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# CPDeLearning

**RCPsych's online learning resource  
for mental health professionals**



# Editor's Welcome

*Dr Howard Ryland  
MBBS, MRCPsych*



We are pleased to share our brochure for our CPD eLearning content, to showcase our modules and podcasts by category to provide another way for you to peruse our educational offering on the eLearning Hub.

CPD eLearning is a bespoke resource from RCPsych, with modules and podcasts specifically designed to meet the educational needs of practising psychiatrists. As this is produced by RCPsych, you can be confident in their quality and relevance.

Our digestible modules and podcasts are created by experts in their fields, predominantly clinical and academic psychiatrists, who know what you need to know. They've done the hard work for you, by sifting through the literature to produce cutting-edge updates across a whole range of topics. Everything can be straightforwardly accessed from your desktop or mobile, so you can easily fit your learning around other commitments.

CPD eLearning is designed for professionals working in mental health services. Currently we have over 200 modules and 170+ podcasts to choose from and these numbers are always growing, while content is kept up to date through our module updates programme. Certificates are generated automatically after satisfactorily completing each learning event, making it simple to evidence your credits towards annual CPD requirements. At present you can obtain up to 50 credits from eLearning.

You can subscribe as an individual or institution and we welcome all, in the UK or internationally. We now offer an add-on option for OpenAthens subscriptions of 50+ licences, to design your own learning paths or select CPD eLearning resources to create a mandatory training package. Contact the team for a quote.

We are particularly grateful if users leave feedback on any aspect of CPD eLearning and, if you would like to get further involved, just drop us a line for details of opportunities. If you have any further questions about our educational offering, please contact the eLearning Team at [elearning@rcpsych.ac.uk](mailto:elearning@rcpsych.ac.uk).

**Dr Howard Ryland, CPD eLearning Editor**

Members of the Royal College of Psychiatrists can use **CPD eLearning** to complete all of their annual CPD requirements

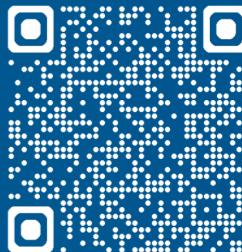
**CPD eLearning** is the online learning resource for mental health professionals



A smartphone screen showing CPD eLearning subscription options. The screen has a blue header with the text 'CPD eLearning subscriptions:' and icons for signal, battery, and Wi-Fi. The main content area shows two subscription options: '10% JANUARY DISCOUNT £100 (Excluding VAT)' for 'Individual: RCPsych Members' and '10% JANUARY DISCOUNT £252 (Excluding VAT)' for 'Individual: Non-members'. To the right, there is a box for 'Institutional subscriptions:' stating 'Prices are grouped into 'bands' depending on how many users you want.' and 'NEW add-on option for 50+ licences available: Learning paths'. At the bottom, a blue button says 'Subscribe to CPD eLearning'.

## Preparing for MRCPsych Paper B?

We have mapped our CPD eLearning catalogue against the clinical components of the MRCPsych Paper B syllabus, as these resources may be useful to candidates preparing for this paper. This is available in the MRCPsych eLearning section of the eLearning Hub. CPD eLearning subscriptions are available at a discounted rate for members.



**Find out more**

## Contact us

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 **eLearning Hub**

**Visit:** [elearninghub.rcpsych.ac.uk](https://elearninghub.rcpsych.ac.uk)

## Modules and Podcasts by category

We are pleased to offer a selection of free modules and podcasts for those without a paid subscription. Members of RCPsych can access the free content straight away using the same username and password with which they would access the members' area of the College website. Otherwise, all you need to do is register with the College. Those free to access are marked **FREE** in the list.

### Addictions

- Gambling and gaming addiction (RCPsych Congress 2019)
- Managing alcohol withdrawal in acute in-patient psychiatry **FREE**
- RCPsych in Scotland: Drug-related deaths
- Amphetamine-type stimulant drugs – a dangerous trend
- Crow and Murray: the nature and history of psychosis: Part 3

### Child and adolescent

#### Modules

- An introduction to evolutionary psychiatry
- Alcohol and the brain
- Alcohol-related brain damage
- Buprenorphine in opioid dependence
- Hepatitis C and mental illness
- Neptune module 1: An introduction to club drugs and novel psychoactive substances
- Neptune module 2: Acute harms and management of depressants
- Neptune module 3: Acute harms and management of stimulants
- Neptune module 4: Acute harms and management of (SCRA) and hallucinogens
- Neptune module 5: Chronic harms and management of depressants
- Neptune module 6: Chronic harms and management of stimulants
- Neptune module 7: Chronic harms and management of (SCRA) and hallucinogens
- Safe and effective opioid replacement therapy
- Safe lithium prescribing: initiation and monitoring
- Stimulants: epidemiology and impact on mental health
- Substance use disorders in older people

### Podcasts

- Alcohol self-management during COVID-19 and beyond **FREE**

- ADHD in under-18s: background and assessment
- Adolescent forensic psychiatry: Part 1 – introduction and structure
- Adolescent forensic psychiatry: Part 2 – assessment and treatment
- An introduction to evolutionary psychiatry
- Autism spectrum disorder: the place of pharmacological approaches *Quickbite*
- Behavioural activation in young people with low mood **FREE**
- Behavioural problems in the under fives: Part 1
- Behavioural problems in the under fives: Part 2
- Behavioural problems in the under fives: Part 3
- Body dysmorphic disorder: Part 1
- Body dysmorphic disorder: Part 2
- Children's mental health within Scottish legislation
- Climate change, nature and children and young people's mental health
- Complementary medicines for ASD and ADHD
- Complex PTSD in children and adolescents *Quickbite*
- Depression in children and adolescents: Part 1
- Depression in children and adolescents: Part 2
- Ethical and legal challenges within CAMHS Part 1
- Ethical and legal challenges within CAMHS Part 2

