

**INTERNATIONAL
MASTER'S DEGREE**

PRIMARY CARE MENTAL HEALTH

3rd EDITION
3rd Stage

2018 - 2020
LISBON - PORTUGAL

Coordination

Professor Miguel Xavier
Professor Gabriel Ibvijaro

Enrollment deadline

21 February 2019

Duration 4 semesters

1st year: 60 ECTS; 2nd year: 60 ECTS

Dates for Residential Sessions (1st year)

20 - 25 May 2019; 18 - 23 November 2019

Information and Applications

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SCOPE AND OBJECTIVES: what can I expect from this Masters program?

The overall goal of this International Master's degree program is to train the primary care and community workforce in mental health. This will improve and promote mental health skills in primary care, provide participants with knowledge and skills in mental health promotion and prevention, support earlier recognition and diagnosis and management of common mental disorders in primary care, support personal recovery in mental health, provide practitioners with enhanced skills to enable them to better manage mental health comorbidity and complexity in a primary care settings and also provide participants with opportunities to develop their skills in research methodology, project management and service re-design.

Mental health is an integral part of health and health and social services provision, but has received inadequate attention by policy makers and also by society in general. Mental disorders impose an enormous disease burden and an increasing obstacle to development in countries around the world.

Studies estimate that **at least 10% of the world's population is affected and that 20% of children and adolescents suffer from some form of mental disorders.** In fact, mental disorders accounts for 30% of non-fatal disease burden worldwide and 10% of overall disease burden, including death and disability.

Many people with mental health conditions can be successfully managed in primary care and community settings as long as staff has appropriate skills and training. **Traditional approaches to mental health problems in Primary Care are clearly insufficient to tackle the future challenges in this area, requiring innovation, new ways of working and a paradigm shift.**

This Masters Degree program is specially designed to tackle some of these challenges from a new perspective with a focus on service redesign, capacity building and intervention programmes.

By the time you complete this International Master's program in Primary Care Mental Health, you will have gained the skills you need to be a leader and an expert in mental health in the primary care setting.

As a result of the new knowledge and competencies you acquire you will:

- Be able to integrate mental health into the primary care platform;
- Be able to conduct and implement service re-design;
- Be able to use and implement appropriate primary care mental health guidelines;
- Be able to design and support skill mix in the primary care setting;
- Be able to develop and implement care packages in primary care including psychological therapies
- Be able to improve the mental health skills of the primary care work force;
- Be able to improve access to evidence based mental health in primary and community care;
- Be able to carry out research and audit;
- Recognize the central role of a stepped care model to deliver the best outcomes;
- Be able to promote and support mental health advocacy and mental health literacy

Some previous participants of this programme have already taken up a number of exciting opportunities to lead on mental health transformation in their countries.

Timetable

The dates of the residential sessions are:

- 20-25 May 2019
- 18-23 November 2019

Structure/Curriculum and Credits

1st Year	
Curricular Units	ECTS Credits
Assessment and intervention in common mental health problems	10
Management of common mental health problems in primary care	15
Mental health across the life course	15
Service redesign	12
Basic elements of research methodology and statistics	8
2nd Year	
Curricular Units	ECTS Credits
Dissertation or work project or professional work placement	60

STRUCTURE OF THE PROGRAMME

The **programme** delivered in English during two one-week long residential sessions supported by on-going work-based clinical exposure using a personal caseload, an e-learning portfolio and access to International Faculty Members and Tutors. Each student will be allocated a personal tutor and mentor during the course of the programme.

The course will be delivered using lectures, tutorials, workshops, seminars, essays, core reading materials, core assessment of knowledge, competency and skills acquisition in the field of primary care mental health and a reflective log. The first residential session will take place on 20-25 May 2019 and the second on 18-23 November 2019. Between the residential sessions, students are required to participate in e-learning teaching activities, and to complete homework assignments related for each of the modules that will be posted on the web.

The successful attendance and completion of the first year of the degree, with 60 ECTS (European Credit Transfer System), will award a Diploma from the Universidade NOVA de Lisboa.

Successful candidates are then able to progress to the Master's degree with the award of a further 60 ECTS (European Credit Transfer System).

General Information

Duration

4 semesters

1st year: 60 ECTS; 2nd year: 60 ECTS

Entry Requirements

- Holders of a Bachelor degree or legally equivalent qualification in the field of Medicine, Nursing, Psychology, Social Sciences;
- Currently working in a clinical or social care setting;
- Knowledge of English is mandatory.

Prescribing rights will be based on the national legislation underpinning the individual participants professional code of conduct

Admission procedures

[Please see complete information in the Notice of Application.](#)

Selection criteria

- a) Classification in academic degrees, according to the European scale of comparability;
- b) Global assessment of the CV;
- c) An interview of the candidate can be made by the Scientific Board of the programme (by phone, if the candidates live abroad).

[Please see complete information in the Notice of Application](#)

Vacancies

The Course will run with a minimum of 7 and a maximum of 25 students.

Fees

(the fees don't cover the costs of travel and accommodation)

Application Fees: €51

Registration Fees: €35

Insurance: €14

Tuition Fees: €2500 (per year)

[Please see complete information in the Notice of Application](#)

The ECTS credits obtained in the Masters Programme may be credited to the NMS|FCM-UNL Ph.D. Programme and other recognized University programmes, when applicable.



NOVA Medical School Faculty

Professor Miguel Xavier
Professor Gabriel Ivbijaro
Professor Isabel Santos
Professor J. M. Caldas de Almeida
Professor Henk Parmentier
Professor Lucja Kolkiewicz
Professor M. Gonçalves Pereira
Professor Bruno Heleno
Professor Joaquim Gago
Professor José Mendes Nunes
Professor Luis Pisco
Professor Miguel Talina
Professor Teresa Ventura
Professor Daniel Pinto
Dr. David Rodrigues
Dr. Georgina Maia
Dr. Nuno Basílio

International Faculty

Professor Sir David Goldberg
Emeritus Professor Institute of Psychiatry,
London, UK

Professor Ben Wright
East London NHS Foundation Trust,
London, UK

Professor Todd Edwards
University of San Diego, USA

Professor Allan Tasman
Schwab Endowed Chair in Social, Community and
Family Psychiatry, University of Louisville,
Kentucky, USA

Professor Tawfik A. M. Khoja
Family Doctor, Saudi Arabia

Professor Steve Iliffe
University College, London