

Our research

Postgraduate research interests and opportunities within the Department of Psychological Medicine include:

Improving functioning in mood disorders. Includes: psychotherapy, neurocognitive interventions, and family interventions in mood disorders

Supervisors: Professor Richard Porter, Professor Marie Crowe, Dr Katie Douglas, Dr Maree Inder, Dr Dave Carlyle

The experience of and recovery from psychiatric disorders

Supervisors: Professor Marie Crowe, Dr Dave Carlyle

Psychological consequences of disasters and trauma

Supervisors: Associate Professor Caroline Bell, Professor Richard Porter

Addiction and co-existing disorders

Supervisors: Associate Professor Simon Adamson, Dr James Foulds, Professor Doug Sellman

Anxiety disorders and treatment

Supervisor: Associate Professor Caroline Bell

Māori mental health

Supervisor: Dr Cameron Lacey

Eating disorders

Supervisors: Professor Lois Surgenor, Dr Jenny Jordan

Psychological adaptation to medical illness

Supervisor: Professor Lois Surgenor

Personality disorders and treatment

Supervisors: Professor Roger Mulder, Dr Dave Carlyle

WHAT OUR STUDENTS SAY



Nathan Monk
Doctor of Philosophy candidate

I am a PhD candidate on the Christchurch Health and Development Study – a world-renowned longitudinal research study. I am researching dynamic psychosocial influences on mental health in adolescence and young adulthood. Doing a PhD has allowed me to throw myself into a project that is guided entirely by my own research interests, but there is always a lot to learn. My supervisors are always friendly and helpful, as are all the department faculty, and I have access to research seminars, skills workshops, and social events. It's all on here!



Rachel Day-Brown
Postgraduate Diploma in Health Sciences endorsed in Mental Health

I chose the University of Otago, because of its fantastic reputation. I am loving that I am challenging myself and extending my knowledge. I am meeting like-minded people and learning from incredible tutors, professors and researchers, that I have long admired. It is such a privilege. I would advise anyone to study at Otago – the quality of the education is incredible and the atmosphere relaxed and helpful. I was apprehensive at first, as I hadn't studied for 15 years, but the whole process was made easy by the informative, friendly staff.

POSTGRADUATE



UNIVERSITY
of
OTAGO
Te Whare Wānanga o Otago
NEW ZEALAND

CHRISTCHURCH

University of Otago, Christchurch

Department of Psychological Medicine

Te Tari Whakaora Hinengaro Tangata

Postgraduate and research opportunities



POSTGRADUATE



UNIVERSITY
of
OTAGO
Te Whare Wānanga o Otago
NEW ZEALAND

CHRISTCHURCH

Department of Psychological Medicine
University of Otago
Christchurch
4 Oxford Terrace
Christchurch 8011
Tel 03 372 040

To find out more:
otago.ac.nz/christchurch/departments/psychmed

For further information about
enrolment please contact:
Judith Stone
judith.stone@otago.ac.nz

For course advice and discussion
of topics please contact:
Dr Dave Carlyle
dave.carlyle@otago.ac.nz

Welcome to Psychological Medicine at the University of Otago, Christchurch

Tēnā koutou katoa – greetings to you all from the Department of Psychological Medicine.

Our mission is to promote improved mental health outcomes through research and teaching that is practical and clinically relevant.

We offer postgraduate study options that provide mental health workers with opportunities for professional development, and enable them to develop evidence-based knowledge that enhances their clinical practice skills.

As a postgraduate student in our department you will benefit from the experience and expertise of academic staff who are all in current clinical practice. Our academics are also active researchers who can provide discussion and learning based on the latest research developments in mental health care.

Our internationally-recognised research profile is one of the strongest in New Zealand, and we have strong research outputs, particularly in the areas of mood disorders, addictions and trauma.

Our papers emphasise promoting recovery for those using mental health services and are taught by experts in a range of disciplines – psychiatrists, nurses, psychologists and social workers.

We believe that studying topics relevant to your clinical practice will allow you to make a greater contribution to your profession, and to improving health outcomes for people with mental disorders.

We recognise that working in healthcare can make it difficult to attend classes so we offer on-campus study blocks, supported by online learning and access to student support services. This format also allows for distance study anywhere in New Zealand.

Our experienced supervisors want to inspire students to pursue careers in mental health research and we aim to mentor talented young people to become the academics of the future through master's and PhD study, progressing to postdoctoral research positions.

