy skills for general practice.** This online module, completed via the *gplearning* platform, will help you understand the theory and practice of CBT and how it can be applied to the treatment of common issues like depression and anxiety. We recommend that you complete this Module within the first four weeks of your course so that you can progress towards the requirements of Module 3.

**Module 3: Case consultation.** In this Module, you will be required to begin applying what you have learned by providing CBT-derived FPS counselling to patients in your usual practice while being supported via online/teleconference peer group case consultation sessions lead by an experienced GP provider of FPS. The case-based discussions will be held from 7:30–9:30pm AEDT/AEST on a weeknight in weeks 8, 9, 11 and 13 of your course. During each case-based discussion session, 1–2 GP participants will present a case to the group and all participants will engage in a discussion about these cases. You will be allocated to present a case in one of the sessions and you will also be required to participate in all four sessions in order to fulfil your course requirements.

**Module 4: Mental health consumer and carer perspectives.** In this module, you will participate in a facilitated webinar in which both a mental health consumer and carer are interviewed about their lived experiences. This webinar will provide valuable insight into both the carer and consumer experience which can be used to improve your own practice. This webinar will be held in week 6 of the course.

Resources and detailed instructions for completing the Module activities can be accessed via *gplearning*.

Apart from the set times and dates for the Module 3 Case Consultation sessions and the Module 4 webinar, you will be able to complete the course requirements in your own time. However, we encourage you to complete the various Modules and their activities in a certain order and within certain timeframes in order to best achieve your learning objectives and complete the course. This optimal approach and timeframes are outlined in the table on the following page. We encourage you to print this out and use it to help you maintain your progress throughout the course.

Week	Activities to be completed
Week 1	Start <b>Module 1: Clinical audit – Antidepressant prescribing in general practice</b> . Complete the introductory activities and required
Week 2	Complete the <b>retrospective audit component</b> of Module 1. Use the <i>Data Collection and Analysis Tool</i>  Develop your <b>quality improvement plan</b> . Document this in your <i>Module 1 Workbook, page 10</i>  Begin <b>implementing your quality improvement plan</b> . Continue implementing this plan throughout the following 12 weeks of the course.
Week 3	Begin <b>Module 2: Cognitive behavioural strategies for general practice</b> – available on your <i>gplearning</i> dashboard
Week 4	Finish <b>Module 2: Cognitive behavioural strategies for general practice</b> Complete the evaluation activity.
Week 5	Begin <b>Module 3: Case Consultation</b> Complete the introductory activities and required reading
Week 6	Begin providing FPS counselling with patient(s) in your practice and document this in your <i>Module 3 Logbook</i>  Complete <b>Module 4: Consumer and carer perspectives webinar</b> <ul style="list-style-type: none"> <li>• Complete introductory activities</li> <li>• Participate in the webinar</li> <li>• Complete the evaluation activity</li> </ul>
Week 7	Continue documenting any FPS counselling in your <i>Module 3 Logbook</i>  Participate in the <b>first Module 3: Case Consultation teleconference</b>
Week 8	Continue documenting any FPS counselling in your <i>Module 3 Logbook</i>
Week 9	Continue documenting any FPS counselling in your <i>Module 3 Logbook</i>  Participate in the <b>second Module 3: Case Consultation teleconference</b>
Week 10	Continue documenting any FPS counselling in your <i>Module 3 Logbook</i>
Week 11	Continue documenting any FPS counselling in your <i>Module 3 Logbook</i>  Participate in the <b>third Module 3: Case Consultation teleconference</b>
Week 12	Continue documenting any FPS counselling in your <i>Module 3 Logbook</i>

<b>Week 13</b>	<p>Continue documenting any FPS counselling in your <i>Module 3 Logbook</i></p> <p>Participate in the <b>fourth Module 3: Case Consultation teleconference</b></p> <p>Reflect on your experiences in your <i>Module 3 Workbook</i> Upload your <i>Module 3 Workbook</i> and <i>Logbook</i> Complete the Module 3 evaluation activities.</p>
<b>Week 14</b>	<p>Complete the <b>reaudit component</b> of Module 1 Use the <i>Data Collection and Analysis Tool</i></p> <p>Reflect on your <b>quality improvement plan</b> Document this in your <i>Module 1 Workbook</i></p> <p>Upload both your <i>Module 1 Workbook</i> and <i>Data Collection and Analysis Tool</i> Complete the Module 1 evaluation activity.</p>