### Cultural diversity

#### Modules

- Complex humanitarian emergencies: mental health and psychosocial response **FREE**
- Cultural competency
- Cultural psychiatry
- Diversity training for psychiatrists
- Ethical considerations arising from the Government's counter-terrorism strategy **FREE**
- Exploring spirituality with people who use mental health services **FREE**
- Improving access, experience and outcomes for people living with dementia from ethnic minority communities **FREE**
- Prevent strategy: safeguarding freedom of expression and preventing stigma
- Religiously prohibited ingredients in psychotropic medications
- The role of religion and spirituality in mental health
- Working through interpreters
- Working with deaf and hearing-impaired people

### Podcasts

- Antidepressants in children: do the harms outweigh the benefits?
- ADHD in children and adolescents
- Anxiety disorders in children
- Attachment and how it relates to psychiatry
- Confectionery consumption in childhood and aggression in later life
- Developing communication in the therapeutic settings
- Early onset psychosis: new findings on prevalence, needs and service provision

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- Use of mental health legislation in eating disorders *Quickbite*

### Podcasts

- Coping, resilience and surviving trauma
- Buddhism and Stoicism: the secret to happiness
- Managing alcohol withdrawal in acute in-patient psychiatry **FREE**
- Neurobiology of ADHD
- Psychological treatments for children and adolescents with eating disorders
- RCPsych in Scotland: Drug-related deaths
- Safeguarding children
- Self-harm
- Self-harm in adolescents
- Self-harm: non-suicidal self-injury
- The management of eating disorders
- Working with patients remotely

### Ethics

#### Modules

- A 3D psychological perspective of climate change and sustainability (drivers, defences, deeds) *Quickbite*
- A guide to clinical ethics committees in psychiatry
- Social intervention for British Pakistani women with depression
- The mental health needs of refugees **FREE**
- Where there is no psychiatrists: mental healthcare in Ethiopia

### Eating disorders

#### Modules

- An introduction to evolutionary psychiatry
- Assessment of adult bulimia nervosa
- Assessment of eating disorders in children and young people
- Body dysmorphic disorder: Part 1
- Body dysmorphic disorder: Part 2
- Eating disorders: risk factors and clinical management
- Fatigue in sport - overtraining syndrome
- Overvalued ideas: a lost concept? *Quickbite*
- Quality Improvement module 4: Patient safety in mental health
- Severe and enduring eating disorders *Quickbite*

- Children's mental health within Scottish legislation
- Competence, capacity and decision-making ability in mental disorder decision-making, consent and capacity
- Coping with the 'pointless suffering' of COVID-19 **FREE**
- Crystalline methamphetamine: risks, harms and interventions
- David Sellu: a surgeon's story
- Ethical considerations arising from COVID-19 **FREE**
- Human rights as applied to mental health: do psychiatrists really know it all?
- Mental Health Tribunals: response to the COVID-19 emergency **FREE**
- Professionals sharing service user information with carers
- Randomised controlled drug trials AND A look at the incidence of schizophrenia

### Forensic

#### Modules

- Adolescent forensic psychiatry: Part 1 – introduction and structure
- Adolescent forensic psychiatry: Part 2 – assessment and treatment
- Assessment and reporting of suspected malingering in mental disorders
- Assessment and treatment of sexually abnormal behaviour
- Children's mental health within Scottish legislation
- Domestic abuse: identifying and responding to victims and perpetrators
- Ethical considerations arising from the government's counter-terrorism strategy **FREE**
- Mental Health Act 1983: Criteria for detention
- Mental Health Act 1983: Safeguards (England)
- Mental health and tribunal law: Part 1- an introduction
- Mental health and tribunal law: Part 2– Section 72 of the Mental Health Act
- Planning ahead: end-of-life care, treatment escalation and advance care planning
- Practical child protection
- Prevent strategy: safeguarding freedom of expression and preventing stigma
- Probity in professional practice: Part 1
- Probity in professional practice: Part 2
- Psychiatric aspects of end-of-life care
- Quality improvement module 4: Patient safety in mental health
- Seclusion reviews in secure settings
- The role of religion and spirituality in mental health: research and clinical practice

#### Podcasts

- Assessing and communicating violence risk
- CBT approaches: paranoid thoughts
- Combating stigma
- Coping with the 'pointless suffering' of COVID-19 **FREE**
- Crystalline methamphetamine: risks, harms and interventions
- David Sellu: a surgeon's story
- Ethical considerations arising from COVID-19 **FREE**
- Human rights as applied to mental health: do psychiatrists really know it all?
- Mental Health Tribunals: response to the COVID-19 emergency **FREE**
- Minimising in-patient suicides
- Morbid jealousy
- Narcissistic personality disorder
- People with intellectual disabilities in criminal justice settings

## Modules and Podcasts by category

- Prison psychiatry: Parts 1 and 2
- Psychiatric aspects of homicide
- Report writing in criminal cases involving young people
- Risk assessment and management of violence
- Safe process for in-patient discharge: England and Wales
- Seclusion reviews in secure settings
- Suicides in prison

### Podcasts

- Assessing and communicating violence risk
- Assessment of suicide ideation, risk of suicide and self-harm
- Can delusions be explained?
- Coping with the 'pointless suffering' of COVID-19 **FREE**
- Counter-terrorism and psychiatry
- Extremism, religion and psychiatric morbidity
- Mental Health Tribunals: response to the COVID-19 emergency **FREE**
- Seclusion
- The role of mentalising in the management of violence
- Violence and schizophrenia: a realistic look at the risks, contributing factors and management

