Child and Adolescent Mental Health
Postgraduate Handbook
Child and Adolescent Mental Health

Introduction
Courses outlined in this Handbook are usually offered to graduates in medicine, nursing, occupational therapy, social work or psychology who work, or expect to work, in child and adolescent mental health services and want to gain further skills and knowledge in this field.

Background
The Department of Psychological Medicine in the Faculty of Medical and Health Sciences of The University of Auckland was formed in 2004 from the merger of the Departments of Psychiatry and Health Psychology.

The role of the Department is to perform research and teaching in psychiatry and health psychology, to provide consultation to the highest possible standards, and to contribute to the delivery of high quality health care in the wider community.

The Department houses the Werry Centre for Child and Adolescent Mental Health and staff teaching CAMH courses do so as part of the teaching arm of the Werry Centre.

Why Child and Adolescent Mental Health?
Mental Health needs among children and adolescents are a major concern but also an opportunity to change outcomes. Barriers to meeting needs include the serious shortage of Child and Adolescent Mental Health (CAMH) Clinicians, and the limited training available: few health professionals have undergraduate or specialized training in the area.

Where can a postgraduate certificate lead me?
Certificate courses can be credited towards a Postgraduate Diploma and then towards a Master of Health Sciences or other degrees, depending on the background of the student. It is important to note that the certificate programme does not by itself equip trainees to work clinically with children. A basic clinical training is also required.
Funding

Te Pou, the national centre of mental health research, information and workforce development, is contracted by the Ministry of Health to administer funding for mental health and addiction post entry clinical training. Skills Matter, within Te Pou, contracts education providers to deliver training on a number of post graduate programmes. The University of Auckland postgraduate certificate in CAMH is a Skills Matter provider, therefore fees funding may apply.

Tuition fees funding

For 2014, to be eligible to receive fees funding for The University of Auckland CAMH Certificate Programme, trainees must:

1. Meet the education provider’s (UoA) criteria for eligibility to study at this level.

2. Meet the requirements for registration with one or more of the following:
   b. Social Worker registration.
   c. Drug & Alcohol Practitioners’ Association of Aotearoa New Zealand (DAPAANZ) status as a registered competent practitioner or associate practitioner status.
   or
   d. Other relevant professional body at the discretion of the training provider.

3. Recognise and understand tikanga Maori and other appropriate cultural input to mental health and addiction services.

4. Be working clinically with children and / or adolescents in a MoH / DHB-funded service for at least 0.6FTE (24 hours a week) where they have at least one year’s experience. New graduates must be working a minimum of 0.7FTE (28 hours a week).

5. Complete the certificate programme within two academic years, at the discretion of the training institution.

Note:
The above information is adapted from the Child and Youth Service Specifications available on www.skillsmatter.co.nz
(See New Entry to Specialist Practice – Infant, Child and Youth Mental Health and Addiction programme.)

Travel and accommodation assistance

Skills Matter provides a Travel & Accommodation Assistance Grant to support (but not necessarily fully fund) access to Skills Matter funded training programmes for students at a distance from the education provider (in this case, students outside Auckland doing the CAMH Certificate). Upon provision of receipts reimbursement to a set limit is made.

Further information regarding the application process for this Grant will be available on the Skills Matter website. (Note for reimbursement of travel and accommodation costs, students contact Skills Matter directly.)

www.skillsmatter.co.nz/page/166-travel-and-accommodation-assistance-grants

Skills Matter

Contacts for further queries:
Email info@skillsmatter.co.nz
Website www.skillsmatter.co.nz
Masters and PhD programmes
Studies in child and adolescent mental health may also be continued with enrolment in a Master’s in Health Science or a doctoral (PhD) programme. Students need to have completed the requirements for the Postgraduate Diploma in Health Sciences

www.calendar.auckland.ac.nz/regulations/medical/PGDipHSc.html

or its equivalent, with an average grade of B or higher. The Master’s in Health Science can be taken as a taught programme or as a combination of thesis and course work. Talk to the staff about continuing your studies, or see www.calendar.auckland.ac.nz/regulations/medical/MHSc.html and www.calendar.auckland.ac.nz/regulations/doctoral/PhD.html.

