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BM6: Primary Care Approach to Mental Health and Wellbeing Therapy

This 7.5 ECTS training module is designed for senior medical students and recently graduated doctors from both academic and non-academic tracks. It provides a solid theoretical foundation, supported by current evidence-based practices in mental health therapy within the primary care and family medicine setting.

Target Group

- Final-year medical students
- Recent medical graduates (academic and non-academic)
- Family medicine residents
- Primary care physician trainees

Learning Objectives

- Understand the prevalence and burden of mental health disorders in primary care.
- Analyze diagnostic frameworks for psychiatric and psychosomatic disorders.
- Interpret current evidence for pharmacological and psychological treatment models.
- Differentiate between treatment strategies based on patient comorbidities.
- Explain consultation-liaison psychiatry as a bridge between specialties.
- Critically evaluate mental health screening tools and clinical guidelines.

Curriculum Topics

- Fundamentals of Primary Mental Health Care: Scope and Impact
- Evidence-Based Treatment of Anxiety, Depression, and Bipolar Disorder
- Psychosomatic Medicine: Diagnosis and Theoretical Models
- Pharmacotherapy in Primary Mental Health: Prescribing Protocols
- Consultation-Liaison Psychiatry and Collaborative Care
- Mental Health Epidemiology and Screening Tools
- Clinical Guidelines and Case-based Literature Reviews

Teaching Methods

- Interactive lectures
- Literature seminars and critical appraisal
- Group discussions
- Guided clinical observations