### General and community

#### Modules

- An introduction to evolutionary psychiatry
- Alternatives to acute admission
- An unusual case presentation
- Antidepressants and psychosexual dysfunction Part 1
- Antidepressants and psychosexual dysfunction Part 2
- Armed forces and mental health: Part 1 – mental healthcare in military service
- Armed forces and mental health: Part 2 – mental healthcare for veterans
- Asking for a psychodynamic psychotherapy opinion in general psychiatry *Quickbite*
- Assessing people with psychiatric rehabilitation needs
- Assessment and management of obsessive-compulsive disorder: Part 1
- Assessment and management of obsessive-compulsive disorder: Part 2
- Assessment of adult bulimia
- Assessment of personality
- Autism spectrum disorders: the place of pharmacological approaches *Quickbite*
- Avoiding clinical bias in psychiatry
- Bereavement
- Body dysmorphic disorder: Part 1 - introduction
- Body dysmorphic disorder: Part 2 - diagnosis and treatment
- Combating stigma
- Community treatment orders
- Complementary and alternative medicine in psychiatry
- Complementary medicines for ASD and ADHD
- Complex humanitarian emergencies - mental health and psychosocial response **FREE**
- Computer-aided cognitive behaviour therapy
- Critical Psychiatry
- Cultural psychiatry
- Depression in children and adolescents: Part 1
- Depression in children and adolescents: Part 2
- Diagnosing bipolar depression
- Diagnosis of personality disorder in clinical practice
- Domestic abuse: identifying and responding to victims and perpetrators
- Electroconvulsive therapy (ECT)
- Exploring spirituality with people who use mental health services **FREE**
- Family interventions in psychosis
- Feeling better - lifestyle management for chronic mental disorders
- First-episode psychosis: Part 1 – assessment, diagnosis and rationale
- First-episode psychosis: Part 2 – treatment approaches and service delivery
- Family interventions in psychosis
- Fatigue in sport - overtraining syndrome
- Feeling better - lifestyle management for chronic mental disorders
- First-episode psychosis: Part 1 – assessment, diagnosis and rationale

- First-episode psychosis: Part 2 – treatment approaches and service delivery
- Going into private or medico-legal practice
- Health anxiety: Part 1 – concept, prevalence and management
- Health anxiety: Part 2 – cognitive-behavioural therapy
- Health inequalities **FREE**
- Hoarding disorder: symptoms, diagnosis and management
- How patient-centred are you? Shared decision-making in psychiatric practice
- Human rights and the Human Rights Act 1998
- Improving access, experience and outcomes for people living with dementia from ethnic minority communities **FREE**
- Introduction to cognitive-analytic therapy
- Introduction to cognitive-behavioural therapy
- Introduction to nidotheory: a video-based module
- Involving patients and carers in training
- Irish Mental Health Act 2001
- Management of hyperprolactinemia in psychiatric practice
- Managing stress and avoiding burnout Part 1 - Understanding stress and burnout
- Managing stress and avoiding burnout Part 2 - taking action
- Mental Health Act 1983: Criteria for detention
- Mental Health Act 1983: Safeguards (England)
- Mental health and tribunal law: Part 1- an introduction
- Mental health and tribunal law: Part 2 – Section 72 of the Mental Health Act
- Metabolic syndrome and schizophrenia
- Morbid jealousy
- Music therapy - an introduction
- Narcissistic personality disorder
- Neuropsychiatric problems in Parkinson's disease
- Neuropsychiatry of stroke
- Overvalued ideas: a lost concept? *Quickbite*
- Pharmacological management of mania
- Pharmacological treatment of resistant depression: an overview
- Physical Activity (PA) Interventions In Serious Mental Illness (SMI)
- Polypharmacy - causes and consequences
- Probity in professional practice: Part 1
- Probity in professional practice: Part 2
- Psychedelic drug therapy in psychiatry
- Psychiatric aspects of dizziness: a question of balance
- Psychiatric aspects of perinatal loss
- Psychodermatological disorders
- Psychosocial management of self-harm: Part 1
- Psychosocial management of self-harm: Part 2
- Psychotropic medication in breastfeeding *Quickbite*
- Quality improvement module 4: Patient safety in mental health
- Recognising autism spectrum disorders in children with normal-range intelligence
- Recovery narrative in clinical practice **FREE**
- Risk assessment and management of violence
- RQIA Guidelines Module 1: Mental Health (NI) Order 1986 – an introduction **FREE**
- RQIA Guidelines: Mental Health (NI) Order 1986 – admission to hospital Module 2 **FREE**
- RQIA Guidelines Module 3: Mental Health (NI) Order 1986 – assessment and treatment **FREE**
- RQIA Guidelines Module 4: Mental Health (NI) Order 1986 – safeguards and rights **FREE**
- Rural mental health: Part 1
- Rural mental health: Part 2
- Safe process for in-patient discharge: England and Wales
- Safe lithium prescribing: initiation and monitoring
- School refusal

- Seasonal affective disorder (SAD): Part 1
- Seasonal affective disorder (SAD): Part 2
- Sports psychiatry
- Stimulants: epidemiology and impact on mental health
- Substance misuse in older people
- Sustainability in psychiatry
- Taking a general medical history in psychiatry
- Technology, social media and mental health Part 1
- Technology, social media and mental health Part 2
- The role of religion and spirituality in mental health
- Transferring care between age-specific services: young people's transitions
- Treating depression in later life
- Understanding and managing cardiovascular risks in treating mental health disease
- Understanding and safely managing paranoid personality disorder
- Vitamin D in schizophrenia and depression – is it all about the sunshine?
- Working through interpreters
- Working with deaf and hearing-impaired people

