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CPDeLearning

The online resource for mental health professionals

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.

CPD eLearning offers a range of learning modules and podcasts that provide a flexible, interactive way of keeping up to date with progress in mental health. Access to the modules is through annual subscription, but we also offer a series of free modules and podcasts for you to trial first.

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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

Module An introduction to health economics

This module provides an overview of key concepts used in health economics and how the National Institute for Health and Care Excellence (NICE) uses these concepts while assessing new medications or other health technologies for the NHS. **CPD credits: 1**

Podcast Catatonia

In this podcast, CPD eLearning Deputy Editor, Dr Bruce Tamilson, speaks to Dr Jonathan Rogers about significant developments that have been made in diagnosing catatonia. This includes identifying catatonia, differentiating from similar presentations, and discussing the various approaches to assessment and investigations. **CPD credits: 0.5**

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**

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