



Mental Health CPD for Dietitians

CPD sessions, workshops, seminars and short courses

The following list is indicative of the range of courses and workshops available to those wishing to further their knowledge and skills in mental health related topics and working with clients with mental illness.

Click on the [organisation](#) title to take you to a specific website link.

Please note this list is not exhaustive and does not include eating disorder specific CPD

Organisation / Event	Details
Australian Psychological Society (APS)	Webinars and 1 day workshops including self-care methods, cognitive behavior therapy, commitment therapy and motivational interviewing, nationally
Black Dog Institute	Working with Young People programs, short lectures, full-day workshops and online training programs. Programs open to professionals working with people with mood disorders (depression, bipolar), assumes a certain level of mental health knowledge, nationally
The Bouverie Centre	Mental health and psychology CPD, (some more aimed at mental health workers), Melbourne
Centre for Community Welfare Training	Short courses on counselling and wellbeing, including cultural and linguistic diverse/refugee communities in the mental health setting, Sydney and rural NSW
Cognitive Behaviour Therapy Australia	Various courses including cognitive behavior therapy and motivational interviewing, nationally
Dulwich Centre	Training in narrative therapy, Adelaide, Melbourne, online
Education in Nutrition	Webinars – various discussing the role of diet and exercise in Mental Health, nutrition in Severe Mental Illness, nutrition and Autism, Eating Disorders
Flinders University -Flinders Program™	Workshops, Adelaide + online courses: 1 and 2 days Flinders Chronic Condition Management and CBT workshops, plus online learning
Health Change Australia	Health Change Methodology, 2 day workshop + 1 day extension, capital cities + private courses for groups
If not dieting, then what?	The Person Centred Approach to Healthy Weight Management - Rick Kauseman, 2 day course
Mental Health Coordinating Council	Professional development courses for community mental health sector, 1 or 2 day programs on various mental health topics, NSW
Mental Health in Multicultural Australia	Directory of events, resources, courses, organisations and knowledge exchange, online
Mental Health First Aid	12 hour course, how to assist adults developing a mental health problem, nationally
Mindful Centre for Training & Research in Developmental Health	'Friday Forum' - theory and practice for workers in the child, adolescent and family mental health and welfare fields, Melbourne
Non-Diet and Mindful Eating approach	Non-diet approach for Dietitians: Workshops, Webinars, retreats and resources for Dietitians & Nutritionists to connect, share & develop skills in client-centered practice, mindfulness & mindful eating. See: https://www.haesaustralia.org.au/ , www.themindfuldietitian.com.au www.bodypositiveaustralia.com.au

Organisation / Event	Details
NSW Institute of Psychiatry	Major provider of continuing professional education in mental health including workshops, courses and short courses, NSW
Swinburne University of Technology – Psychology Clinic	Swinburne University of Technology, Melbourne Various workshops, throughout the year, including CBT
Victorian Transcultural Psychiatry Uni	St Vincent’s Hospital, Melbourne. Monthly - Seminars, case presentations, workshops, and lectures. Topics related to transcultural mental health

Do you know of Mental Health COD opportunities that are NOT on this list? Email the details to mhandi@daa.asn.au so we can update the list!

Tertiary Courses

There are a number of tertiary courses in which issues relating to mental health can be further explored. These can be undertaken at a range of levels; TAFE Certificate IV, Graduate Certificate, Graduate Diploma, Bachelor, Masters and Doctorate.

The list below gives examples of the types of courses that are available. It is not an exhaustive list. There are many providers, so it is advisable to contact those in your area to see which courses are available and whether these are available full time, part time or as distance education.

TAFEs/Vocational Education Providers

Certificate IV in Mental Health Work (non-clinical) – designed to provide training for community workers working with individuals who experience problems associated with mental illness.

Universities and other specialised institutions

Title	Level				Location	
	Bachelor	Grad Cert/Dip	Masters/ Doctorate	Many/Most Universities	Limited Universities	Specialist Institutions ⁱ
Behavioural Science	✓			✓		
Chronic Condition Management		✓	✓		✓ ⁱⁱ	
Cognitive Behavioural Therapy		✓	✓		✓ ⁱⁱⁱ	
Counselling	✓	✓	✓	✓		✓
Family Therapy		✓			✓	✓
Mental Health Practice		✓	✓			
Narrative Therapy		✓				✓
Psychology	✓ ^{iv}	✓	✓ ^v	✓		
Psychological Science	✓ ^{vi}			✓		
Psychological Studies		✓				
Coaching Psychology	✓	✓	✓		✓ ^{vii}	
Psychotherapy		✓	✓		✓	✓
(Applied) Social Science– Psychology/Counselling	✓			✓		✓
Research ^{viii}			✓	✓		

ⁱ Specialists institution such as [Australian Institute of Professional Counsellors](#) and Bouverie Centre

ⁱⁱ Flinders University

ⁱⁱⁱ Flinders University (available as distance education) and Monash University (online)

^{iv} May be preparatory for qualification as psychologist, often via Bachelor of Arts or Bachelor of Science

^v More specialist qualification, e.g. to become a clinical psychologist and treat mental illness

^{vi} May be preparatory for qualification as psychologist

^{vii} University of Sydney (NSW)

^{viii} If you have an area that you are particularly passionate about you could consider doing a PhD in the area, allowing you to undertake novel research on this topic. A PhD usually takes minimum 3 years of fulltime study to complete, or 6 years part time