#### Podcasts

- Adult ADHD and psychosis (2025 update)
- An ancient guide to anger management
- Amphetamine-type stimulant drugs – a dangerous trend
- Anxiety: a short story
- Aphorisms and their place in psychiatry
- Are you ignorant about the pandemic? **FREE**
- Assessment of suicide ideation, risk of suicide and self-harm
- Attachment and how it relates to psychiatry
- Big Questions in Psychiatry: can medications ever help psychiatric disorders?
- Big Questions in Psychiatry: Responsibility in psychiatry - exploring blame, compassion and mental illness
- C.G. Jung's approach to life and psychotherapy
- Cardiovascular fitness and depression
- CBT approaches: paranoid thoughts
- Cognitive-behavioural group treatment for functional somatic syndromes
- Combating stigma
- Connecting the dots in an uncertain world
- Conversion disorder
- Coping with the 'pointless suffering' of COVID-19 **FREE**
- Counter-terrorism and psychiatry
- COVID-19: isolation and loneliness – is there a 'social cure'? **FREE**
- Cross-cultural research
- Crow and Murray: the nature and history of psychosis – Part 1
- Crow and Murray: the nature and history of psychosis – Part 2
- Crow and Murray: the nature and history of psychosis – Part 3
- Crystalline methamphetamine: risks, harms and interventions
- David Sellu: a surgeon's story
- Delusions: understanding the un-understandable
- Depersonalisation-derealisation disorder (DDD)
- Destigmatising women's mental health in the Middle East
- Developing communication in the therapeutic setting
- Did Sir Winston Churchill suffer from the 'black dog'?
- Disenchantment: managing motivation and demotivation at work
- Do we have free will?
- Employment and schizophrenia
- Equity versus equality **FREE**
- Extremism, religion and psychiatric morbidity
- Gene-environment interactions
- Grief and grieving: a guide for the confused
- Hereditary data in 19th century asylums
- How mentalisation changes the mind
- How to keep an open mind
- How to think like Shakespeare: lessons from a Renaissance education
- Human rights as applied to mental health: do psychiatrists really know it all?
- Immigration and crime: is there a link?

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## Modules and Podcasts by category

- The management of eating disorders
- The mental health needs of refugees **FREE**
- The methodology of case-control studies
- The methodology of case-control studies
- The psychiatry of The Shawshank Redemption
- The psychology behind mathematical modelling of epidemics **FREE**
- The psychology of the Ukrainian soldier **FREE**
- The Reluctant Carer
- The scientific search for the self
- The scientific story of first impressions
- The strange case of Dr Oliver Sacks (RCPsych Congress 2017)
- The tyranny of metrics
- The voices within: the science behind inner speech
- Tics and Tourette syndrome (RCPsych Congress 2019)
- Timeliness: could geology help to shape our minds?
- Treatment and management of complex affective disorders (RCPsych Congress 2017)
- Understanding and treating severe mental illnesses with limited resources
- Veterans' mental health
- Viktor Frankl's search for meaning
- What every psychiatrist should know about smoking cessation
- What is life? Bridging the disciplines to solve unanswered questions
- Where there is no psychiatrist: mental healthcare in Ethiopia
- Working with patients remotely **FREE**

### Intellectual disability

#### Modules

- ADHD in under-18s: background and assessment
- Adult ADHD
- An introduction to evolutionary psychiatry
- Autism Spectrum Disorders (ASD) in adults: a brief introduction

#### IT informatics

#### Modules

- Options for remote working post COVID-19 **Quickbite FREE**

- Autistic spectrum disorder- the place of pharmacological approaches *Quickbite*
- Bedside assessment of cognition
- Behavioural activation in young people with low mood **FREE**
- Complementary medicines for autism and ADHD
- Dementia: breaking the bad news
- Diagnosis of autism spectrum disorders in adults *Quickbite*
- Ethical and legal challenges within CAMHS Part 1
- Ethical and legal challenges within CAMHS Part 2
- Managing challenging behaviour in mental health in-patient units
- Managing challenging behaviour in mental health in-patient units
- Mental health during the perimenopause and menopause: part 2
- People with intellectual disabilities in criminal justice settings
- Prescribing Antiepileptic drugs (AEDs) for people with Intellectual Disability (ID)
- Recognising autism spectrum disorders in children with normal-range intelligence
- Sensory impairment and intellectual disability
- Working with deaf and hearing-impaired people

#### Podcasts

- Adult ADHD
- Adult ADHD and psychosis (2025 update)
- Autism and mental health
- Gene-environment interactions
- Improving mental health outcomes for autistic women (Congress 2024)
- Micronutrients and neurodevelopmental disorders
- Neurobiology of ADHD

- How to conduct literature searches
- Technology, social media and mental health Part 1
- Technology, social media and mental health Part 2

#### Podcasts

- Big Data: the answer to a big problem? (RCPsych Congress 2018)
- Virtual reality in psychological interventions

### Legal

#### Modules

- A guide to medico-legal report writing
- Advance decisions in psychiatry: England and Wales
- Advance statements and the Law in Scotland
- Assessment and reporting of suspected malingering in mental disorders
- Children's mental health within Scottish legislation
- Clinical errors and medical negligence
- Community treatment orders
- Competence, capacity and decision-making ability in mental disorder
- Ethical and legal challenges within CAMHS Part 1 - duty of care and rights
- Ethical and legal challenges within CAMHS Part 2 - decision-making, consent and capacity
- Ethical considerations arising from the government's counter-terrorism strategy **FREE**
- FREDA - a human rights based approach to clinical practice
- Going into private or medico-legal practice
- Human rights and the Human Rights Act 1998 - implications for psychiatrists
- Irish Mental Health Act 2001

#### Podcasts

- Counter-terrorism and psychiatry
- Can delusions be explained?
- Coping with the 'pointless suffering' of COVID-19 **FREE**
- Crystal methamphetamine: risks, harms and interventions
- David Sellu: a surgeon's story
- Mental Health Tribunals: response to COVID-19 emergency **FREE**
- Prisonomics

### Liaison

#### Modules

- Alternatives to acute admission
- An introduction to evolutionary psychiatry
- An introduction to trauma-informed care: Part 1
- An introduction to trauma-informed care: Part 2
- An unusual case presentation