I wish you well in your studies.

Ngā mihi nui

Professor Richard Porter
Head of Department, Psychological Medicine



Our focus at the Department of Psychological Medicine is to help students build a solid foundation of theory, knowledge and contemporary clinical skills within their mental health service field, to foster educational and career advancement, and to support the development of clinical practice leaders.

Programmes of study

Postgraduate Certificate in Health Sciences (PGCertHealSc)

This coursework qualification is designed to enable health professionals to specialise in specific areas of practice at a postgraduate level, studying on a part-time basis. It comprises compulsory papers to the value of 60 points (usually two 30-point papers), and can be endorsed in:

Mental Health
Addiction and Co-existing Disorders
Nursing – Advanced Mental Health
Nursing – Specialty Mental Health
Perinatal Mental Health
Interpersonal Psychotherapy

Postgraduate Diploma in Health Sciences (PGDipHealSc)

This qualification is intended for health professionals who have completed three years of tertiary study and already have experience in the field. It comprises papers to the value of 120 points (usually four 30-point papers), and can be endorsed in:

Mental Health
Addiction and Co-existing Disorders
Interpersonal Psychotherapy

Master of Health Sciences – Mental Health (MHealSc)

This endorsed master's qualification provides an opportunity for students to pursue academic study in the specialist field of psychological medicine. It comprises 120 points. This can be a thesis worth the entire 120 points, OR a 60-point dissertation and further papers to the value of 60 points.

Doctor of Philosophy (PhD)

A research-only qualification usually completed in three years full-time or the equivalent in part-time study. The PhD has its own admission process and further information for admission requirements can be found in the PhD Handbook.

otago.ac.nz/graduate-research/index

See overleaf for research areas available within the Department of Psychological Medicine.

Postgraduate papers offered

Postgraduate papers offered by the Department of Psychological Medicine include:

PSME 401 Nature, Extent and Assessment of Mental Disorders Common mental disorders of children, adults and the elderly.

PSME 404 Assessment of Addiction and Co-existing Disorders A clinical paper addressing the full range of alcohol and drug disorders in terms of assessment, management planning and communicating clinical findings and recommendations.

PSME 405 Contemporary Approaches to Mental Health Practice Care systems for individuals, families and the community.

PSME 406 Research Methods: Mental Health Introduces the principles of research design and methodology relating to the area of mental health.

PSME 422 Treatment of Addiction and Co-existing Disorders A companion paper to PSME 404 covering a full range of issues related to the clinical management of people with alcohol and drug disorders.

PSME 424 Pharmacotherapy of Addiction and Co-existing Disorders A clinical paper addressing the use of medications in the treatment of people with addiction problems including common co-existing psychiatric and medical disorders, with a particular focus on opioid substitution treatment.

PSME 427 Interpersonal Psychotherapy Outlines the processes involved in establishing interpersonal psychotherapy into a mental health service. This will allow individuals to gain an advanced knowledge of the theory and skills of interpersonal psychotherapy.
Prerequisite: At least one of PSME 425 or PSME 426 or proof of attendance at an approved interpersonal psychotherapy workshop.

PSME 432 Introduction to Perinatal Psychiatry Assessment and management of psychiatric disorders during pregnancy and the first postnatal year.
Note: Candidates must possess an appropriate health professional qualification and have at least two years of postgraduate clinical experience.

PSME 433 Introduction to Infant Mental Health Topic cover normal and interrupted brain development in utero and up to the age of three years, the importance of attachment, and care and protection concerns.
Note: Candidates must possess an appropriate health professional qualification and have at least two years of postgraduate clinical experience.

NURS 403 Mental Health Nursing Practice Provision of a theoretical basis for mental health nursing through the use of a problem based learning approach, and the incorporation of critical social theory as a basis for reflection on mental health nursing practice.

NURS 404 Advanced Mental Health Nursing Practice Advanced clinical practice in a mental health nursing context. Critique of practice and the application of research and theoretical principles to mental health nursing practice
Prerequisites: NURS 403 and two years of clinical experience in a mental health context.

NURS 409 Mental Health Nursing Practicum Practicum offering clinical knowledge and skills for specialist mental health nursing and mental health care delivery. Critique of practice and application of research and theoretical principles to mental health nursing clinical practice.