University admissions and enrolment
Student Services Online is the new and improved way to apply to the University, enrol in classes, view your timetables, update your details and much more.
This site contains help guides and video tutorials. www.studentservices.auckland.ac.nz/uoa/

Study at The University of Auckland

<table>
<thead>
<tr>
<th>Apply for your programme of study</th>
<th><a href="http://www.studentservices.auckland.ac.nz/uoa/home/student-services-online/sso-apply">www.studentservices.auckland.ac.nz/uoa/home/student-services-online/sso-apply</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Log on to Student Services Online and apply for your programme of study i.e. PG Certificate in Health Sciences (60 points), PG Diploma in Health Sciences (120 points), Certificate of Proficiency</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Submit the required documents</th>
<th>Documents have to be submitted to:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Colour passport size ID photo</td>
<td></td>
</tr>
<tr>
<td>• Curriculum vitae</td>
<td></td>
</tr>
<tr>
<td>• NZ Citizen/Resident Verification (Birth Certificate / Passport)</td>
<td></td>
</tr>
<tr>
<td>• Official Academic Transcript</td>
<td></td>
</tr>
</tbody>
</table>

Students with international qualifications can expect to be charged approximately $125.00 to get their qualifications assessed.

<table>
<thead>
<tr>
<th>Accept /Decline the offer of study from The University of Auckland</th>
<th><a href="http://www.studentservices.auckland.ac.nz/uoa/sso-how-to-accept-or-decline-an-offer-of-admission">www.studentservices.auckland.ac.nz/uoa/sso-how-to-accept-or-decline-an-offer-of-admission</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>You have to log on to SSO to accept/decline your offer of study. This offer has an expiry date and if you don’t accept/decline by that date, you won’t be able to study in the semester you have applied for.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Apply for a concession for your courses</th>
<th><a href="http://www.studentservices.auckland.ac.nz/uoa/sso-apply-concession">www.studentservices.auckland.ac.nz/uoa/sso-apply-concession</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>To get formally enrolled in your courses on SSO, you have to apply for a concession, which the department will approve or decline (depending if you meet the course requirements)</td>
<td></td>
</tr>
</tbody>
</table>
**International students**

If you are an international student (that is, you do not have citizenship or permanent residency in New Zealand or Australia) then you should contact Auckland International for application information (international@auckland.ac.nz).

**For information about Child and Adolescent Mental Health (CAMH) programmes**

Contact:

**Janine Joubert**  
Administrator  
Department of Psychological Medicine  
Grafton Campus  
The University of Auckland  
Private Bag 92019  
Auckland, 1142  
New Zealand  
**Phone:** +64 9 923 9717  
**Fax:** +64 9 373 7013  
**Email:** j.joubert@auckland.ac.nz

OR

**Mr Vas Ajello**  
Clinical Psychologist  
Programme Co-ordinator  
Department of Psychological Medicine  
Grafton Campus  
The University of Auckland  
Private Bag 92019  
Auckland, 1142  
New Zealand  
**Phone:** +64 9 923 3767  
**Fax:** +64 9 373 7013  
**Email:** v.ajello@auckland.ac.nz

**Accommodation/travel**

You are responsible for getting to and from Auckland yourself and for arranging your own accommodation for the Teaching Blocks.

The Department of Psychological Medicine is situated on Level 12, Support Building on Auckland City Hospital site at 2 Park Road, Grafton, Auckland.

Below is a list of accommodation within walking distance of Auckland City Hospital:

**St Martin’s Waldorf Apartments Hotel**  
12 St. Martins Lane, Grafton Auckland  
**Phone:** +64 9 929 2000  
**Fax:** +64 9 929 2001  
[www.st-martins-waldorf.co.nz](http://www.st-martins-waldorf.co.nz)

**Domain Lodge**  
1 Boyle Crescent, Grafton, Auckland  
**Phone:** +64 9 308 0161  
**Fax:** +64 9 308 0175  
[www.domainlodge.co.nz](http://www.domainlodge.co.nz)

**Grafton Oaks**  
121 Grafton Road, Auckland  
**Phone:** +64 9 309-0167  
**Fax:** +64 9 377-5962  
[www.graftonoakshotel.co.nz](http://www.graftonoakshotel.co.nz)

