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CPD eLearning (formerly CPD Online) is a resource provided by the Royal College of Psychiatrists for mental health professionals, housed on our new eLearning Hub.

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

View related CPD eLearning content

Recent modules and podcasts

Podcast The effect of talking about suicide on suicide rates: a surprising result

In this podcast Professor Thomas Niederkrotenthaler and Dr Raj Persaud discuss the role of media reports on suicide rates. They consider how studies have revealed contrasting results between certain types of reporting and their consequent effects on incidence of suicide, and how publishing certain articles may contribute to a potential new suicide prevention strategy. **CPD credits:** 0.5

Module A comprehensive overview of Eye Movement Desensitisation Reprocessing (EMDR)

Traumatic life events are fairly ubiquitous in the general population, and it is known that certain types of traumatic events are more likely to generate post-traumatic stress disorder (PTSD) than others. However, PTSD is only one of the manifestations of exposure to a traumatic event; trauma exposure may influence the onset and prognosis of other mental disorders. This module provides an overview of various concepts of trauma in mental health, and highlights the impact of childhood adversities and trauma on mental health. It gives a comprehensive overview of Eye Movement Desensitisation and Reprocessing (EMDR) therapy, one of the evidence-based therapies for PTSD, as well as touching upon the more recent diagnosis of complex post-traumatic stress disorder (CPTSD) in ICD-11 and recommendations for the same. **CPD credits**: 1

Module Phenomenology and treatment of voice hearing in psychiatric practice

Research into voice hearing, or auditory verbal hallucinations (AVH), has greatly expanded in recent years, and new data has important implications for the assessment, diagnosis and treatment of people who hear voices. Recent evidence suggests that voice hearing is a diverse psychological phenomenon that is not necessarily indicative of a psychotic or neurological disorder, but which occurs across different diagnostic categories, as well as in non-clinical populations. This module provides an overview of recent research and its relevance for clinical practice. It highlights different ways in which voice hearing is subjectively experienced and demonstrates the importance of phenomenological assessment of voice hearing in the diagnostic process. Finally, the module discusses current treatment approaches as well as non-medical coping strategies for people who hear voices. **CPD credits**: 1.5

Module Complex humanitarian emergencies: mental health and psychosocial response

This module will help psychiatrists have a better understanding of their role in complex emergencies, in keeping with international guidelines. We will outline the impact of complex emergencies on mental health and the main tasks of a psychiatrist in this setting; emphasise the need for cultural humility and sensitivity, as well as coordination with all other actors, particularly national and local actors; and discuss the lessons learned from studying epidemiology, evidence-based practice and mistakes made, giving examples to show how these have informed current responses. The module will stretch the skills of volunteer UK psychiatrists. It will change them personally and professionally. There can be few things, however, that are as rewarding and transformative as this type of work. **CPD credits**: 1.5

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

- 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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