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## New from CPD Online

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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](http://www.psychiatrycpd.org).

### Recent modules and podcasts

#### The care of transgender people

Mental health issues faced by trans people may be exacerbated by discrimination and associated minority stress. This module aims to equip psychiatrists with basic information about trans people to help them to practise in a sensitive manner with this sometimes marginalised group. It also signposts when to refer on to specialist gender clinics, and details a little of the work of the multidisciplinary team in such clinics. **CPD credits: 1**



#### Podcast 'The strange case of Dr Oliver Sacks'

Why do some people choose psychiatry as a career, while others avoid it? Professor Anthony David explored these questions using the life story of writer and neurologist Oliver Sacks. In this podcast, Dr Raj Persaud talks to Professor David following his keynote lecture at the Royal College of Psychiatrists' International Congress 2017 on 'The strange case of Dr Oliver Sacks'. **CPD credits: 0.5**



#### Podcast Treatment and management of complex affective disorders

Ahead of his presentation at the Royal College of Psychiatrists' International Congress 2017, Professor Allan Young spoke with Dr Raj Persaud about complex affective disorders, considering the difficulties and common errors made in diagnosis and the differences in treatments for mixed affective states. **CPD credits: 0.5**



#### Mindfulness-based cognitive therapy

In this module you will learn about mindfulness and mindfulness-based cognitive therapy (MBCT), which is recommended by the National Institute for Health and Care Excellence (NICE) as a relapse prevention intervention for individuals with recurrent depression. It is hoped that you will engage with this module at an experiential level, using the brief guided meditation practices included to give a 'taste' of mindfulness. **CPD credits: 1**

