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The online resource for mental health professionals

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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 Destigmatising women's mental health in the Middle East

This podcast sees Dr Nadia Imran, CPD eLearning Podcast Editor, in conversation with Dr Madonna Yanny about psychiatry specialty training pathways in the Middle East, as well as prevalent psychiatric conditions that occur during the perinatal and postnatal period and important developments in female mental health in the region. **CPD credits:** 0.5

Module An introduction to trauma-informed care (TIC): Part 1

This module will add to your knowledge of the psychophysiology and immunology of trauma. It will help you avoid retraumatisation and assist co-production with patients receiving needs-led treatment and recovery plans. *Trigger warning: the contents of this module may be difficult if you have experienced trauma, and we gently remind you to revisit your usual self-care strategies as you complete it.* **CPD credits:** 1

Module The role of religion and spirituality in mental health – research and clinical practice

Our growing awareness of and interest in spiritual matters as a profession warrants a growing skill set to engage with patients about these experiences. We present this module in the hope of assisting with this important task. We are proud to release this module in joint commission with *BJPsych Advances*. **CPD credits:** 1.5

Module Self-harm in adolescents: Part 2 – treatments and interventions

This module focuses on treatments and interventions for young people aged 8 to 18 years who self-harm. Young people who self-harm can present with particularly complex psychological and social problems. Risk management needs careful consideration, especially as self-harm is one of the strongest known risk factors for later suicide (refer to *Self-harm in adolescents: Part 1 – risk assessment and management*). **CPD credits:** 1

Module Health inequalities

Developed in partnership with NHS England, this module introduces the concepts of health equality, health equity, social justice and intersectionality. It examines the importance of parity of esteem between physical and mental health, trauma-informed approaches and an applied case study on domestic violence and abuse. This module is a taster for the upcoming Public Mental Health Leadership Certification course. We are pleased to offer this module free to those without a paid subscription. **CPD credits:** 2.5

Module Mental health during the perimenopause and menopause

This module looks at the perimenopause and menopause in the context of mental health, the hormonal and neurotransmitter changes that occur, perimenopausal mood disorders and prescribing hormone replacement therapy (HRT). We are pleased to offer this module free to those without a paid subscription. **CPD credits:** 1.5

Podcast Equity versus equality

Developed in partnership with NHS England, this podcast is a discussion between CPD eLearning's Podcast Editor Dr Nadia Imran, Professor Sir Michael Marmot and RCPsych's Joint Presidential Lead for Equity and Equality Dr Amrit Sachar addressing the factors that cause and perpetuate health inequities and inequalities. We are pleased to offer this podcast free to those without a paid subscription. **CPD credits:** 0.5

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