

Programme Mental Health Romania 2011

Aim:

Improve mental health care in Romania

Increase knowledge common mental disorder; causation diagnosis and management in family practice

To further skill GP in counselling CBT and active listening

Increase awareness and knowledge of adolescent mental health

Raise awareness self care in GPs and other health professionals "battle fatigue"

Objectives:

Understand whole person medicine approach applies to common mental health problems in primary care

To consider skills and values required by family doctors treating common mental health problems

To identify and consider examples mental health problems in children and adolescents

To improve consultation techniques with adolescents

Management and referral of these problems

Consider value of team work

Consider the child in context of family

Considers examples mental health problems affect health children in UK and Romania

Thursday session 1 Common mental illnesses	Friday session 1 (Paeds and mental health)
	Consulting techniques children (Paul)
Introductions. (All) 15 min	Mental Health Care Service for children in Uk (Anthony)
Frequency mental illness UK /Romania (Anthony) 10 min	Considering the child in context of family (Paul)
Diagnosis of Anxiety, Depression, (Paul)	Eating disorders (Paul)
Suicide risk (Dave cases 2,3,5)	ADHD (Paul)
Reflective listening (Dave)	Autism and Asperger's (Anthony)
	The withdrawn teenager (Dave)
Counselling (Anthony)	Behaviour disorders; eg oppositional defiant (Paul)
	Acne (Anthony)
	Contraception for teenagers (Paul)
Thursday session 2 Management of common mental disorders	Friday session 2
Management of Depression / Anxiety Non drug management (Anthony) Drugs (Paul)	"Free" session (requested previous day)
CBT (Anthony)	Drug and Alcohol (Dave)
Depression in Elderly (Paul)	Audit /other screening questionnaires (Anthony)
Dementia 6 CIT /GPCOG (Paul)	Motivational consulting (Paul)
The Retirement Letter (Anthony)	Grief (Dave case)
	Chronic fatigue syndrome (Paul)
	Battle Fatigue (Anthony)

Feedback; in groups or pairs; state what 3 ways practice will change after each session. (groups discuss, feedback taken verbally in plenary –written up in real time)

Feedback 2 ; written: End of day: what worked well about the course: what would you change.