



THE UNIVERSITY  
OF AUCKLAND

FACULTY OF MEDICAL  
AND HEALTH SCIENCES

2012

# Child and Adolescent Mental Health Postgraduate Handbook



## Contents

Background	2
Funding	3
University Admissions & Enrolments	4
International Students	4
Contact Details	4
Programme Outlines	5
Description of Courses	8
Staff	11

## Disclaimer

The information in this Handbook is correct at the time of going to press in August 2011.

To get the latest information please go to Postgraduate Study on the website:

[www.fmhs.auckland.ac.nz/faculty/postgrad/pg-study-fmhs.aspx](http://www.fmhs.auckland.ac.nz/faculty/postgrad/pg-study-fmhs.aspx)



# Child & Adolescent Mental Health



## Introduction

Courses outlined in this Handbook are offered to graduates in medicine, nursing, occupational therapy, social work or clinical psychology who work, or wish to work, in child and adolescent mental health services and want to gain further skills and knowledge in this field.

# Child & Adolescent Mental Health

## Background

The role of the Department of Psychological Medicine is to perform research and teaching in psychiatry, health psychology and consultation skills to the highest possible standards and to contribute to the delivery of high quality health care in the wider community.

The Department of Psychological Medicine was formed in late 2004 from the merger of the Departments of Psychiatry and Health Psychology.

The department also houses the Werry Centre for Child and Adolescent Mental Health.

## Why Child and Adolescent Mental Health?

Mental Health problems in children and adolescents are a major concern. The Ministry of Health has stated that 3% of young people in New Zealand need access to Mental Health services. Barriers to meeting this need include the serious shortage of Child and Adolescent Mental Health (CAMH) Clinicians, and the limited training available: few health professionals have undergraduate or specialized training in the area.

## Where can a postgraduate certificate lead me?

Certificate courses can be credited towards a Postgraduate Diploma and then towards a Master of Health Sciences or other degrees, depending on the background of the student. It is important to note that the certificate programme does not by itself equip trainees to work clinically with children. A basic clinical training is also required.

## Funding

In 2008, Te Pou, the national centre of mental health research, information and workforce development, took over the administration of funding for mental health and addiction post entry clinical training from the Clinical Training Agency (CTA). Skills Matter, within Te Pou, contracts education providers to deliver training on a number of post graduate programmes. The University of Auckland postgraduate certificate in CAMH is a Skills Matter provider, therefore fees funding may apply.

## Tuition fees funding

For 2012, to be eligible to receive fees funding for The University of Auckland CAMH Certificate Programme, trainees must:

1. Meet the education provider's (UoA) criteria for eligibility to study at this level
2. Meet the requirements HPCA Act (2003), Social Worker registration, DAPAANZ registered competent practitioner and associate practitioner status, or other relevant professional body at the discretion of the training provider
3. Recognise and understand tikanga Maori and other appropriate cultural input to mental health and addiction services.
4. Be working clinically with children and / or adolescents in a MoH / DHB-funded service for at least 0.6FTE (24 hours a week) where they have at least one year's experience. New graduates must be working a minimum of 0.7FTE (28 hours a week)
5. Complete the certificate programme within two academic years, at the discretion of the training institution.

### Note:

The above information is adapted from the Child and Youth Service Specifications available on

[www.skillsmatter.co.nz](http://www.skillsmatter.co.nz)

(See New Entry to Specialist Practice – Infant, Child and Youth Mental Health and Addiction programme.)

## Travel & accommodation assistance

Skills Matter provides a Travel & Accommodation Assistance Grant to support access to Skills Matter funded training programmes for students at a distance from the education provider (in this case, students outside Auckland.

The Travel and Accommodation Assistance Grant is designed to support/subsidise students for travel and accommodation related expenses associated with attending a Skills Matter funded programme. It is not intended to cover all costs incurred by students. Funding is based on receipts and is not given in advance. The funding is limited, and applying does not guarantee that you will be funded.

Further information regarding the application process for this Grant will be available on the Skills Matter website.

[www.skillsmatter.co.nz/page/166-travel-and-accommodation-assistance-grants](http://www.skillsmatter.co.nz/page/166-travel-and-accommodation-assistance-grants) .

