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CPD Online is an e-learning resource offered by the Royal College of Psychiatrists. The website contains a range of learning modules and podcasts that provide a flexible, interactive way of keeping up to date with progress in mental health. College members may use CPD Online for up to 25 CPD points in the UK. Access to the modules is through annual subscription, but we offer a series of free trial modules. For more information, visit the CPD Online website: www.psychiatrycpd.org.

Recent modules and podcasts

A guide to medico-legal report writing

Writing medico-legal reports is a core task for psychiatrists, yet not everyone has received training in report writing skills. Furthermore, there are some areas of psychiatric practice where specialist reports are required. One such area is report writing for asylum cases. This module aims to equip the reader with the knowledge and skills to approach a medico-legal report in asylum cases confidently, and it also gives more general medico-legal report writing tips. The module includes advice from a practising barrister, along with interactive quizzes and video clips to consolidate learning. **CPD credits: 1.5**



An introduction to mindfulness

In this module, you will learn about mindfulness and how this ancient meditation practice now plays a part in evidence-based therapeutic approaches, with a particular focus on approaches that stem from mindfulness-based stress reduction (MBSR). In addition to expanding your knowledge of mindfulness, it is hoped that you will engage with this module at an experiential level, so some brief meditation practices are included for you to try. **CPD credits: 1**



Podcast: Maternal smoking during pregnancy and bipolar disorder in offspring

In this podcast, Dr Ardesheer Talati talks to Dr Raj Persaud about his latest research into the association between exposure to smoking during pregnancy and the risk for bipolar disorder. In addition, he discusses the link between brain imaging and depression, following on from his involvement in a three-generational study into the transmission of depression among offspring, as explored in a recent podcast with Professor Myrna Weissman. **CPD credits: 0.5**

