

# Advanced Specialised Training (AST) Help Sheet

## AST MENTAL HEALTH

This Help Sheet is designed to give a one-page summary of requirements for the AST Mental Health. Full curriculum requirements, including competencies, teaching and training posts, can be found in the [AST Mental Health Handbook](#) please refer to this for more detail.

<b>Training Post</b>	Prospectively ACRRM accredited post or combination of posts that can provide caseload and teaching capacity to fulfil curriculum requirements
<b>Supervision</b>	Specialist FRANZCP Supervisor or Fellow of another college with relevant qualifications and experience. Responsible for clinical and educational supervision of the registrar and being aware of curriculum requirements.
<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 or equivalent part time training in an ACRRM accredited training post. Can be completed part time no less than 0.5FTE and in blocks concurrently with CGT terms.
<b>Education</b>	Approved educational activities related to the AST to average a <b>minimum of four hours</b> per week – see <a href="#">ACRRM Supervisor Guide</a> . A record of education must be kept by the registrar and discussed with the Supervisor and Medical Educator regularly throughout training.
<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. Please refer to page 6 <a href="#">AST Mental Health Handbook</a>
<b>Competencies</b>	Please refer to page 8 <a href="#">AST Mental Health Handbook</a>
<b>Onsite Assessments</b> Refer to ACRRM <a href="#">Fellowship Assessment Handbook</a>	To be submitted to ACRRM <ul style="list-style-type: none"> <li>• <a href="#">Plan and Progress Report Advanced Specialised Training</a> completed by registrar and supervisor every three months.</li> <li>• Five miniCEXs conducted by the supervisor See <a href="#">MiniCEX Formative Scoring Form</a>.</li> <li>• Five <a href="#">Case Based Discussions</a> conducted by their supervisor (strongly encouraged). See ACRRM <a href="#">CBD forms</a>.</li> </ul>
<b>External Assessments</b>	Registrars must gain a pass in AST Mental Health Structured Assessment using Multiple Patient Scenarios ( <b>StAMPS</b> ) an OSCE/viva voce style case-based college examination in which the candidate is given 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.

If you have any enquiries or concerns, please contact the ACRRM Training Team [training@acrrm.org.au](mailto:training@acrrm.org.au) or your Training Officer or Medical Educator