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**FREE PROFESSIONAL DEVELOPMENT LIST**

*The Mental Health Primary Network*

A great list of past webinars exploring various mental health and social issues to support individuals, families and relationships. Generally short presentations (approx. 1 hour) within a multidisciplinary team of allied health.

<https://www.mhpn.org.au/webinars>

*Kanopy*

This accessible by a university login or a local library card. It has a great array of videos of clinical assessment, intervention methods, diagnosis, and psychological research. There is great sources here for simulated learning by watching therapy videos.

<https://www.kanopy.com>

*National Eating Disorders Collaboration*

A range of videos covering lived experience of those with eating disorders, intervention methods, working within multidisciplinary teams.

<https://nedc.com.au/professional-development/e-learning/>

*Project Air*

Project Air have some excellent resources and free webinars relating to Borderline Personality Disorder.

<https://www.uow.edu.au/project-air/resources/webinars--podcasts/>

*Cognitive Processing Therapy (CPT)*

Free nine module course exploring CPT. 9 hours

<https://www.ptsd.va.gov/professional/continuing_ed/cptweb.asp>

*Headspace*

They have created a course that focuses on working with young people.

<https://headspace.org.au/health-professionals/ahp/>

Suicide Risk Screener (SAK)

Training in using the SAK to guide suicide risk assessment and response. Includes role plays that can be logged as simulated activity.

<https://ndarc.med.unsw.edu.au/suicide-assessment-kit>

*Centre of Perinatal Excellence*

Fabulous free course of the important facets of perinatal mental health.

<https://www.cope.org.au/course/basic-skills-in-perinatal-mental-health/?fbclid=IwAR0wvtLmRd-Q95qsbESDd_9wf9BnGacLzbawpmcgWHYz2sH8zku7psnKzBM>