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- Antidepressants and psychosexual dysfunction Part 1
- Antidepressants and psychosexual dysfunction Part 2
- Armed forces and mental health: Part 1 – mental healthcare in military service
- Armed forces and mental health: Part 2 – mental healthcare for veterans
- Community treatment orders
- Cultural psychiatry
- Delirium in older people: assessment and management
- Depersonalisation-derealisation disorder (DDD)
- Diabetes and the psychiatrist – optimising patients' physical health care
- Diagnosing bipolar depression
- Fatigue in sport - overtraining syndrome
- Feeling better - lifestyle management for chronic mental disorders
- First-episode psychosis: Part 1 – assessment, diagnosis and rationale
- First-episode psychosis: Part 2 – treatment approaches and service delivery
- Health anxiety: Part 1 – concept, prevalence and management
- Hepatitis C and mental illness
- How patient-centred are you? Shared decision-making in psychiatric practice
- Introduction to nurotherapy: a video-based module
- Managing depression in physically ill
- Morbid jealousy
- Physical healthcare in severe mental illness
- Post-traumatic stress disorder in adults
- Premenstrual dysphoric disorder (PMDD)
- Probiotic in professional practice: Part 1
- Probiotic in professional practice: Part 2
- Psychosocial response to epidemics – lessons from Ebola applied to COVID-19 **FREE**
- Psychiatric aspects of dizziness: a question of balance
- Psychiatric aspects of end-of-life care

#### Podcasts

- Psychiatric aspects of perinatal loss
- Psychiatric aspects of terminal care
- Psychodermatological disorders
- Psychopharmacology in end-of-life care *Quickbite*
- Psychosocial management of self-harm: Part 1
- Psychosocial management of self-harm: Part 2
- Recognising autism spectrum disorders in children with normal-range intelligence
- Risk assessment and management of violence
- Taking a general medical history in psychiatry
- The bedside assessment of cognition
- Understanding and managing cardiovascular risks in treating mental health disease
- Working through interpreters
- Working with deaf and hearing-impaired people

- Reforming the culture of healthcare: the case for intelligent kindness
- Refractory psychosis – challenges in research and treatment
- Self-harm
- Self-harm: non-suicidal self-injury
- Service user involvement and Crisis teams
- Sexual dysfunction in first-episode psychosis
- Social intervention for British Pakistani women with depression
- Surviving the trauma: post-traumatic stress disorder in relation to COVID-19 **FREE**
- The mental health needs of refugees **FREE**
- Veterans' mental health

### Medical management

#### Modules

- Alternatives to acute admission
- An introduction to health economics
- An introduction to trauma-informed care (TIC): Part 1
- An introduction to trauma-informed care (TIC): Part 2
- Boundary violations and sexual exploitation: recognition, avoidance and management **FREE**
- Certificate of Eligibility for Specialist Registration – via CESR, GMC
- Climate change, nature and children and young people's mental health
- Combating stigma
- Community treatment orders
- Depersonalisation-derealisation disorder (DDD)
- Diabetes and the psychiatrist
- FREDA: a human rights-based approach to clinical practice
- Giving feedback to trainees
- Human rights and the Human Rights Act 1998 **FREE**
- Managing stress and avoiding burnout Part 1
- Managing stress and avoiding burnout Part 2
- Mental Health Act 1983: Criteria for detention
- Mental Health Act 1983: Safeguards (England)
- Mental health and tribunal law: Part 1- an introduction
- Mental health and tribunal law: Part 2- Section 72 of the Mental Health Act
- Mental health in the perimenopause and menopause: Part 1- introduction to hormonal changes, HRT and mood disorders **FREE**
- Mental health in the perimenopause and menopause: Part 2 - management in mental health services
- Mind your language: Effective communication in clinical practice
- Options for remote working post COVID-19 *Quickbite FREE*
- Planning ahead
- Probiotic in professional practice: Part 1
- Problem psychiatrists: Part 1
- Problem psychiatrists: Part 2
- Psychiatric intensive care
- Psychiatric intensive care
- Quality improvement module 1: Introduction
- Quality improvement module 2: Clinical audit in mental health practice
- Quality improvement module 3: Organisation theory: conceptual frameworks in a changing context
- Quality improvement module 4: Patient safety in mental health
- Risk assessment and management of violence
- RQIA Guidelines Module 1: Mental Health (NI) Order 1986 – an introduction Module 1 **FREE**

## Modules and Podcasts by category

- RQIA Guidelines Module 2: Mental Health (NI) Order 1986 – admission to hospital **FREE**
- RQIA Guidelines Module 3: Mental Health (NI) Order 1986 – assessment and treatment **FREE**
- RQIA Guidelines Module 4: Mental Health (NI) Order 1986 – safeguards and rights **FREE**
- Safe process for in-patient discharge: England and Wales
- Severe and enduring eating disorders *Quickbite*
- Sustainability: a key concept in leadership and service development
- Understanding and managing cardiovascular risks in treating mental health disease

### Podcasts

- Alcohol self-management during COVID-19 and beyond **FREE**
- Combatting stigma
- Confectionary consumption in childhood and aggression in later life
- Coping, resilience and surviving trauma
- COVID-19: Isolation and loneliness - is there a 'social cure'? **FREE**
- Cross-cultural research
- How do we lead effectively through the COVID-19 pandemic? **FREE**
- Learning in psychiatry using films
- Managing alcohol withdrawal in acute in-patient psychiatry **FREE**
- Mentoring
- Military psychiatry
- Professionals sharing service user information with carers
- Psychiatry and physical health: where are we now?
- RCPsych Act Against Racism: tackling racism in the workplace (RCPsych Congress 2024)
- Reforming the culture of healthcare: the case for intelligent kindness
- Refractory psychosis - challenges in research and treatment
- Service user involvement in Crisis team
- Social prescribing
- Sustainable prescribing
- The art of deprescribing: The Maudsley Deprescribing Guidelines (RCPsych Congress 2024)