**Quest Newmarket**  
31–39 Davis Crescent, Newmarket, Auckland  
**Phone:** +64 9 520 3000  
**Fax:** +64 9 520 3005  
[www.questnewmarket.co.nz](http://www.questnewmarket.co.nz)

**Parking**

There is no student parking available for teaching at Grafton Campus. The options are either to find a park in Auckland Domain, which is rather difficult unless you are early, or to take a taxi or a bus. There is a Wilson Car park at Auckland Hospital which charges about $18 per day.
Programme outlines

Postgraduate certificate

The Postgraduate Certificate in Health Sciences (PGCertHSc) programme specializing in Child and Adolescent Mental Health is designed for graduates in medicine, nursing, occupational therapy, psychology, or social work who are wishing to further develop their skills and knowledge in this field. Areas of focus include child and adolescent development, psychopathology, assessment and case studies.

To be eligible for entry students must have a relevant degree, or a relevant health professional qualification and have at least two years of relevant work experience. Eligibility for some clinically based courses may be restricted to registered health professionals.

Time to complete: Within one year if enrolled full-time, within two years in enrolled part-time.

A limited number of fully funded places are available for applicants who meet certain criteria. Please see Funding above and submit an expression of interest with details of your qualifications and current work to Administrator Janine Joubert.

The programme for the PGCHS requires a total of 60 points from courses listed below.

- 60 points: PSYCHIAT 740, 747, 768 (Note this is the only combination for which there is funding.

or

- at least 30 points from PSYCHIAT 740, 747, 768.

- up to 30 points from other courses approved by the Head of School of Medicine. (Some possibilities are listed below. Note that these include CBT courses, PSYCHIAT 769, 770).

Courses offered by the Department of Psychological Medicine (Grafton Campus)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Days</th>
<th>Time</th>
<th>Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>PSYCHIAT 747</td>
<td>Child &amp; Adolescent Development</td>
<td>Mon</td>
<td>9am–4.30pm</td>
<td>Semester One</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tues</td>
<td>2 days</td>
<td></td>
</tr>
<tr>
<td>PSYCHIAT 740</td>
<td>Child &amp; Adolescent Psychopathology</td>
<td></td>
<td>Distance Learning</td>
<td>Semester Two</td>
</tr>
<tr>
<td>PSYCHIAT 768</td>
<td>Clinical Skills in Child, Adolescent &amp; Family Mental Health Assessment</td>
<td>Wed</td>
<td>9am–4.30pm</td>
<td>Semester One</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Thurs</td>
<td>8 days</td>
<td>Semester Two</td>
</tr>
<tr>
<td>PSYCHIAT 769</td>
<td>CBT with Children, Adolescents and their Families I</td>
<td>Thurs</td>
<td>9am–4.30pm</td>
<td>Semester One</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fri</td>
<td>4 days</td>
<td></td>
</tr>
<tr>
<td>PSYCHIAT 770</td>
<td>CBT with Children, Adolescents and their Families II</td>
<td>Thurs</td>
<td>9am–4.30pm</td>
<td>Semester Two</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fri</td>
<td>4 days</td>
<td></td>
</tr>
</tbody>
</table>
Postgraduate diploma

The Postgraduate Diploma in Health Sciences (PGDipHSc) in Child and Adolescent Mental Health is designed for graduates in medicine, nursing, occupational therapy, psychology, or social work who are wishing to further develop their skills and knowledge in this field.

Students must have completed the requirements for a relevant degree, or have completed the requirements for a relevant health professional qualification and have at least two years of relevant work experience to be eligible for entry. Eligibility for some clinical based courses may be restricted to registered health professionals. Students who have completed the certificate (60 points) with a B aggregate or higher can continue to the diploma (an additional 60 points).

Time to complete: Within two years if enrolled full-time, within four years if enrolled part-time

The programme for the PGDHS requires a total of 120 points from courses listed below offered by the Department of Psychological Medicine (PSYCHIAT) and the School of Population Health (POPHLTH).

