

RACGP Webinar

A biopsychosocial approach to supporting child mental health

Gathering information as part of a biopsychosocial approach is a pre-existing and transferable skill that any GP can use in a child mental health assessment. This webinar will explore the features of a biopsychosocial formulation with children aged 5-12, its importance in supporting child mental health and its contribution to mental health treatment planning.

Learning outcomes

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

- Describe how a biopsychosocial approach contributes to better outcomes in child mental health.
- Apply biopsychosocial formulation to child mental health assessments in general practice.

Case study

Helen returns for a longer consultation with the GP, this time accompanied by her son Zac (9yo), to discuss her concerns about his behaviour. Please watch the video (7 mins) of this fictional consultation and consider how the GP used a child-centred and family-focused approach when exploring key biopsychosocial factors in this consultation.

<https://vimeo.com/507810170/c63d79e9db>

Delivery partners:



RACGP

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