



**DR CATE HOWELL  
& COLLEAGUES**

Dr Cate Howell OAM, CSM

GP, therapist, coach, educator, author and radio host - *Presents*

## **Focussed Psychological Strategies (Level 2) Skills Training INTERPERSONAL THERAPY IN PRACTICE**

This activity has been approved by the **RACGP QI&CPD** Program in the 2017-19 triennium: 40 Category 1 points – Activity: 126254 And accredited by the **General Practice Mental Health Standards Collaboration (GPMHSC)** as a **FPS ST** activity for the 2017-19 triennium.

**What:** This **20-hour program** has been developed to provide GPs & mental health professionals (MHPs) with an opportunity to learn practical skills in Interpersonal Therapy (IPT) to manage patients in their everyday practice.

IPT focuses on how interpersonal relationships affect the individual and their mental health, with particular focus on issues around grief, conflict & social support. The workshop will be informative & interactive. Working with common couple issues will also be addressed.

**Who:** GPs seeking FPS mental health accreditation (to claim FPS item numbers 2721 and 2725; applicable to items 170-172), or wanting to upskill or maintain mental health accreditation. AND open to interested MHPs.

**Where/When:** **Sunshine Coast (Noosa, QLD – Thurs 14<sup>th</sup> Nov 4-8pm; Friday 15<sup>th</sup> and Saturday 16<sup>th</sup> Nov full days).**

**Cost:** \$720 (plus GST \$72.00); total \$792.00

**Attendees receive:** accredited program, morning and afternoon tea, and extensive workshop work book, Powerpoints and handouts.

### **THIS IS AN EXPRESSION OF INTEREST FORM!**

Ph: 0417867815 Fax: 08 85555880

Email: [cate.howell@gmail.com](mailto:cate.howell@gmail.com) with any enquiries

See <https://www.dr catehowell.com.au/workshops/current-workshops/>

**(To secure your place please pay via the 'shop' tab on the website)**

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