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

Podcast Shattering glass ceilings: women in leadership (RCPsych Congress 2024)

Following their presentation at the RCPsych International Congress, Dr Nikki Nabavi, Dr Rosemary Gordon and Dr Suhana Ahmed discuss different leadership styles, allyship and its importance within the workplace, and share their experiences of navigating the challenges that women often face in psychiatry and healthcare, particularly within leadership roles. **CPD credits: 0.5**

Podcast Nature-based interventions in psychiatry

This podcast is a discussion between CPD eLearning's Podcast Editor, Dr Nadia Imran, and RCPsych's Planetary Health and Sustainability Committee member, Dr Daniel Harwood. Dr Harwood highlights the benefits of nature-based interventions in psychiatry for both patients and wildlife and provides examples of simple yet effective nature-based interventions. **CPD credits: 0.5**

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

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