BJPsych Advances

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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

Module Quickbite: A 3D Psychological perspective of climate change and sustainability (drivers, defences, deeds)

This module uses concepts from cognitive-behavioural therapy (CBT) and psychodynamic therapy to enable learners to recognise the factors that contribute to unhelpful responses to climate change. It also outlines ways to develop positive approaches to climate change and sustainability. **CPD credits:** 0.5

Podcast The art of deprescribing: The Maudsley Deprescribing Guidelines (RCPsych Congress 2024)

Following their presentation at the Royal College of Psychiatrists' International Congress 2024, Dr Mark Horowitz and Professor David Taylor sat down with CPD eLearning Editor, Dr Howard Ryland to discuss deprescribing psychotropic medication and the findings from their book, *The Maudsley Deprescribing Guidelines*. **CPD credits:** 0.5

Module Mental health during the perimenopause and menopause: Part 2 – management in mental health services

This module looks at interplay between severe mental illness and the perimenopause, and management in mental health services. It is imperative for mental health professionals to understand the impact of the perimenopause on the physical and mental health of their patients, to provide high quality, effective treatment. **CPD credits:** 1.5

Podcast RCPsych Act Against Racism: how to effectively tackle racism in the workplace (RCPsych Congress 2024)

Following their presentation at the RCPsych International Congress, Dr Rajesh Mohan, Dr Amrit Sachar and Dr Ananta Dave explain how the 'Act Against Racism' guidance can support psychiatrists in tackling racism in the workplace and how it's already being used by organisations, as well as exploring how to overcome possible obstacles when implementing the guidance. **CPD credits:** 0.5

Module Delivering greener, more sustainable, net zero mental healthcare

This module, which is based on the Royal College of Psychiatrists' (n.d.) *Net Zero Mental Health Care: Guidance and Education*, is for anyone delivering mental healthcare. It provides guidance on how to make tangible changes across service delivery and the mental healthcare pathway. We are pleased to offer this module free to those without a paid subscription. **CPD credits**: 1

Podcast Rising rates of involuntary detention: is there a solution (RCPsych Congress 2024)

Ahead of their presentation at the Royal College of Psychiatrists' International Congress 2024, Dr Patrick Keown and Prof Claire Henderson spoke with CPD eLearning Podcast Editor, Dr Nadia Imran. They discuss rising rates of involuntary detention in the age of deinstitutionalisation and the implementation of Advance Choice Documents (ACDs). **CPD credits:** 0.5

Module Discharging risky patients: England and Wales

The pathway to discharge is complex by nature, not least due to the number of agencies that need to be involved. This module aims to provide general adult and forensic psychiatrists with ideas about how to conduct a high-quality, safe and effective discharge from a mental health in-patient setting. **CPD credits:** 1

Podcast Improving mental health outcomes for autistic women (RCPsych Congress 2024)

In this interview, Dr Conor Davidson, Dr Alison Lennox and Ms Rhiannon Hawkins explore issues such as the gendered diagnosis gap, obstacles to accessing mental health care, and reasonable adjustments that can be made to better support autistic women. **CPD credits:** 0.5

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