These courses are designed to enrich doctors and health care professionals with updated practical knowledge and skills in specific aspects of mental health care. There will be four courses with different objectives as follow:

- **Basic psychotherapy** - This course will provide students with a solid grounding in psychological intervention, as applied to mental health care. The historical perspectives, theoretical basis, therapeutic process and practical applications of some commonly known psychotherapeutic approaches including Cognitive Behavioral Therapy, Psychoanalysis, Hypnosis, Group Therapy & Counseling will be discussed.

- **Severe mental illness and risk assessment** - Equip students with an in-depth understanding of the multidisciplinary approach to the care for severe mental disorders ranging from Schizophrenic Spectrum Disorder, Bipolar Affective Disorder, Organic Psychotic/ Mood Disorder, Substance-related Mental and Behavioral Disorders and Personality disorders.

- **Child and adolescent psychiatry** - This course aims to equip students with the knowledge and understanding of issues pertaining to children’s mental health. A developmental perspective and multidisciplinary approach will be introduced. The assessment and management of common disorders ranging from neurodevelopmental problems, internalizing problems, and externalizing problems will be covered. At the end of the module, students should have developed the basic skills in the identification of child and adolescent mental health problems, and be aware of the appropriate intervention strategies and services available.

- **Old age psychiatry** - Equip students with basic knowledge and understanding concerning common mental health problems in late life. Assessment and management skills for mild cognitive impairment, dementia, delirium, depression, and adjustment problems will be introduced. Fundamentals of pharmacological and non-pharmacological intervention in the context of multi-disciplinary service models will be emphasized.

**Certificate Course in Mental Health**
(Basic Psychotherapy)
精神健康證書課程
(基礎心理治療)

**Topics**

- History and Development of Psychotherapy
- Overview of Psychotherapeutic Approaches
- Cognitive Behavioral Therapy – Clinical Applications, Theory and Principles
- Mindfulness-based Cognitive Therapy
- Family Therapy
- Psychodynamic Approaches
- Marital Therapy
- Medical Hypnosis
- Dialectical Behaviour Therapy and Interpersonal Therapy
- Special Issues on Psychotherapy for Personality Disorders
- Bereavement Counseling

**Target Participants**
Medical practitioners and health care professionals who have interest in advancing knowledge in mental health care

**Programme Information**
Mode of Teaching: Interactive lectures and seminars
Schedule: Saturday afternoons, no class on public holidays

**Entry Requirements**
- Graduated from a recognized university and obtained a Bachelor’s degree; or
- Graduated from an honor programme of a recognized university with a Bachelor’s degree; or
- Completed a course of study in a tertiary educational institution and obtained professional or similar qualifications equivalent to an honor degree; and
- Relevant working experience in mental health service

**Application Date**
1 September, 2011 – 31 December, 2011
First come first serve with limited quota per course

**Fees**
Tuition Fee: HK$ 5,000 for each of the 3 certificate courses except Basic Psychotherapy is HK$7,500
Application Fee: HK$ 100 (non-refundable)

**Contact Information**
Correspondence Address: Department of Psychiatry, G/F, Multi-Centre, Tai Po Hospital, 9 Chuen On Road, New Territory, Hong Kong
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Contact Person: Ms. Sarah Chia
Telephone: (852) 2607-6029
Fax: (852) 2667-5464

**Study Period**
### Certificate Course in Mental Health (Severe Mental Illness and Risk Assessment)

- Schizophrenic Spectrum Disorder - Diagnostic Issues, Assessment and Management
- Bipolar Affective Disorder and Bipolar Spectrum Disorder - Diagnostic Issues, Assessment and Management
- Organic Psychotic/ Mood Disorders
- Suicide
- Mental Health Ordinance
- Case management approach and community rehabilitation for SMI
- Risk assessment and prediction of violence
- Introduction to Forensic Psychiatry
- Substance-related Mental and Behavioral Disorders at Tertiary Care Level

**Study Period**


### Certificate Course in Mental Health (Child and Adolescent Psychiatry)

- Child Mental Health Assessment: Development Perspective, Family Approach and Multidisciplinary Approach
- Internalizing Problems
- Pervasive Development Disorders
- Externalizing Problems: ADHD/ODD/CD
- Childhood/Adolescent Onset Psychotic Disorders
- Pharmacotherapy for Child and Adolescent Psychiatric Problems
- Specific Learning Difficulties
- Child Abuse and Related Issues
- Treatment Models and Service Delivery in Child and Adolescent Psychiatry
- Eating Disorders

**Study Period**

14 April, 2012 – 26 May, 2012

### Certificate Course in Mental Health (Old Age Psychiatry)

- Cognitive and Functional Assessments for the Elderly
- Depression and Suicidal Behaviours in the Elderly
- Dementia and Mild Cognitive Impairment
- Delirium in the Elderly
- Common Mental Disorders in Liaison Psychiatry
- Vascular Cognitive Impairment
- Pharmacotherapy and Non-pharmacological Interventions in Old-age Psychiatry
- Mental Capacity and Consent for Treatment
- Guardianship and Ethical Issues
- Service Models and Preventive Aspects in Psychogeriatrics
- Community Service for the Frail Elderly and How to Promote Health
- Carer Interventions in Elderly Mental Health Problems

**Study Period**

14 April, 2012 – 2 June, 2012