- The clergy and psychiatry - an impossible mix?
- The methodology of case-control studies
- The National Confidential Inquiry into Suicide and Homicide by People with Mental Illness
- The right way to stop psychiatric medication (RCPsych Congress 2019)
- What can zombies teach us about neuroscience?
- What every psychiatrist should know about smoking cessation
- What is life? Bridging the disciplines to solve unanswered questions
- Where there is no psychiatrist: mental healthcare in Ethiopia

### Miscellaneous

#### Modules

- A 3D psychological perspective of climate change and sustainability *Quickbite*
- An introduction to health economics
- Author guidelines **FREE**
- Avoiding clinical bias in psychiatry
- Complex humanitarian emergencies - mental health and psychosocial response **FREE**
- Delivering greener, more sustainable, net zero mental healthcare **FREE**
- Depersonalisation-derealisation disorder (DDD): assessment and treatment
- Electroconvulsive therapy (ECT)
- Fatigue in sport - overtraining syndrome
- Mental health during the perimenopause and menopause: Part 1 – introduction to hormonal changes, HRT and mood disorders **FREE**
- Mental health during the perimenopause and menopause: Part 2 – management in mental health services
- Mind your language: effective communication in clinical practice *Quickbite*

#### Podcasts

- Anxiety: a short history
- Big Data: the answers to a big problem? (RCPsych Congress 2018)
- Catatonia
- C.G. Jung's approach to life and psychotherapy
- CBT approaches : paranoid thoughts
- COVID-19: Isolation and loneliness - is there a 'social cure'? **FREE**
- Cross-cultural research
- Depersonalisation-derealisation disorder (DDD)
- Developing communication in the therapeutic setting
- Employment and schizophrenia
- Equity versus equality
- Hereditary data in the 19th century asylums
- High potential - developing talented people
- How to keep an open mind
- How to think like Shakespeare: lessons from a Renaissance education
- Insights: how is it related to mental disorder?
- Mood instability - the patient experience of the psychiatric assessment process
- Omega-3 fatty acids and depression (RCPsych Congress 2016)
- People who hear voices - what happens to them?
- Phenomenology
- Post traumatic stress disorder: an evolutionary perspective
- Premenstrual dysphoric disorder (PMDD)
- Psychology of optimism
- Reforming the culture of healthcare: the case for intelligent kindness
- Re-reading Camus's 'The Plague' in pandemic times **FREE**
- Soul Machine: the invention of the modern mind
- Stick with it: the science behind lifestyle change
- Suicide and the recession
- The cognitive assessment
- The importance of circadian rhythms (RCPsych Congress 2017)
- The methodology of case-control studies
- The psychology of agency and control
- The psychology of coping with quarantine **FREE**
- The psychology of psychiatry of pandemics **FREE**
- The psychology of the virus 'super-spreader' **FREE**
- Tunefulness: could geology help to shape our mind?
- Understanding and treating severe mental illnesses with limited resources

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### Neuropsychiatry

#### Modules

- Alcohol and the brain
- Alcohol-related brain damage
- Assessment of traumatic brain injury
- Bedside assessment of cognition
- Catatonia: a guide for clinicians
- Dementia: breaking the bad news
- Depersonalisation-derealisation disorder (DDD): assessment and treatment
- Diagnosing bipolar depression
- Fronto-Temporal Dementia
- Huntington's disease
- Neuroimaging in dementia
- Neuropsychiatric problems in Parkinson's disease
- Neuropsychiatry of epilepsy
- Neuropsychiatry of multiple sclerosis
- Neuropsychiatry of stroke
- Premenstrual Dysphoric Disorder (PMDD)
- Psychiatric aspects of dizziness: a question of balance
- Repetitive transcranial magnetic stimulation (rTMS): a cutting-edge neuropsychiatric therapy
- Young onset dementia

#### Podcasts

- Auditory hallucinations: are they adequately described by current cognitive models?
- Auditory hallucinations: insights from neuroimaging
- Can delusions be explained?
- Can heating the body relieve depression?
- Catatonia
- Cross-cultural research
- Crow and Murray: the nature and history of psychosis: Part 1
- Crow and Murray: the nature and history of psychosis: Part 2
- Crow and Murray: the nature and history of psychosis: Part 3
- Micronutrients and neurodevelopmental disorders
- Neurobiology of ADHD
- Neuropsychology of schizophrenia

#### Podcasts

- Premenstrual dysphoric disorder (PMDD)
- Schizophrenia: the glutamatergic hypothesis
- The computational view of delusions (RCPsych Congress 2015)
- Transcranial magnetic stimulation
- What can zombies teach us about neuroscience?
- What is life? Bringing the disciplines to solve unanswered questions

#### Old age

#### Modules

- Armed forces and mental health: Part 2 – mental healthcare for veterans
- Bedside assessment of cognition
- Bereavement
- Competence, capacity and decision-making ability in mental disorder
- Delirium in older people: assessment and management
- Dementia: 'Breaking the Bad News' – A Guideline for Psychiatrists
- Improving access, experience and outcomes for people living with dementia from ethnic minority communities **FREE**
- Inappropriate sexual behaviour in dementia
- Mental health during the perimenopause and menopause: part 2 - management in mental health services
- Neuropsychiatric problems in Parkinson's disease
- Neuropsychiatry of stroke
- Pharmacological treatment of resistant depression: an overview
- Psychiatric aspects of terminal care
- Psychopharmacology in end-of-life care *Quickbite*
- Substance misuse in older people
- Suicide in the older adults *Quickbite*
- The role of religion and spirituality in mental health
- Young onset dementias

#### Podcasts

- The reluctant carer

- Psychotropic medication in breastfeeding *Quickbite*
- Understanding and facilitating a pre-birth planning meeting **FREE**

#### Podcasts

- Attachment and how it relates to psychiatry
- Destigmatising women's mental health in the Middle East
- How mothers with BPD relate to their year-old infants
- Lithium for bipolar disorder: the John Cade story
- Micronutrients and neurodevelopmental disorders
- The impact of COVID-19 on maternal mental health **FREE**

