

# Advanced Specialised Training (AST)



## AST MENTAL HEALTH

This information sheet is designed to give a short summary of requirements for the AST in Mental Health.

Full curriculum, competencies, assessments and requirements for training posts can be found in detail in the [AST Mental Health Handbook](#) and the ACRRM [Handbook for Fellowship Assessment](#).

These resources should be referenced prior to making an application to be an ACRRM accredited training post.

ACRRM has many supports available for both registrars and supervisors, including online learning resources, access to medical educators and mentorship.

If you have any enquiries please contact your allocated Training Program Advisor or [ACRRM Training Team in your state](#).

<b>Training Post</b>	Training must take place in an ACRRM accredited post or combination of posts that can provide caseload and teaching capacity to provide appropriate experience and training in a sufficient range of general and sub-specialty mental health conditions to meet the requirements of this curriculum. Refer to the <a href="#">AST Mental Health Handbook</a> for features of suitable training posts.
<b>Supervision</b>	A Specialist Principal supervisor – a doctor holding a FRANZCP, FACRRM with AST Mental Health (or a Fellow of another college with relevant qualifications and experience) must be nominated who is overall responsible for the clinical and educational supervision of the registrar.  The <a href="#">Supervisor and Training Post Standards</a> has further details on supervisor requirements. Additional supervisors may be nominated to assist with supervision and leave coverage.
<b>Trainee Eligibility</b>	PGY3+ with satisfactory completion of 12 months of ACRRM Core Generalist Training (CGT).
<b>Training Time</b>	Minimum 12 months full time (FTE) or equivalent part time training at no less than 0.5FTE
<b>Education</b>	<b>Average minimum 4 hours of protected teaching time per week</b> should be spent engaged in educational activities related to the AST - see <a href="#">ACRRM Supervisor Guide</a>  A Record of this education must be kept by the registrar and discussed with the Supervisor and ACRRM Medical Educator regularly throughout training.  Registrars should participate in the RANZCP registrar education program and education tailored to the AST curriculum
<b>Required Courses</b>	Completion of a GPMHSC approved Level 2 Focussed Psychological Strategies Skills Training (FPSST).
<b>Encouraged Courses</b>	Registrars are encouraged to consider working towards related academic qualifications while undertaking their Advanced Specialised Training. Refer to <a href="#">AST Mental Health Handbook</a> for examples of courses that may articulate with Advanced Specialised Training in Mental Health.
<b>Competencies</b>	Advanced Specialised Training Mental Health competencies as well as Knowledge, Skills and Attributes, are outlined in the <a href="#">AST handbook</a> and <a href="#">Rural Generalist Curriculum</a> .
<b>Onsite Assessments</b>  Refer to <a href="#">ACRRM Fellowship Assessment Handbook</a>	Registrars must submit to ACRRM the following: <ul style="list-style-type: none"> <li>• <b>Four Supervisor reports</b>  <a href="#">Plan and Progress Report Advanced Specialised Training</a> should be completed by the registrar and supervisor every three months.</li> <li>• <b>Five Mini-Clinical Evaluation Exercises (Mini-CEXs)</b> spread across the year conducted by supervisor. See <a href="#">MiniCEX Formative Scoring Form</a>.</li> <li>• <b>Five Case Based Discussions (CBD)</b> are encouraged. See <a href="#">CBD forms</a> for templates.</li> </ul>
<b>External Assessments</b>	<b>Registrars must gain a pass in AST Mental Health StAMPS examination</b> ACRRM run AST Mental Health Structured Assessment using Multiple Patient Scenarios (StAMPS) an OSCE/viva voce style case-based college examination in which the candidate is given a community profile on which to base answers, please refer to <a href="#">AST Stampsville Profile</a> and <a href="#">ACRRM Rural Generalist Assessment page</a> . ACRRM provides Mock examinations prior to scheduled StAMPS exams. See <a href="#">ACRRM Fellowship Assessment Handbook</a> for further information