## Skills Matter

Contacts for further queries:

**Email** [info@skillsmatter.co.nz](mailto:info@skillsmatter.co.nz)

**Website** [www.skillsmatter.co.nz](http://www.skillsmatter.co.nz)

## Masters and PhD programmes

Studies in child and adolescent mental health may also be continued with enrolment in a Master's in Health Science or a doctoral (PhD) programme. Students need to have completed the requirements for the Postgraduate Diploma in Health Sciences

[www.calendar.auckland.ac.nz/regulations/medical/PGDipHSc.html](http://www.calendar.auckland.ac.nz/regulations/medical/PGDipHSc.html)

or its equivalent, with an average grade of B or higher. The Master's in Health Science can be taken as a taught programme or as a combination of thesis and course work. Talk to the staff about continuing your studies, or see [www.calendar.auckland.ac.nz/regulations/medical/MHSc.html](http://www.calendar.auckland.ac.nz/regulations/medical/MHSc.html)

and

[www.calendar.auckland.ac.nz/regulations/doctoral/PhD.html](http://www.calendar.auckland.ac.nz/regulations/doctoral/PhD.html).

## 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/](http://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 ([international@auckland.ac.nz](mailto:international@auckland.ac.nz))

## For information about Child and Adolescent Mental Health (CAMH) programmes

Contact:

**Janine Joubert**

Administrator

Department of Psychological Medicine

Grafton Campus

The University of Auckland

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OR

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# Programme outlines

## Postgraduate Certificate in Health Sciences

The Postgraduate Certificate in Health Sciences (PGCertHSc) programme specializing 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. Areas of focus include child and adolescent development, psychopathology, assessment and case studies.

To be eligible for entry students must have completed the requirements for a relevant degree, or for a relevant health professional qualification and have at least two years of relevant work experience.

Eligibility for some clinical based courses may be restricted to registered health professionals.

**Time to complete:** Within one year if enrolled fulltime, within two years in enrolled part-time.

A limited number of fully funded places are available for applicants who meet certain criteria. Please see Funding above and submit an expression of interest with details of your qualifications and current work to Administrator Janine Joubert.

The programme for the PGCHS requires a total of 60 points from courses listed below.

- 60 points: PSYCHIAT 740, 747, 768 (Note these are the only courses for which there is funding)
- or
- at least 30 points from PSYCHIAT 740, 747, 768
  - up to 30 points from other courses approved by the Head of School of Medicine. (Some possibilities are listed below. Note that these include CBT courses.)

PSYCHIAT 747	Child & Adolescent Development	Mon & Tues	9am-4:30pm 2 days	G	Semester One
PSYCHIAT 740	Child & Adolescent Psychopathology			K	Semester Two
PSYCHIAT 768	Clinical Skills in Child, Adolescent & Family Mental Health Assessment	Wed & Thurs	9am-4:30pm 8 days	G	Semester One Semester Two

G = Grafton Campus   K = Distance Learning

You can also complete a generic Postgraduate Certificate in Health Sciences with a CBT focus by enrolling in the courses listed below. There is no funding available for this generic programme and you can either complete this in 1 (2 semesters) or 2 years (4 semesters) if enrolled part-time.

PSYCHIAT 747	Child & Adolescent Development	Mon & Tues	9am-4:30pm 2 days	G	Semester One
PSYCHIAT 740	Child & Adolescent Psychopathology			K	Semester Two
PSYCHIAT 769	CBT with Children, Adolescents and their Families I	Wed Thurs & Fri	9am-4:30pm 5 days	G	Semester One
PSYCHIAT 770	CBT with Children, Adolescents and their Families II	Wed Thurs & Fri	9am-4:30pm 5 days	G	Semester Two

G = Grafton Campus    K = Distance Learning

## Postgraduate Diploma in Health Sciences

The Postgraduate Diploma in Health Sciences (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.

Students must have completed the requirements for a relevant degree, or have completed the requirements for a relevant health professional qualification and have at least two years of relevant work experience to be eligible for entry. Eligibility for some clinical based courses may be restricted to registered health professionals. Students who have completed the Certificate (60 points) with a B aggregate or higher can continue to the Diploma (an additional 60 points).

**Time to complete:** Within two years if enrolled fulltime, within four years if enrolled part-time

The programme for the PGDHS requires a total of 120 points from courses listed below offered by the Department of Psychological Medicine (PSYCHIAT) and the School of Population Health (POPHLTH).