### Pharmacological

#### Modules

- Antidepressants and psychosexual dysfunction: Part 1
- Antidepressants and psychosexual dysfunction: Part 2
- Autistic spectrum disorder- the place of pharmacological approaches *Quickbite*
- Buprenorphine in opioid dependence
- Complementary and alternative medicine in psychiatry
- Complementary medicines for ASD and ADHD
- Depersonalisation-derealisation disorder (DDD)
- Fatigue in sport - overtraining syndrome
- Management of hyperprolactinemia in psychiatric practice
- Managing depression in physical illness
- Managing the adverse effects of clozapine **FREE**
- Mechanisms of anti-psychotic drugs
- Mental health during the perimenopause and menopause: Part 2 - management in mental health services

#### Podcasts

- Adult ADHD and psychosis (2025 update)
- Amphetamine-type stimulant drugs - a dangerous trend
- Antidepressants in children: do the harms outweigh the benefits
- Big Questions in Psychiatry: Can medications ever help psychiatric disorders?
- Long-term outcomes for the offspring of depressed parents
- Micronutrients and neurodevelopmental disorders
- No mental health without oral health (RCPsych Congress 2025)
- Monitoring and managing the renal adverse effects of lithium *Quickbite*
- Pharmacological treatment of resistant depression: an overview
- Polypharmacy
- Premenstrual dysphoric disorder (PMDD)
- Prescribing antiepileptic drugs for people with epilepsy and intellectual disability
- Psychedelic drug therapy in psychiatry
- Psychotropic medication and the heart: Part 1
- Psychotropic medication in breastfeeding *Quickbite*
- Psychopharmacology in end-of-life-care *Quickbite*
- Rapid tranquillisation in children and adolescents
- Rapid tranquillisation of the acutely disturbed patient
- Relational prescribing
- Religiously prohibited ingredients in psychotropic medications
- Safe and effective opioid replacement therapy
- Safe lithium prescribing: initiation and monitoring
- Stimulants: epidemiology and impact on mental health
- Understanding and managing cardiovascular risks in treating mental health disease

#### Podcasts

## Modules and Podcasts by category

- Premenstrual dysphoric disorder (PMDD)
- Psychiatry and physical health: where are we now?

### Perinatal

- Anxiety disorders in the perinatal period **FREE**
- Complementary and alternative medicine in psychiatry
- Psychiatric aspects of perinatal loss
- Pharmacotherapy for borderline personality disorder
- Randomised controlled drug trials AND A look at the incidence of schizophrenia
- RCPsych in Scotland: Drug-related deaths
- Sexual dysfunction in first-episode psychosis
- The art of deprescribing: The Maudsley Deprescribing Guidelines (RCPsych Congress 2024)
- The inflamed mind: a radical new approach to depression
- The right way to stop psychiatric medication (RCPsych Congress 2019)
- The role of artificial intelligence in drug discovery
- What every psychiatrist should know about smoking cessation

### Physical health

- Fatigue in sport - overtraining syndrome
- Feeling better - lifestyle management for chronic mental disorders
- Managing depression in physical illness
- Physical activity interventions in severe mental illness

### Podcasts

- No mental health without oral health (RCPsych Congress 2025)

- Promoting physical activity in severe mental illness
- Psychiatry and physical health: where are we now?
- What every psychiatrist should know about smoking cessation

### Psychotherapy

#### Modules

- A 3D psychological perspective of climate change and sustainability (drivers, defences, deeds) *Quickbite*
- An introduction to mindfulness
- An introduction to trauma-informed care: Part 1
- An introduction to trauma-informed care: Part 2
- Asking for a psychodynamic psychotherapy opinion in general psychiatry *Quickbite*
- Behavioural activation in young people with low mood **FREE**
- Climate change, nature and children and young people's mental health
- Depersonalisation-derealisation disorder
- Fatigue in sport - overtraining syndrome
- Family interventions in psychosis
- Health anxiety: Part 2 – cognitive-behavioural therapy
- Introduction to CBT in psychosis
- Introduction to cognitive-analytic therapy
- Introduction to cognitive-behavioural therapy
- Introduction to motivational interviewing
- Managing depression in physical illness
- Mindfulness-based cognitive therapy
- Music therapy - an introduction
- Narcissistic personality disorder
- Psychosocial management of self-harm: Part 1
- Psychosocial management of self-harm: Part 2
- The role of religion and spirituality in mental health

### Podcasts

- CBT approaches: paranoid thoughts
- Cognitive-behavioural group treatment for functional somatic syndromes
- Delusions: understanding the un-understandable
- Developing communication in the therapeutic setting
- Empathy: what does it involve and how does it relate to psychiatry?
- How mentalisation changes the mind
- Psychological treatments for children and adolescents with eating disorders
- Psychosocial response to epidemics – lessons from Ebola applied to COVID-19 **FREE**
- Saving Freud
- Single-session integrated CBT
- The role of mentalising in the management of violence
- The role of therapist self-disclosure
- Virtual reality in psychological interventions

### Public mental health

#### Modules

- Health inequalities **FREE**
- Equity versus equality **FREE**
- Public mental health

### Quality and safety

#### Modules

- A 3D Psychological perspective of climate change *Quickbite*
- A guide to clinical ethics committees in psychiatry
- An introduction to trauma-informed care: Part 1
- An introduction to trauma-informed care: Part 2

