



School of Medicine

Postgraduate Diploma in Health Sciences Child and Adolescent Mental Health

The PGDipHSc in Child and Adolescent Mental Health is designed for graduates in medicine, nursing, occupational therapy, psychology, or social work who are wishing to further develop their skills and knowledge in this field. The Certificate focuses on assessment and recognition of disorder. The focus in the Diploma is on treatment. Topics include knowing what works for what (assessing evidence), infant mental health and CBT. One compulsory paper is on research and provides a base for going on to a masters.

The programme is structured as follows:

30 points from PSYCHIAT 740, 747, 768

15 points from PSYCHIAT 741

15 points from POPLHLTH 701-709, 757

Up to 60 points from PSYCHIAT 740, 747, 768-772 or other courses approved by the Head of the School of Medicine

PSYCHIAT 741 Semester One 15 pts **Therapy in Child and Adolescent Mental Health – Theory**

Covers the range of treatment modalities used in child and adolescent mental health. Rationale and nature of current therapies will be covered. Students will undertake critical appraisal of the evidence base for therapy pertinent to specific clinical situations. Prerequisite: PSYCHIAT 740

28 & 29 February and 17 & 18 April

Contact Sally Merry

Email: s.merry@auckland.ac.nz

PSYCHIAT 769 Semester One 15 pts **CBT with New Zealand Children, Adolescents and their Families 1**

Explores Cognitive Behavioural Therapy (CBT) as an evidence-based treatment for children, adolescents and their families, and covers both theoretical and practical applications of CBT. Specifically designed for New Zealand based practitioners working clinically and/or therapeutically with families. Students will learn the CBT model, treatment packages and strategies for depression and anxiety. There is also a strong focus on culturally appropriate interventions (especially those appropriate for Maori). Prerequisite: PSYCHIAT 740, 747

15, 16 & 17 March and 24 & 25 May

PSYCHIAT 770 Semester Two 15 pts **CBT with Children, Adolescents and their Families 2**

Examines advanced knowledge and skills applied to complex disorders. Builds on PSYCHIAT 769 and further extends the practitioner's knowledge and skill base to include more complex issues of Trauma, Anger, DBD, Self-esteem, OCD and Personality. The strong cultural focus continues, with issues for Maori families being considered in more depth. Students will also have access to New Zealand CBT resources and practice more in-depth CBT Skills.

Prerequisite: PSYCHIAT 769

15, 16 & 17 August and 27 & 28 September

Contact Tania Cargo

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Email: t.cargo@auckland.ac.nz

PSYCHIAT 771 & 772

The importance of addressing infant and toddler mental and physical health stems from an extensive body of research that has demonstrated that virtually all of the elements of early human development from cognitive processes (memory, problem-solving, language acquisition) to the evolving architecture of the brain are affected by the environments (family, culture, community) and the experiences that are encountered beginning during the prenatal period and extending throughout infancy and early childhood.

Adverse social and emotional experiences encountered during infancy and early childhood is linked to poorer mental and physical health outcomes during childhood and continuing into adolescence and adulthood. However, emerging evidence from well-designed early intervention studies show both the short- and long-term benefits from identifying and treating social and emotional problems during infancy and early childhood.

PSYCHIAT 771 Semester Two 15 pts **Special Topic: Infant Mental Health, Early Environments and Nurturing Relationships**

Effective treatment of infant and early childhood mental health relies on the accurate assessment of an infant's emerging competencies within the context of the family and the child's early environments. The focus of this paper will be the assessment and identification of the risk and protective factors that research has shown to be linked to the development of social and emotional competency during infancy and early childhood.

Please note that this course is not offered in 2012.

PSYCHIAT 772 Semester Two 15 pts **Special Topic: Infant Mental Health, Classification of Psychopathology and Effective Treatment**

The diagnosis and treatment of infant psychopathology lags far behind our knowledge of adolescent and adult psychopathology. However, emerging evidence suggests there are a number of well-designed interventions that have proved successful in treating early social and emotional problems. The focus of this paper is the classification, diagnosis and treatment of infant and early childhood psychopathology.

Please note that this course is not offered in 2012.

Contact: Trecia Wouldes

Email: t.wouldes@auckland.ac.nz

and one of the following research courses:

continued over...

POPLHLTH 701	Research Methods in Health Semesters One or Two	15 pts
POPLHLTH 702	Research Methods for Health Sciences Semester One	15 pts
POPLHLTH 704	Undertaking Qualitative Health Research Semester Two	15 pts
POPLHLTH 705	Evaluating Research Methods Semester One	15 pts
POPLHLTH 706	Statistics in Health Science Semester One	15 pts
POPLHLTH 708	Epidemiology Semester Two	15 pts
POPLHLTH 709	Clinical Epidemiology and Evidence-based Health Care Semester One	15 pts
POPLHLTH 757	Evaluation Theory and Practice Semester Two	15 pts

Contact for POPHLTH Courses

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University Admissions and Enrolment

Student Services Online is the new and improved way to apply to the University, enrol in classes, view your timetables, update your details and much more.

This site contains help guides and video tutorials.

www.studentservices.auckland.ac.nz/uoa

International Students

If you are an international student (that is, you do not have citizenship or permanent residency in New Zealand or Australia) then you should contact Auckland International for application information

Email: international@auckland.ac.nz

All students must complete a formal Application for Admission if they wish to enroll at The University of Auckland

General Inquiries:

Auckland University Student Info line 0800 61 62 63

Contact

Janine Joubert

Student Administrator

Department of Psychological Medicine

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