RACGP Rural

Online Focussed Psychological Strategies Skills Training (FPS ST)

Training outline

Resources and detailed instructions for completing each unit are available on *gplearning*.

With the exception of the online skills practice sessions in Unit 5, you will be able to complete the training at your own pace. However, it is recommended that you complete each unit and corresponding modules in a structured sequence and within suggested timeframes to support achievement of the learning outcomes and overall training completion.

These recommended timeframes and sequencing are outlined in the table below. It is encouraged that you print this table and use it as a guide to help track and maintain your progress throughout the course.

Week	Activities to be completed
Week 1 **2 hours**	Start and finish **Unit 1: Introduction to FPS** Complete: • Module 1: About this unit • Module 2: Person-centred mental health assessment • Module 3: Making sense of GP FPS sessions • Module 4: Application of FPS in practice • Module 5: Self-care, well-being and professional development • Module 6: Trauma-informed care in general practice • Module 7: Summary • Module 8: Evaluation survey
Week 2 **5 hours**	Start **Unit 2: Cognitive behavioural therapy (CBT) skills for GPs** Complete: • Pre-course reflection • Module 1: Introduction to FPS • Module 2: Cognitive restructuring techniques
Week 3 **3.5 hours**	Finish **Unit 2: Cognitive behavioural therapy (CBT) skills for GPs** Complete: • Modules 3: Behavioural techniques • Module 4: Integrating CBT techniques through role play • Final Quiz
Week 4 **5.5 hours**	Start **Unit 3: Interpersonal therapy skills (IPT) for GPs** Complete: • Pre-course reflection • Module 1: Introduction to IPT and the initial phase • Module 2: The IPT middle phase • Module 3: Grief due to loss • Module 4: Role transitions

Week 5 **3 hours**	Finish **Unit 3: Interpersonal therapy skills (IPT) for GPs** Complete: • Module 5: Interpersonal disputes • Module 6: Interpersonal sensitivities • Module 7: The termination phase and course review • Module 8: Integrating IPT strategies through role play • Final Quiz
Week 6 **2.5 hours**	Start and finish **Unit 4: Mental health consumer and carer perspectives** Complete: • Module 1: About this unit • Module 2: Overview • Module 3: Consumer lived experience • Module 4: Carer lived experience • Module 5: Reflection activity • Module 6: Evaluation survey Start **Unit 5: FPS skills in practice** Complete: • Module 1: About this unit • Module 2: Overview • Module 3: Prepare for the skills practice sessions; Session 1 Foundations of FPS skills practice.
Week 7 **2 hours**	Continue **Unit 5: FPS skills in practice** Complete: • Module 4: Attend and participate in skills practice sessions; Attend **Session 1 Foundations of FPS skills practice** • Module 4: Attend and participate in skills practice sessions; Participant declaration Session 1.
Week 8 **1 hour**	Continue **Unit 5: FPS skills in practice** Complete: • Module 5: Complete the FPS skills in practice logbook. Between the scheduled practice sessions, document your FPS consultations using the FPS skills in practice logbook. • Module 3: Prepare for the skills practice sessions; Session 2 CBT skills in FPS consultations.
Week 9 **2 hours**	Continue **Unit 5: FPS skills in practice** Complete: • Module 4: Attend and participate in skills practice sessions; Attend **Session 2 CBT skills in FPS consultations.** • Module 4: Attend and participate in skills practice sessions; Participant declaration Session 2.
Week 10 **1 hour**	Continue **Unit 5: FPS skills in practice** Complete: • Module 5: Complete the FPS skills in practice logbook. Between the scheduled practice sessions, document your FPS consultations using the FPS skills in practice logbook. • Module 3: Prepare for the skills practice sessions; Session 3 IPT skills in FPS consultations.

Week 11 **2 hours**	Continue **Unit 5: FPS skills in practice** Complete: • Module 4: Attend and participate in skills practice sessions; Attend **Session 3 IPT skills in FPS consultations.** • Module 4: Attend and participate in skills practice sessions; Participant declaration Session 3.
Week 12 **1 hour**	Continue **Unit 5: FPS skills in practice** Complete: • Module 5: Complete the FPS skills in practice logbook. Between the scheduled practice sessions, document your FPS consultations using the FPS skills in practice logbook. • Module 3: Prepare for the skills practice sessions; Session 4 Integrating skills and consolidation.
Week 13 **2 hours**	Continue **Unit 5: FPS skills in practice** Complete: • Module 4: Attend and participate in skills practice sessions; Attend **Session 4 Integrating skills and consolidation.** • Module 4: Attend and participate in skills practice sessions; Participant declaration Session 4
Week 14 **1 hour**	Finish **Unit 5: FPS skills in practice** Complete: • Module 5: Complete the FPS skills in practice logbook. Between the scheduled practice sessions, document your FPS consultations using the FPS skills in practice logbook. • Module 6: Reflection activity • Module 7: Evaluation survey