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BJPsych Advances and CPD eLearning work together to produce regular joint commissions to enhance learning for mental health professionals.

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Recent modules and podcasts

Podcast Saving Freud

In this podcast Dr Raj Persaud talks to author Andrew Nagorski about his latest book *Saving Freud: A Life in Vienna and an Escape to Freedom in London*. They discuss Freud's life and career and the dramatic true story of his last-minute escape to London in 1938. **CPD credits:** 0.5

Podcast The Reluctant Carer

In this podcast, Dr Raj Persaud talks to the anonymous author of the book *The Reluctant Carer: Dispatches from the Edge of Life* and discusses their experiences when looking after their elderly parents. **CPD credits:** 0.5

Module: Planning ahead: end-of-life care, treatment escalation and advance care planning

Planning ahead, including advance care and treatment escalation planning, increases the likelihood that care and treatment is consistent with the individual's preferences and minimises invasive treatment of limited clinical benefit. All professionals involved in care should be equipped to support patients, and within psychiatry we face additional challenges when addressing these emotive and complex concepts. **CPD credits:** 1

Module: Depersonalisation-derealisation disorder (DDD): assessment and treatment

Meeting your first patient with depersonalisation-derealisation disorder (DDD) may be challenging if you lack confidence in knowing how to diagnose this condition and what evidence-based treatments to offer. This module provides a brief, but comprehensive, overview from both a consultant psychiatrist and clinical psychologist who have extensive experience working with DDD. The module includes information on common presentations, comorbidity and the main triggers for onset, as well as guidance on how to assess and diagnose DDD. Learners will also be given an overview of the main treatments and a stepped care guide to implementing these. **CPD credits:** 1

Podcast Sustainable prescribing

Greener NHS aims to be the world's first net zero national health service by 2045. In this podcast Dr Raj Persaud discusses with Dr Guy Harvey and Dr Ally Xiang sustainable healthcare, medicine's carbon footprint and what the NHS could be doing to prescribe and practice sustainably at individual, local and organisational levels. **CPD credits:** 0.5

Other recently published CPD eLearning podcasts (each worth 0.5 CPD credits and freely accessible) include:

- Mental health in Ukraine
- The psychology of the Ukrainian soldier
- The impact of COVID-19 on maternal mental health
- Are you ignorant about the pandemic?
- Lost in thought: can intellect save you in a pandemic?
- The psychology behind mathematical modelling of epidemics
- Managing alcohol withdrawal in acute in-patient psychiatry
- Coping with the 'pointless suffering' of COVID-19
- Re-reading Camus's 'The Plague' in pandemic times
- Obedience to authority – lessons from Milgram applied to COVID-19
- Mental Health Tribunals: response to the COVID-19 emergency
- How do we lead effectively through the COVID-19 pandemic?
- Working with patients remotely
- Ethical considerations arising from COVID-19
- COVID-19: Isolation and loneliness – is there a 'social cure'?
- Psychosocial response to epidemics – lessons from Ebola applied to COVID-19
- Surviving the trauma: post-traumatic stress disorder in relation to COVID-19
- The psychology of the virus 'super-spreader'
- The psychology of coping with quarantine
- The psychology and psychiatry of pandemics.

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