- at least 30 points from PSYCHIAT 740, 747, 768
- 15 points from PSYCHIAT 741
- 15 points from POPHLTH 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
- some nursing courses may also be suitable – please discuss with staff

PSYCHIAT 741	Therapy in Child and Adolescent Mental Health - Theory	Wed & Thurs	9am-4:30pm 4 days	G	Semester One
PSYCHIAT 769	CBT with Children, Adolescents and their Families I	Wed Thurs Fri	9am-4:30pm 5 days	G	Semester One
PSYCHIAT 770	CBT with Children, Adolescents and their Families II	Wed Thurs Fri	9am-4:30pm 5 days	G	Semester Two
POPHLTH 701	Research Methods in Health	Tues Fri	9am-12noon 9am-12noon	T	Semester One Semester Two
POPHLTH 702	Research Methods for Health Services	Wed	9am-5pm	T	Semester One
POPHLTH 704	Undertaking Qualitative Health Research	Wed	9am-5pm	T	Semester Two
POPHLTH 705	Evaluation Research Methods	Fri	9am-5pm	T	Semester One
POPHLTH 706	Statistics in Health Science	Tues	9am-5pm	T	Semester One
POPHLTH 708	Epidemiology	Mon	9am-5pm	T	Semester Two
POPHLTH 709	Clinical Epidemiology and Evidence-based Health Care	Tues	9am-5pm	T	Semester One
POPHLTH 757	Evaluation Theory and Practice	Mon	9am-5pm	T	Semester Two

**Note:** Timetable subject to change. Please see Student Services Online for up to date information.

T = Tamaki Campus G = Grafton Campus K = Distance Learning

# Description of course content

## **PSYCHIAT 747 Child and Adolescent Development 15 points**

**Lecturer:** Vas Ajello

The focus is on exploration of major concepts and theories of development and associated research. This includes the study of theories of attachment, cognitive development and social and emotional development in the context of the family, and development of identity and self-concept in adolescence. With less than two days of on-campus teaching, use is made of e-learning with pre-recorded the course website and use of Cecil (the University's web based learning management system). Students also give a presentation to peer groups in Auckland or at regional centres.

## **PSYCHIAT 740 Child and Adolescent Psychopathology 15 points**

**Lecturer:** Vas Ajello

This course is designed for self-study and is delivered entirely extramurally. No face-to-face teaching is scheduled. Use is made of e-learning with pre-recorded on the course website and use of Cecil (the University's web based learning management system). The course covers classification of psychopathology; the history, presentation and diagnosis of important and common disorders that present in childhood and adolescence; Maori and Pacific cultural issues.

## **PSYCHIAT 768 Clinical Skills in Child, Adolescent & Family Mental Health Assessment 30 points**

**Lecturer:** Leah Andrews & Linda Chard

A clinically orientated course that focuses on normal and abnormal development, psychopathology and ability to assess family function in a culturally appropriate way. It teaches the clinical skills of assessment, formulation and case recording of children and adolescents and their families within a mental health setting. This course is an amalgam of theory and practice including methods of assessment, assessment interviewing skills, processing and synthesis of clinical assessment information in written work. Note that employment in a Child & Adolescent Mental Health Services is essential to complete this course.

**Co requisite:** PSYCHIAT 740, 747

## **PSYCHIAT 741 Therapy in Child and Adolescent Mental Health – Theory 15 points**

**Lecturer:** Sally Merry

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

**PSYCHIAT 769 CBT with NZ Children, Adolescents and their Families I 15 points**

**Lecturer:** Tania Cargo

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

**PSYCHIAT 770 CBT with NZ Children, Adolescents and their Families II 15 points**

**Lecturer:** Tania Cargo

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

**POPLHLTH 701 Research Methods in Health 15 points**

**Lecturer:** Stephen Buetow

A comprehensive overview, focusing particularly on the primary health care arena, of: 'ways of knowing'; the asking of research questions; literature reviews; the design, implementation and appraisal of qualitative and quantitative research; and the writing up of research.

**Restriction:** GENPRAC 704

**POPLHLTH 702 Research Methods for Health Services 15 points**

**Lecturer:** Janet Clinton

Provides students with the skills to plan and carry out small-scale research projects. Focuses on planning projects, developing a research design, selecting methods and writing proposals. Both qualitative and quantitative research methods are covered, with illustrative examples from health programmes and services.

**Restriction:** COMHLTH 744

**POPLHLTH 704 Undertaking Qualitative Health Research 15 points**

**Lecturer:** Janine Wiles

Provides practical experience in the appraisal and use of qualitative methods in research in health. The development of studies from research questions through design, conduct, and analysis and interpretation of such studies are examined in detail. Students are required to prepare a portfolio examining the use of a specific methodological approach in qualitative health research.

**POPLHLTH 705 Evaluation Research  
Methods 15 points**

**Lecturer: Janet Clinton**

Provides a comprehensive outline of the nature of programme evaluation in the health sector and an overview of a variety of approaches to programme evaluation and the appropriate use of research tools. Includes logic models, stakeholder analysis, developing indicators, client surveys and multicultural evaluation. Emphasis on mixed methods evaluation designs involving qualitative and quantitative data gathering.

**Restriction:** COMHLTH 710

**POPLHLTH 706 Statistics in Health  
Science 15 points**

**Lecturer: Roger Marshall**

An introduction to statistics and statistical methods for health scientists. Covers basic methods and tests, including regression.

