Preamble

This document has been prepared with the intent of providing a syllabus for learning for Stage 1 of the Competency-Based Fellowship Program (CBFP). The syllabus intends to define, for trainees and educators, the knowledge base that underpins the acquisition of competencies in Stage 1 and that is required for progression to Stage 2. The content outlined below is intended to inform knowledge acquisition across clinical, informal and formal education settings as well as self-directed learning in accordance with the CBFP framework.

The syllabus is not intended to be prescriptive. Accordingly, in order to be consistent with the principles of adult learning and to reflect the richness and diversity of psychiatry, detailed descriptions of content are intentionally excluded. This also allows for advances in psychiatric knowledge and changing paradigms. It is recognised that local training schemes and Formal Education Courses (FECs) will provide greater levels of specification.

The syllabus is indicative of the breadth of knowledge required. All areas in the syllabus are important and need to be covered; however, not all areas could be expected to be learnt to the same level. To help trainees, FEC coordinators, supervisors and other educators, a rating system has been utilised to indicate the depth of knowledge expected.

| Depth of knowledge as appropriate for Stage 1 (not importance of knowledge) |
|-----------------------------|-----------------------------|
| AC  | Awareness of concepts     |
| WK  | Working knowledge         |
| IDK | In-depth knowledge        |

It is expected the rating system also reflects the learning opportunities available to trainees in the first stage of training. The rating currently attributed to each area in the syllabus affects Stage 1 training only and the rating may change as training progresses.
There are clinical practice guidelines available on RANZCP Guidelines and resources for practice which may be useful references.

Content

1 Interviewing and assessment

1.1.1 Basic principles of interviewing IDK
1.1.2 Mental state examination (MSE) IDK
1.1.3 Phenomenology IDK
1.1.4 Appropriate medical assessment and investigations IDK
1.1.5 Use of collateral sources IDK
1.1.6 Impact of cultural context IDK
1.1.7 Risk assessment IDK
1.1.8 Formulation IDK

2 Assessment and management of psychiatric emergencies IDK

3 Diagnosis and classification

3.1.1 Systems of classification (ICD, DSM) IDK
3.1.2 Principles and problems WK
3.1.3 History of development of diagnosis and classificatory systems in psychiatry AC

4 Basic sciences

4.1.1 Neurosciences (relevant to the clinical syndromes…) WK
   4.1.1a Neuroanatomy WK
   4.1.1b Neurophysiology WK
   4.1.1c Neurochemistry WK
4.1.2 Genetics and inheritance AC

5 Treatments in psychiatry

5.1 Social psychiatry

5.1.1 Principles of the recovery philosophy AC
5.1.2 Principles of stigma, mental health literacy, the role of public education initiatives AC
5.1.3 Role of social support services (housing, accommodation, non-governmental organisation [NGO] sector individual and group supports) AC
5.1.4 Role of non-medical individual and group counselling supports, eg. rape crisis services, veterans’ support services AC
5.1.5 Role of consumer and advocacy groups AC
5.2 Biological
- 5.2.1 Principles of psychopharmacology and prescribing
- 5.2.2 Antipsychotics
- 5.2.3 Antidepressants
- 5.2.4 Mood stabilisers
- 5.2.5 Anxiolytics
- 5.2.6 Electroconvulsive therapy (ECT)

5.3 Psychological
- 5.3.1 Basic principles of psychological interventions (including non-specific factors)
- 5.3.2 Understanding the principles and application of:
  - 5.3.3 Supportive psychotherapies
- 5.3.4 Psychodynamics
- 5.3.5 Cognitive–behavioural therapy (CBT)

6 Critical appraisal and basic statistics
- 6.1.1 How to evaluate a scientific paper in psychiatry
- 6.1.2 Fundamentals of statistics relevant to psychiatry
- 6.1.3 Understanding study designs (quantitative and qualitative)

7 Basic ethics
- 7.1.1 Ethics of involuntary treatment
- 7.1.2 Boundary issues
- 7.1.3 Issues of the exercise of power in psychiatry
- 7.1.4 Privacy and confidentiality
- 7.1.5 Distribution of healthcare
- 7.1.6 Relationship with pharmaceutical companies

8 Professionalism
- 8.1.1 Importance of personal ethics and integrity
- 8.1.2 Importance of maintaining professional standards
- 8.1.3 Importance of maintaining personal wellbeing

9 Mental health and related legislation
- 9.1.1 Relevant local mental health legislation
- 9.1.2 Responsibilities under the Mental Health Act
- 9.1.3 Principles underpinning mental health legislation
- 9.1.4 Other health legislation (common law)
  - 9.1.4a Duty-of-care
9.1.4b Enduring power of attorney  AC
9.1.4c Guardianship  AC
9.1.4d Advance health directives  AC

