



Online Focussed Psychological Strategies Skills Training (FPS ST)

Training outline

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

Unit 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 unit, 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.

Unit 2: Cognitive behavioural therapy skills for GPs. This online course is designed to equip you with foundational CBT skills. It focuses on the practical application of cognitive restructuring techniques and behavioural strategies to support the management of common mental health presentations in general practice. The course takes approximately 8.5 hours to complete and is available on *gplearning*. We recommend that you complete this unit within the first four weeks of your course so that you can progress towards the requirements of Module 3.

Unit 3: FPS case consultation. In this unit, 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 AEST on a weeknight in weeks 8, 10, 13 & 14 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.

Unit 4: Mental health consumer and carer perspectives. In this unit, 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 7 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 Unit 3: FPS case consultation sessions and the Unit 4 webinar, you will be able to complete the course requirements in your own time. However, we encourage you to complete the various units 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 beginning	Activities to be completed
Week 1	<p>Start Unit 1: Clinical audit – Antidepressant prescribing in general practice.</p> <p>Review:</p> <ul style="list-style-type: none"> • Module 1: About this unit • Module 2: Overview • Module 3: Prepare for the audit.
Week 2	<p>Continue with Unit 1: Clinical audit – Antidepressant prescribing in general practice</p> <p>Complete:</p> <ul style="list-style-type: none"> • Module 4: Undertake the retrospective audit. • Module 5: Develop and implement a quality improvement plan.
Week 3	<p>Begin Unit 2: Cognitive behavioural therapy (CBT) skills for GPs</p> <p>Complete:</p> <ul style="list-style-type: none"> • Pre-course reflection • Module 1: Introduction to FPS • Module 2: Cognitive restructuring techniques
Week 4	<p>Finish Unit 2: Cognitive behavioural therapy (CBT) skills for GPs</p> <p>Complete:</p> <ul style="list-style-type: none"> • Modules 3: Behavioural techniques • Module 4: Integrating CBT techniques through role play • Final Quiz
Week 5	<p>Begin Unit 3: FPS case consultation</p> <p>Complete:</p> <ul style="list-style-type: none"> • Module 3: Prepare for the case consultation <p>Review:</p> <ul style="list-style-type: none"> • Module 4: Predisposing activity • Module 5: Facilitated case-based discussion groups
Week 6	<p>Begin delivering FPS counselling to patients, keep appropriate clinical records for each session and document this in your FPS case consultation Logbook.</p> <p>Begin and finish Unit 4: Mental health consumer and carer perspectives</p> <p>Complete:</p> <ul style="list-style-type: none"> • Module 3: Review webinar interview questions • Module 4: Attend and participate in the webinar • Module 5: Declaration • Module 6: Reflection activity • Module 7: Evaluation survey (<i>optional</i>)
Week 7	<p>Continue delivering FPS counselling to patients, keep appropriate clinical records for each session and document this in your FPS case consultation Logbook.</p> <p>Attend and participate in the first online FPS case consultation session.</p>
Week 8	<p>Continue delivering FPS counselling to patients, keep appropriate clinical records for each session and document this in your FPS case consultation Logbook.</p>

Week 9	<p>Continue delivering FPS counselling to patients, keep appropriate clinical records for each session and document this is your FPS case consultation Logbook.</p> <p>Attend and participate in the second online FPS case consultation session.</p>
Week 10	<p>Continue delivering FPS counselling to patients, keep appropriate clinical records for each session and document this is your FPS case consultation Logbook.</p>
Week 11	<p>Continue delivering FPS counselling to patients, keep appropriate clinical records for each session and document this is your FPS case consultation Logbook.</p> <p>Attend and participate in the third online FPS case consultation session.</p>
Week 12	<p>Continue delivering FPS counselling to patients, keep appropriate clinical records for each session and document this is your FPS case consultation Logbook.</p>
Week 13	<p>Continue delivering FPS counselling to patients, keep appropriate clinical records for each session and document this is your FPS case consultation Logbook.</p> <p>Attend and participate in the fourth online FPS case consultation session.</p>
Week 14	<p>Finish Unit 3: FPS case consultation Complete:</p> <ul style="list-style-type: none"> • Module 6: Declaration • Module 7: Reflection activity • Module 8: Upload the FPS case consultation Logbook (<i>optional</i>) • Module 9: Evaluation survey (<i>optional</i>).
Week 15	<p>Finish Unit 1: Clinical audit – Antidepressant prescribing in general practice Complete:</p> <ul style="list-style-type: none"> • Module 6: Undertake the reaudit. • Module 7: Complete the reflection activity • Module 9: Evaluation survey (<i>optional</i>). <p>Submit (<i>optional</i>):</p> <ul style="list-style-type: none"> • Module 8: Data Collection and Analysis Tool (Excel spreadsheet)