**Restriction:** COMHLTH 701

**POPLHLTH 708 Epidemiology  
15 points**

**Lecturer: Robert Scragg**

An introduction to epidemiological study design, measures of effect, screening, basic statistics for epidemiology and critical appraisal.

**Restriction:** COMHLTH 703

**POPLHLTH 709 Clinical Epidemiology and  
Evidence-based Health  
Care 15 points**

**Lecturer: Gillian Robb**

Explores the application of epidemiological principles to clinical decision making, central to the practice of evidence based health care. Underlying this practice is the ability to effectively, critically and systematically appraise and synthesise relevant evidence to answer important clinical and health care questions about screening, diagnosis, prognosis, interventions (including therapy), and economic implications (cost-effectiveness and efficiency).

**Restriction:** COMHLTH 720

**POPLHLTH 757 Evaluation Theory and  
Practice 15 points**

**Lecturer: Janet Clinton**

Provides an in-depth perspective of evaluation theory and practice, and their application to the health sector. There will be an advanced level focus (following on from POPLHLTH 705) on how to conduct evaluations using a variety of models and applying them to specific contexts. Suitable for students wishing to develop more advanced skills in evaluation.

**Prerequisite:** COMHLTH 710 or POPLHLTH 705 or permission from the Course Coordinator

# Staff



## Vas Ajello

**MSc, Clinical Psychology**

Vas is a clinical psychologist with many years' experience in CAMH and general practice. He coordinates the Certificate programme and has been involved in teaching it since 2003. Having lived in Gisborne until 2011, Vas has a special interest in the needs of distance students and co-ordinates regional tutors around the country.

**Email:** [v.ajello@auckland.ac.nz](mailto:v.ajello@auckland.ac.nz)



## Leah Andrews

**FRANZCP, Cert Child & Adolescent Psychiatry, PG Dip Clinical Education**

Leah is a child & adolescent psychiatrist who has worked in most settings in child and adolescent mental health, most recently in the Starship Consult-Liaison Team. She has been teaching at The University of Auckland for more than 20 years and her focus is on making sure that the children and adolescents of Aotearoa have access to skilled mental health clinicians when they need it.

**Email:** [lk.andrews@auckland.ac.nz](mailto:lk.andrews@auckland.ac.nz)



## Tania Cargo

**PHDipClinPsych, MEd**

**Ngāpuhi, Ngāti Manu me Ngāti Maru**

Tania is a Māori clinical psychologist, who has worked clinically with Māori tāmariki and their whānau in specialist child and adolescent mental health services and in Māori community services throughout the Tamaki-makau-rau region. Her current interests are in the specialist area of Infant Mental Health and in the area of culturally applicable Cognitive Behaviour Therapy. Tania is currently an executive board member of the Aotearoa New Zealand Association of Cognitive Behavioural Therapies and has been a lecturer in the Department of Psychological Medicine since 2000. She coordinates the Child and Adolescent CBT papers, as well as lecturing in the Post-graduate child and adolescent mental health course. Her current PhD research involves designing and evaluating a Māori māmā-pēpi infant programme called AWHI alongside Parent-Child Interaction Therapy (PCIT).

**E-mail:** [t.cargo@auckland.ac.nz](mailto:t.cargo@auckland.ac.nz)



## Linda Chard

**BA MSc Calg**

Linda is a Canadian trained Clinical Child Psychologist who helps coordinate and teach on Psychiat 768 - Child, Adolescent and Family Mental Health Assessment. Her focus is on helping students understand how standardized assessments can assist clinicians in their work. Linda also works at Starship Children's Hospital on the Consult Liaison Child Psychiatry Team. This is the team that supports children and their families coping with chronic illness. Linda's particular areas of interest are Paediatric Complex Pain and infant and children feeding disorders..

**E-mail:** [LChard@adhb.govt.nz](mailto:LChard@adhb.govt.nz)



## Sally Merry

**MB ChB, MD, FRANZCP, CCAP**

Sally is Associate Professor in the Department of Psychological Medicine at The University of Auckland, New Zealand.

Sally is a child and adolescent psychiatrist and, having established the Werry Centre for Child and Adolescent Mental Health at The University of Auckland is now the Director of Research at the Centre. Her main area of research interest has been adolescent depression and she has conducted a number of major studies in the area including Cochrane Collaboration reviews of evidence for interventions and a trial of the effectiveness of a depression prevention programme. Sally is currently establishing an Infant Mental Health Service within the Counties Manukau District Health Board.

**E-mail:** [s.merry@auckland.ac](mailto:s.merry@auckland.ac).



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