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New from CPD eLearning

The online resource for mental health professionals

CPD eLearning (formerly CPD Online) is a resource provided by the Royal College of Psychiatrists for mental health professionals, housed on our new eLearning Hub.

CPD eLearning offers a range of learning modules and podcasts that provide a flexible, interactive way of keeping up to date with progress in mental health. Access to the modules is through annual subscription, but we also offer a series of **free modules** and **podcasts** for you to trial first.

For more information, visit CPD eLearning on the eLearning Hub: <https://elearninghub.rcpsych.ac.uk>
BJPsych Advances and CPD eLearning work together to produce regular joint commissions to enhance learning for mental health professionals.

[View related CPD eLearning content](#)

Recent modules and podcasts

Module The role of religion and spirituality in mental health – research and clinical practice

Our growing awareness of and interest in spiritual matters as a profession warrants a growing skill set to engage with patients about these experiences. We present this module in the hope of assisting with this important task. We are proud to release this module in joint commission with *BJPsych Advances*.
CPD credits: 1.5

Module Self-harm in adolescents: Part 2 – treatment and interventions

This module focuses on treatments and interventions for young people aged 8 to 18 years who self-harm. Young people who self-harm can present with particularly complex psychological and social problems. Risk management needs careful consideration, especially as we know that self-harm is one of the strongest known risk factors for later suicide (refer to *Self-harm in adolescents: Part 1 – risk assessment and management*).
CPD credits: 1

Module Health inequalities

Developed in partnership with NHS England, this module introduces the concepts of health equality, health equity, social justice, and intersectionality. It examines the importance of parity of esteem between physical and mental health, trauma-informed approaches and an applied case study on domestic violence and abuse. This module is a taster for the upcoming Public Mental Health Leadership Certification course. We are pleased to offer this module free to those without a paid subscription.
CPD credits: 2.5

Module Mental health during the perimenopause and menopause

This module looks at the perimenopause and menopause in the context of mental health, the hormonal and neurotransmitter changes that occur, perimenopausal mood disorders and prescribing hormone replacement therapy (HRT). We are pleased to offer this module free to those without a paid subscription.
CPD credits: 1.5

Podcast Equity versus equality

Developed in partnership with NHS England, this podcast is a discussion between CPD eLearning's Podcast Editor Dr Nadia Imran, Professor Sir Michael Marmot and RCPsych's Joint Presidential Lead for Equity and Equality Dr Amrit Sachar addressing the factors that cause and perpetuate health inequalities and inequities. We are pleased to offer this podcast free to those without a paid subscription.
CPD credits: 0.5

Module Premenstrual dysphoric disorder (PMDD)

PMDD may masquerade as a number of other mental and physical health conditions and has a significant association with suicidal and self-harming behaviour. It is important for psychiatrists working with premenopausal women and adolescents to be aware of the disorder, how it may present and the role of the psychiatrist in management, which may involve lifestyle changes, psychological, psychotropic, hormonal therapies and occasionally surgery. This module gives the learner an overview of the disorder and considers specifically the interface between PMDD and mental health services, including first-hand accounts from people with lived experience.
CPD credits: 1

Other recently published CPD eLearning podcasts (each worth 0.5 CPD credits) include:

- Social prescribing
- Depersonalisation-derealisation disorder
- Autism and mental health
- Coping, resilience and surviving trauma
- The role of artificial intelligence in drug discovery
- Saving Freud
- The Reluctant Carer
- Sustainable prescribing
- Connecting the dots in an uncertain world
- RCPsych in Scotland: Drug-related deaths
- Do we have free will?
- Physician Associates and their roles within psychiatry
- The psychology of the Ukrainian soldier
- Mental health in Ukraine
- Grief and the grieving
- The psychiatry of 'The Shawshank Redemption'