



Consulting, Management and Prevention of Six Common Mental Disorders



Course objectives

You are staff involved in primary health care at the community level, students or social workers,... After attending this course, you will be able to:

- adopt a systematic view of current primary health care and mental disorders prevention in Vietnam
- understand basic concepts about the six common mental disorders
- know how to make an early diagnosis, to conduct initial consulting, and to prevent the six common mental disorders
- use screening tools for early diagnosis of mental disorders in general, and in particular the six common disorders
- adopt a fair attitude and supportive behavior towards people suffering from mental disorders in community

Course length 4 days

Course fee US\$250*/person-course

Course content

1. Epidemiology of common mental disorders
2. Symptoms and diagnosis of the six mental disorders (depression, anxiety, drug use, sleep problems, unexplained somatic complaints, chronic tiredness)
3. Management of the six common mental disorders
4. Use of screening tools for early diagnosis of the common mental disorders
5. Basic skills for mental disorder consultancy
6. Yoga relaxation exercises

Trainers team

1. La Thi Bui, MD, PhD Psychiatry, Head of the TuNa clinic
2. Tran Tuan, MD, PhD Epidemiology, Co-chairman of the RTCCD-Uni. of Melbourne Joint Research and Training Program on Community Mental Disorder Prevention
3. La Linh Nga, Psychologist, Vice-head of the TuNa clinic
4. Van Huu Nghi, Yoga instructor of TuNa clinic

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* Excluding food, accommodation and traveling

**RTCCD – Collaborative centre of WHO and Mental Health Research Program
University of Melbourne – committed to providing a SCIENTIFIC, UPDATED AND
APPLIED training course on mental health care for all**