- Boundary violations and sexual exploitation: recognition, avoidance and management **FREE**
- Community treatment orders
- Competence, capacity and decision-making ability in mental disorder
- Core competencies for external review **FREE**
- Diabetes and the psychiatrist
- Domestic abuse: identifying and responding to victims and perpetrators
- How patient-centred are you? Shared decision-making in psychiatric practice
- Managing stress and avoiding burnout Part 1
- Managing stress and avoiding burnout Part 2
- Mental Health Act 1983: Safeguards (England)
- Minimising in-patient suicides
- Polypharmacy
- Prescribing antiepileptic drugs for people with epilepsy and intellectual disability
- Probity in professional practice: Part 1
- Probity in professional practice: Part 2
- Quality improvement module 1: QI essentials **FREE**
- Quality improvement module 2: Clinical audit in mental health practice
- Quality improvement module 3: Organisation theory: conceptual frameworks in a changing
- Quality improvement module 4: Patient safety in mental health
- Quality improvement module 5: History of quality of healthcare in the UK **FREE**
- Quality improvement module 6: An introduction to the run chart and using data for improvement
- Rapid tranquillisation in children and adolescents
- Rapid tranquillisation of the acutely disturbed patient
- Risk assessment and management of violence
- Safe process for in-patient discharge: England and Wales

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- Psychological treatment: child and adolescent eating disorders
- Public mental health
- Randomised controlled trials/ incidence of schizophrenia
- Reforming culture of healthcare: intelligent kindness
- The mental health needs of refugees **FREE**
- How to conduct literature searches
- Involving patients and carers in training
- Mind your language: effective communication in clinical practice *Quickbite*
- Personal development plans: how to make them work *Quickbite*
- Problem psychiatrists: Part 1
- Problem psychiatrists: Part 2
- Quality improvement module 1: QI essentials **FREE**
- Quality improvement module 2: Clinical audit in mental health practice
- Station writing for the MRCPsych CASC exam **FREE**
- Teaching clinical skills
- The role of religion and spirituality in mental health

### Sustainability

#### Modules

- A 3D psychological perspective of climate change and sustainability (drivers, defences, deeds) *Quickbite*
- Climate change, nature and children and young people's mental health
- Delivering greener, more sustainable, net zero mental healthcare **FREE**
- Sustainability: a key concept in leadership and service development

#### Podcasts

- Nature-based interventions in psychiatry
- Social prescribing
- Sustainable prescribing
- Combating stigma
- How do we lead effectively throughout the COVID-19 pandemic? **FREE**
- Mentoring
- Physician Associates and their roles within psychiatry
- Professionals sharing service user information with carers
- The methodology of case-control studies
- The strange case of Dr Oliver Sacks (RCPsych Congress 2017)

### Teaching, training and assessment

#### Modules

- Climate change, nature and children and young people's mental health
- Core competencies for external review **FREE**
- Dementia: 'Breaking the Bad News' – A Guideline for Psychiatrists
- Mental health during the perimenopause and menopause: Part 1 **FREE**
- Mental health during the perimenopause and menopause: Part 2
- Anxiety disorders in the perinatal period **FREE**
- Managing alcohol withdrawal **FREE**
- Managing eating disorders
- Mental health care in low resource areas
- No mental health without oral health (RCPsych Congress 2025)
- Pharmacotherapy for borderline personality disorder
- Prodromal psychosis
- Psychiatry and physical health: where are we now?
- Giving feedback to trainees

### Women's mental health

#### Modules

## Modules and Podcasts by category

- Understanding and facilitating a pre-birth planning meeting **FREE**

### Podcasts

- Destigmatising women's mental health in the Middle East
- Improving mental health outcomes for autistic women (RCPsych Congress 2024)
- Premenstrual dysphoric disorder (PMDD)
- Shattering glass ceilings: women in leadership (RCPsych Congress 2024)

### Working with patients and carers

### Modules

- A 3D psychological perspective of climate change and sustainability (drivers, defences, deeds) Quickbite
- A guide to clinical ethics committees in psychiatry
- Alternatives to acute admission
- An introduction to trauma-informed care (TIC): Part 1
- An introduction to trauma-informed care (TIC): Part 2
- Assessing people with psychiatric rehabilitation needs
- Behavioural activation in young people with low mood **FREE**
- Climate change, nature and children and young people's mental health
- Community treatment orders
- Complex PTSD in children and adolescents Quickbite
- Competence, capacity and decision-making ability
- Cultural competency
- Dementia: 'Breaking the Bad News' – A Guideline for Psychiatrists
- Exploring spirituality with people who use mental health services **FREE**
- Family interventions in psychosis
- Feeling better
- Health inequalities **FREE**
- How patient-centred are you? Shared decision-making in psychiatric practice

- Human rights and the Human Rights Act 1998

### Podcasts

- Improving access, experience and outcomes for people living with dementia from ethnic minority communities **FREE**
- Introduction to nidotherapy: a video-based module
- Involving patients and carers in training
- Managing depression in physical illness
- Mental Health Act 1983: Criteria for detention
- Mind your language: effective communication in clinical practice Quickbite
- Options for remote working post COVID-19 Quickbite **FREE**
- People with intellectual disabilities in criminal justice settings
- Phenomenology and treatment of voice hearing in psychiatric practice **FREE**
- Planning ahead
- Prescribing antiepileptic drugs for people with epilepsy and intellectual disability
- Probity in professional practice: Part 1
- Probity in professional practice: Part 2
- Quality improvement module 4: Patient safety in mental health
- Recovery narrative in clinical practice **FREE**
- Respect for confidentiality- good psychiatric practice
- Safe process for in-patient discharge: England and Wales
- Safeguarding children: ensuring safe practice in general adult psychiatry settings
- Sustainability: a key concept in leadership and service development
- Taking a general medical history in psychiatry
- The role of religion and spirituality in mental health
- Transferring care between age-specific services: young people's transitions
- Working through interpreters
- Working with deaf and hearing-impaired people

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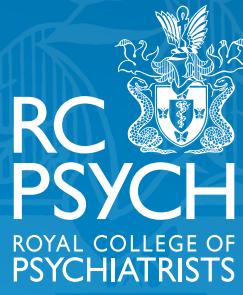
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