



Psychology toolkit for health-care professionals

A toolkit for working with psychological issues in a health-care setting.

Those of us who are trained to manage physical problems have a sound knowledge of what helps in our area of expertise. What we find in the day to day of our work is that physical and psychological problems are inevitably intertwined, and often we lack the skills to manage these issues.

The patient who requests time off work for stress, or more medication to manage it, or who presents with sleep disorders or pain, may have a significant underlying level of psychological distress. Even when a consultation is directed at a physical problem, such as the treatment of a painful knee, we may find that psychological issues interfere with best practice.

This workshop is for those of us who don't wish to offer psychological treatment, yet would benefit from the wisdom of the psychological world to help our patients achieve better outcomes as well as increasing our own work satisfaction.

We will be using a 5-step framework for assessing, prioritising and managing the various psychological issues present in complex clinical interactions.

The psychological tools in our 'tool kit' are those which have been demonstrated by neuropsychological research to create lasting changes evidenced on brain imaging. These are drawn from CBT, ACT, IPT and mindfulness. As this is an experiential workshop we will be using some of the online resources in the skills practice sessions.

Learning objectives of this training:

1. Recognise physical manifestations of psychological distress.
2. Recognise and manage personality styles in the consultation.
3. Conduct a targeted brief interview which encourages engagement and facilitates triage.
4. Appropriately recommend a variety of cognitive and behavioural psychological strategies.
5. Work collaboratively to determine the required type and level of intervention, including referral for more specialised care.
6. Develop a suite of resources to improve time management.
7. Incorporate psychological tools in self-care.



Monica Moore is a GP with a full-time psychotherapy practice in Sutherland, who understands the pressures of working in physical health settings. She is in the unique position of being able to combine over 20 years of experience in general practice with expertise in a range of counselling modalities, and has been involved in training GPs and other health clinicians since 2000, helping them to integrate practical psychological strategies into their work. Monica has a special interest in personality disorders and the practical implications for clinicians in managing challenging behaviours, as well as the ways in which clinicians can improve work satisfaction and patient outcomes, and prevent burnout.

Monica graduated in 1983 and undertook initial training in Cognitive Behaviour Therapy and Motivational Interviewing in 1996. As well as further training in CBT and ACT, she has completed the Advanced Certificate of Interpersonal Therapy, the Diploma of Clinical Hypnosis, the Certificate of Emotionally Focused Therapy, and EMDR practitioner training.

Monica has been the coordinator for the Sutherland Mental Health Practitioners Network since its inception in 2009, and has been involved in a training capacity with the RACGP; GP Synergy; CESPAN; Australian Society for Psychological Medicine, Australian Society of Hypnosis; Black Dog Institute; General Practice Conference, Exhibition and Medical Education; NSW Institute of Psychiatry; Rural Doctors Association; Sphere, and the Sutherland Division of General Practice.

This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.

View our range of training topics at www.PDPseminars.com.au to choose from our in-house listings or have one of our calendar events conveniently delivered at your workplace.



ACA: Members can accrue 6 CPD points.



AASW: Members can accrue 3 CPD hours.



ACWA: Members can accrue 3 CPD hours.

PACFA: Members can accrue 3 CPD hours.

APS: Activities do not need to be endorsed by APS. Members can accrue 3 active hours.

Session Outline
3 hours

Overview of the mind-body medicine.
Personality factors.
BATHE – explanation and skills practice

15 minute tea break

Behavioural tools
Cognitive tools.
Resources and practical tips for working more effectively
Evaluation and closing.

“Practical psychological strategies for health care professionals, aimed at managing the psychological aspects of the physical health presentation.”

Dr Monica Moore

How will you benefit from attending this training?

- Increased understanding of the psychological aspects of the physical presentation.
- Increased skills in managing common psychological co-morbidities.
- An increased sense of efficacy and potential for improved therapeutic relationships.

Booking process:

1. Request a quotation.
2. Agree upon a delivery date.
3. Arrange the 50% booking deposit.
4. Finalise balance of booking fee one month prior to the training.

We include:

- Presenter travel and accommodation costs.
- Soft copy of all slides, notes and resources and evaluation.
- Individual attendance certificates for all participants.

This practical training is suitable for all clinicians working in a health-care setting in direct patient contact. (GPs, GP registrars, practice nurses, allied health).

Feedback for Dr Moore’s recent training presentations:

“Thank you once again – just so very helpful.”

“Thank you Monica. A lovely presentation with great, honest examples.”

“The PD was presented by a dynamic and engaging professional who was current in the industry. My colleagues and I gained so much from this and previous sessions with Dr Moore – she’s wonderful! Thank you!”

“This training was excellent in both content and presentation. The practical skills exercise is very useful for being able to develop your thinking in the patient role.”

“A very useful, concise session to stimulate and give techniques to change practice.”