

EMERGING MINDS AND RACGP WEBINAR SERIES 2023

Common practice challenges in child mental health

Webinar two

Exploring, assessing and formulating: Common practice challenges in child mental health

Thursday 11th May, 7.00–8.30pm (AEST)

Assessment and formulation processes present multiple challenges for GPs responding to families where there are concerns about children's mental health and wellbeing. Based on a case study, this webinar will explore differences between formulation and diagnosis in the context of child mental health, as well as other common practice challenges.

Learning outcomes:

At the conclusion of this webinar, participants will be able to:

- Discuss diagnostic and biopsychosocial formulations in the context of child mental health.
- Identify the challenges for practices when managing child mental health concerns.



Case study

Jennifer (mother) has presented with her son Imke, who is 4.5-years-old. Imke's father, Amiri, was not present at the initial consult as he was at work.

When asked about the challenge(s) she is facing with Imke Jennifer has a long list of problems including: Imke not listening to instructions, hitting and biting her (not Amiri), whining or whimpering, over the top/hyperactivity at times, and explosive tantrums. She has voiced concerns that she believes Imke might need some diagnosis as he seems to be less behaved than all the other children in the playground. In a half joking manner Jennifer told the GP that she sometimes wonders if Imke "has it in for her". Jennifer is wondering if a referral to a paediatrician or a child psychologist is needed.

When asked about general family and home life Jennifer is reticent to talk about the topic, she believes it is unrelated to the child/the problem.

The GP and Jennifer decide to set another appointment to discuss the issue further.

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