For ALL health professionals

Postgraduate courses in mental health

Have you a Bachelor degree in a health discipline? Are you interested in furthering your career in mental health?

ACU is now offering a suite of postgraduate programs, with different streams for Nurses and other Health professionals:

- Master of Mental Health
- Graduate Diploma in Mental Health
- Graduate Certificate in Mental Health
- Master of Mental Health (Nursing)*
- Graduate Diploma in Mental Health (Nursing)*
- Graduate Certificate in Mental Health (Nursing)

* It is expected that registered nurses who successfully complete the Postgraduate Diploma of Mental Health (Nursing) or Masters of Mental Health (Nursing) will meet the qualification criteria of the Credential for Practice Program.

ACU’s Master of Mental Health has been developed as a course specifically for clinicians entering into the specialist area of Mental Health and aims to develop in graduates knowledge and skills at a specialist and advanced level. This course offers:

- a shift in focus from acute inpatient treatment to that of recovery-oriented practice;
- professional development opportunities to keep pace with such change;
- articulation between the Graduate Certificate, the Graduate Diploma and the Master programs;
- opportunities to build the required knowledge, skills and competencies for the workforce;
- preparation to respond to the needs of consumers and carers;
- opportunities for new graduates of nursing and other health disciplines and those working in mental health but who have no formal postgraduate mental health.

Examples of potential employment roles include:

- Clinicians
- Case manager/worker
- Team Leader
- Service Manager
- Liaison Nurse
- Triage Manager
- Psychiatric Consultation & Liaison Nurse

For further information
futurestudents@acu.edu.au
www.acu.edu.au/postgraduate
1300 615 511

Campus offered
Brisbane
Melbourne
North Sydney
### Graduate Certificate in Mental Health / Nursing (Part-Time Only)

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<th>Course</th>
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<tr>
<td>Recovery Orientated Mental Health / Nursing**</td>
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<tr>
<td>Holistic Individual Centred Mental Health / Nursing Practice*</td>
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<tr>
<td>Balancing Risk in Recovery**</td>
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<tr>
<td>Reflective Practice &amp; Clinical Supervision in Mental Health/Nursing**</td>
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### Graduate Diploma in Mental Health / Nursing (Part-Time or Full-Time)

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<th>Course</th>
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<td>Health Promotion and Social Inclusion / Mental Health Nursing</td>
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<td>Leadership in Health Care</td>
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<td>Interpreting Health Research</td>
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<tr>
<td>Elective OR Dissertation Pathway</td>
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<tr>
<td>- Qualitative Research Methods; or</td>
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<td>- Quantitative Research Methods</td>
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### Master of Mental Health / Nursing (Part-Time or Full-Time)

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<td>Independent Project</td>
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<td>OR Research Dissertation</td>
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**HLSC units pertain to the generic Graduate Certificate / Graduate Diploma / Master of Mental Health for health professions, whereas the NRSG units are for the Graduate Certificate / Graduate Diploma / Master of Mental Health with a specialisation in nursing.**

**HLSC650/NRSG652 Recovery Orientated Mental Health / Nursing Practice**

This unit examines the guiding principles of a recovery-oriented approach to mental illness and distress. A recovery-oriented approach emphasises hope for the future, whilst it values and respects the uniqueness, expertise and experience of the individual, their family / group, and their community. Principles of recovery oriented mental health / nursing, including recognition of the uniqueness of the individual, real choices, attitudes and rights, dignity and respect, partnership and communication will be critically examined. Students will investigate and critically analyse a mental health culture in the light of social inclusion and how it fosters self-determination and resilience toward recovery.

**HLSC651/NRSG651 Holistic Individual Centred Mental Health / Nursing Practice**

The aim of this unit is to prepare students to provide holistic recovery-oriented care in a mental health practice setting. The focus of the unit is on assessment of individual care needs, care planning and care implementation. Collaboration between the entire care team, inclusive of the individual, their family / group and their community is an important concept in holistic recovery-oriented care, thus supporting the individual to recover and to achieve a fulfilling life as determined by the person, within their already existing relationships and social networks.

**HLSC654 Balancing Risk in Recovery**

This unit builds on and extends the knowledge and understanding acquired in other units. Using a recovery-oriented approach, students will investigate and analyse information about safe, effective care for individuals with mental distress or who are experiencing crisis. Mental health legislation, local and national guidelines and procedures for minimising risk and harm will be explored, particularly in relation to systems and processes that protect the individual from neglect, danger, harm and abuse. Students will explore concepts relating to mutuality, negotiation, dignity and choice in decision making.

**HLSC/NRSG655 Reflective Practice and Clinical Supervision in Mental Health / Nursing**

This unit explores the principles underpinning personal and professional development and reflective practice. Students will explore the importance of self-awareness when monitoring their own practice and the extent to which they work within personal, professional and organisational values and principles. Students will explore contemporary opinion and research on emotional intelligence / literacy and how this relates to their practice in mental health / nursing. A focus on continuing professional development and clinical supervision activities to enhance knowledge, skills, values and attitudes needed for safe and effective mental health practice will be incorporated.

**HLSC652/NRSG653 Health Promotion and Social Inclusion / Mental Health Nursing**

This unit explores the relationship between mental health and physical health, and the social inequalities of health experienced by individuals. Students will specifically explore the physical health of those with an underlying mental health condition who experience the phenomenon of diagnostic overshadowing. This will include the challenges associated with coexisting health conditions, including alcohol and other drug use. The use of psychopharmacological agents and their impact on the individual and their physical health will be examined. Students will explore issues related to access and utilisation of health resources for individuals with a mental illness and a coexisting physical condition.

**HLSC640 Interpreting Health Research**

This unit addresses issues of knowledge development and the history, methods and processes of nursing, midwifery and health related research. Ways to search, read and interpret relevant literature are explored, along with approaches to analysis and synthesis of literature as a preparatory step in writing a literature review for a proposed research study.

**HLSC605 Governance in Health Care**

This unit provides the opportunity for students to examine the relevance and application of contemporary models, theories and practices of governance and leadership in nursing and health care. Concepts relating to change management and outcomes, and leadership strategies and skills, including ethical, moral and social justice dimensions, will be considered. Resource management and organisational culture will also be addressed. Ways to shape, support, and where indicated, change health care structures and services will be critically examined.

**HLSC617 Independent Project**

This unit provides students with the opportunity to investigate a self-identified area of study drawn from a clinical/professional issue. The area of study must be measurable, appropriate for the level of the course and extend a topic / issue that relates to the student’s work-place and has been previously studied in the Master of Health Science course. This project will be conducted under the supervision of an ACU staff mentor appointed by the relevant Head of School.

**HLSC646 Qualitative Research Methods**

This unit aims to develop students’ ability to use qualitative research methods in the context of health related research. Research questions, research design, and research methods for qualitative data collection and analysis will be examined. The use of a variety of structured and unstructured approaches will be explored and issues of rigour and credibility will be addressed. Research proposal and report writing will be included.

**HLSC647 Quantitative Research Methods**

This unit aims to develop students’ ability to use quantitative research methods in the context of health related research. Research questions, research design and research methods for quantitative data collection and analysis will be examined. Approaches to descriptive and inferential statistical methods will be discussed, as well as issues of validity and reliability. Research proposal and report writing will be included.

*Required to be working in mental health**

**Online modules with 2 day Intensive Block (Brisbane, Melbourne, North Sydney)**