10 Normal development across the lifespan
10.1.1 Adolescent  WK
10.1.2 Adult  WK
10.1.3 Early attachment  AC
10.1.4 Infant  AC
10.1.5 Child  AC
10.1.6 Old age  AC

11 Basic psychology
11.1.1 Responses to trauma (including early-developmental trauma)  WK
11.1.2 Grief and loss  WK
11.1.3 Group theory and group dynamics  WK
11.1.4 Principles of adult learning  AC
11.1.5 Personal learning style  AC
11.1.6 Learning and related theories  AC
11.1.7 Basic principles of cognitive and behaviour therapy  AC

12 Cultural competence
12.1.1 Impact of cultural factors in clinical practice  WK

13 Patients, families and carers
13.1.1 History of patient empowerment and ‘consumer’ and carer movements  AC
13.1.2 Understanding the principles and importance of working with patients, families and carers  AC
14 Specific disorders

In Stage 1, trainees are expected to acquire knowledge of the following aspects of
the disorders listed below:

Epidemiology, aetiology (biopsychosocial, cultural), symptomatology, course,
assessment, management (biopsychosocial, cultural), psychiatric and medical
comorbidities, differential diagnoses.

14.1 Organic psychiatry
   14.1.1 Delirium                         WK
   14.1.2 Dementia                        AC

14.2 Substance dependence
   14.2.1 Acute intoxication              WK
   14.2.2 Withdrawal                      WK

14.3 Psychosis
   14.3.1 Schizophrenia spectrum disorders IDK

14.4 Mood disorders
   14.4.1 Bipolar disorder                IDK
   14.4.2 Depressive disorders            IDK

14.5 Anxiety disorders
   14.5.1 Panic and phobias               WK
   14.5.2 Responses to adversity and trauma (adjustment disorders and post-traumatic syndrome) WK
   14.5.3 Generalised anxiety disorder (GAD) AC
   14.5.4 Obsessive–compulsive disorder (OCD) spectrum AC

14.6 Personality disorders
   14.6.1 Borderline                      IDK
   14.6.2 Anti-social                      WK
   14.6.3 Narcissistic                    WK
Appendix

AC – Awareness of concepts

Advance health directives
Basic principles of cognitive and behaviour therapy
Child (normal development)
Cognitive–behavioural therapy (CBT)
Dementia
Distribution of healthcare
Early attachment (normal development)
Enduring power of attorney
Generalised anxiety disorder (GAD)
Genetics and inheritance
Guardianship
History of development of diagnosis and classificatory systems in psychiatry
History of patient empowerment and ‘consumer’ and carer movements
Infant (normal development)
Learning and related theories
Obsessive–compulsive disorder (OCD) spectrum
Old age (normal development)
Personal learning style
Principles of adult learning
Principles of stigma, mental health literacy, the role of public education initiatives
Principles of the recovery philosophy
Relationship with pharmaceutical companies
Role of consumer and advocacy groups
Role of non-medical individual and group counselling supports, eg. rape crisis services, veterans’ support services
Role of social support services (housing, accommodation, non-governmental organisation [NGO] sector individual and group supports
Understanding study designs (quantitative and qualitative)
Understanding the principles and importance of working with patients, families and carers
WK – Working knowledge

Acute intoxication
Adolescent (normal development)
Adult (normal development)
Anti-social personality disorder
Anxiolytics
Delirium
Duty-of-care
Electroconvulsive therapy (ECT)
Fundamentals of statistics relevant to psychiatry
Grief and loss
Group theory and group dynamics
How to evaluate a scientific paper in psychiatry
Impact of cultural factors in clinical practice
Narcissistic personality disorder
Neuroanatomy
Neurochemistry
Neurophysiology
Neurosciences (relevant to the clinical syndromes…)
Panic and phobias
Principles and problems (of diagnosis and classification)
Principles underpinning mental health legislation
Psychodynamics
Responses to adversity and trauma (adjustment disorders and post-traumatic syndrome)
Responses to trauma (including early-developmental trauma)
Withdrawal

IDK – In-depth knowledge

Antidepressants
Antipsychotics
Appropriate medical assessment and investigations
Assessment and management of psychiatric emergencies
Basic principles of interviewing
Basic principles of psychological interventions (including non-specific factors)
Bipolar disorder
Borderline personality disorder
Boundary issues
Depressive disorders
Ethics of involuntary treatment
Formulation
Impact of cultural context
Importance of maintaining personal wellbeing
Importance of maintaining professional standards
Importance of personal ethics and integrity
Issues of the exercise of power in psychiatry
Mental state examination (MSE)
Mood stabilisers
Phenomenology
Principles of psychopharmacology and prescribing
Privacy and confidentiality
Relevant local mental health legislation
Responsibilities under the Mental Health Act
Risk assessment
Schizophrenia spectrum disorders
Supportive psychotherapies
Systems of classification (ICD, DSM)
Use of collateral sources