

## ABORIGINAL AND TORRES STRAITS ISLANDERS OR MĀORI MENTAL HEALTH EXPERIENCE

### Guidelines

The RANZCP College recognises the particular mental health issues facing the Indigenous peoples of Australia and New Zealand. This training requirement for specialist international medical graduates (SIMGs) is intended to increase awareness of these issues and to facilitate more effective partnerships with these communities to provide effective mental health services.

Training in the mental health of Aboriginal and Torres Strait Island people/s or Māori will be conducted differently in different training programs across Australia and New Zealand, depending on the facilities, resources and opportunities available. The training objectives for this aspect of training are intended to outline a minimum requirement, but it is anticipated that training programs will extend these considerably as necessary to better meet the particular needs of local Indigenous peoples.

The training objectives for training in the mental health of Aboriginal and Torres Strait Island people/s and Māori are as follows:

- *Demonstrate a knowledge and understanding of the epidemiology of mental health problems facing Indigenous people in Australia or New Zealand*
- *Conduct an assessment and provide treatment of an Indigenous person and their family*
- *Utilise and adapt the available mental health resources for the assessment and treatment of Indigenous peoples*
- *Liaise with appropriate local Indigenous mental health and health workers to facilitate treatment for Indigenous people with mental health problems as close to their families as possible*
- *Demonstrate an awareness of and sensitivity to the mental health issues relating to persons of Aboriginal and Torres Strait Island origin or persons of Māori origin, as appropriate.*

Examples which might form part of a suitable training experience include:

- Consultation with an Aboriginal health service
- Clinical work in a Māori mental health service
- Completion of a brief research project which focuses on Indigenous issues relevant to psychiatry
- Participation in an Aboriginal and Torres Strait Islander Service Organisation such as a Housing or Legal Service.
- An approved training module in either Aboriginal and Torres Strait Island mental health or Māori mental health. This will involve a minimum of 20 hours study, which may comprise reading or private study, tutorial group attendance or workshop participation. The RANZCP endorsed e-learning modules or an academic program approved by an Australian Branch Training Committee for local trainees are suitable, such as the NSW Institute of Psychiatry "Indigenous Mental Health" training module. In New Zealand see the Te Iho online program (<http://psychtraining.org/telho1.html>).

RANZCP Endorsed training modules:

[Module 1: Interviewing an Aboriginal or Torres Strait Islander patient](#)

[Module 2: Developing a mental health management plan for an Aboriginal or Torres Strait Islander patient](#)

[Module 3: Formulation of a case involving an Aboriginal or Torres Strait Islander patient](#)

[Module 4: Review a model of mental health service delivery in an Aboriginal or Torres Strait Islander community](#)

*A reminder that you must login using the RANZCP website to complete and record your certificates of completion for each individual module.*

It is recommended that you liaise with your supervisor to determine what would constitute a suitable training experience.



OR

An approved clinical experience completed with Aboriginal and Torres Straits Island people/s or with Māori. At least a three (3) month period<sup>2</sup> of clinical experience with a specialised Indigenous mental health service is required (or with a health service or social service):

<b>Dates when worked with this service</b>	
<b>Name of clinical team or service</b>	
<b>Description of experience gained and of your role with this team or service</b>	

**DECLARATION BY SIMG CANDIDATE**

I have completed the experience in mental health of Aboriginal and Torres Straits Island people/s or Māori in accordance with the RANZCP SIMG Training Regulations.

Name (printed) \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

**DECLARATION BY THE NOMINATED COLLEGE-ACCREDITED SUPERVISOR**

Dr ..... has completed training in mental health of Aboriginal and Torres Straits Island people/s or Māori in accordance with the RANZCP SIMG Training Regulations.

Name (printed) \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Privacy of Information Statement:** Registrar Evaluations are held and used in accordance with the College's [Privacy Policy](#) Statement.

<sup>1</sup> Either RANZCP endorsed online modules or a module for trainees approved by the local Branch Training Committee such as the 'Indigenous Mental Health' training module from NSW Institute of Psychiatry.

In NZ the approved module is the Te Iho program – available from <http://psychtraining.org/telho1.html>

<sup>2</sup> In NZ, a 6 month period of work in a general mental health service is acceptable if at least 50% of the patients/families seen within the service were Māori and if experience working with Māori cultural workers or advisors was gained.