- At least 30 points from PSYCHIAT 740, 747, 768.
- 15 points from PSYCHIAT 741.
- 15 points from POPHLTH 701–709, 757.
- Up to 60 points from PSYCHIAT 740, 747, 768–772 or other courses approved by the Head of the School of Medicine.
- Some nursing courses may also be suitable – please discuss with staff.

Courses offered by the Department of Psychological Medicine (Grafton Campus)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Days</th>
<th>Times</th>
<th>Duration</th>
<th>Semester(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>PSYCHIAT 747</td>
<td>Child and Adolescent Development</td>
<td>Mon Tues</td>
<td>9am–4.30pm</td>
<td>2 days</td>
<td>Semester One</td>
</tr>
<tr>
<td>PSYCHIAT 740</td>
<td>Child and Adolescent Psychopathology</td>
<td>Distance Learning</td>
<td></td>
<td></td>
<td>Semester Two</td>
</tr>
<tr>
<td>PSYCHIAT 768</td>
<td>Clinical Skills in Child, Adolescent and Family Mental Health Assessment</td>
<td>Wed Thurs</td>
<td>8am–4.30pm</td>
<td>8 days</td>
<td>Semester One Semester Two</td>
</tr>
<tr>
<td>PSYCHIAT 741</td>
<td>Therapy in Child and Adolescent Mental Health – Theory</td>
<td>Wed Thurs</td>
<td>9am–4.30pm</td>
<td>4 days</td>
<td>Semester One</td>
</tr>
<tr>
<td>PSYCHIAT 769</td>
<td>CBT with Children, Adolescents and their Families I</td>
<td>Thurs Fri</td>
<td>9am–4.30pm</td>
<td>4 days</td>
<td>Semester One</td>
</tr>
<tr>
<td>PSYCHIAT 770</td>
<td>CBT with Children, Adolescents and their Families II</td>
<td>Thurs Fri</td>
<td>9am–4.30pm</td>
<td>4 days</td>
<td>Semester Two</td>
</tr>
<tr>
<td>PSYCHIAT 771</td>
<td>Special Topic: Infant Mental Health, Early Environments and Nurturing Relationships</td>
<td>Wed Thurs</td>
<td>9am–12noon</td>
<td>4 days</td>
<td>Semester Two</td>
</tr>
<tr>
<td>PSYCHIAT 772</td>
<td>Special Topic: Infant Mental Health, Classification of Psychopathology and Effective Treatment</td>
<td>Wed Thurs</td>
<td>1–4pm</td>
<td>4 days</td>
<td>Semester Two</td>
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</table>
Courses offered by the School of Population Health (Tāmaki Innovation Campus)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Days</th>
<th>Time</th>
<th>Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>POPHLTH 767</td>
<td>Research Methods for Health Services</td>
<td>Tues Fri</td>
<td>9am–12noon</td>
<td>Semester One</td>
</tr>
<tr>
<td>POPHLTH 704</td>
<td>Undertaking Qualitative Health Research</td>
<td>Wed</td>
<td>9am–5pm</td>
<td>Semester Two</td>
</tr>
<tr>
<td>POPHLTH 705</td>
<td>Evaluation Research Methods</td>
<td>Fri</td>
<td>9am–5pm</td>
<td>Semester One</td>
</tr>
<tr>
<td>POPHLTH 706</td>
<td>Statistics in Health Science</td>
<td>Tues</td>
<td>9am–5pm</td>
<td>Semester One</td>
</tr>
<tr>
<td>POPHLTH 708</td>
<td>Epidemiology</td>
<td>Mon</td>
<td>9am–5pm</td>
<td>Semester Two</td>
</tr>
<tr>
<td>POPHLTH 709</td>
<td>Evidence for Best Practice</td>
<td></td>
<td>Distance Learning</td>
<td>Semester One</td>
</tr>
</tbody>
</table>

Note: Timetable subject to change. Please see Student Services Online for up to date information.

Teaching block dates 2014 (in Auckland)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Block 1</th>
<th>Block 2</th>
<th>Block 3</th>
<th>Block 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>PSYCHIAT 740</td>
<td>Web based course starting on 21 July (Cecil)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PSYCHIAT 741</td>
<td>25 &amp; 26 March</td>
<td>27 &amp; 28 May</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PSYCHIAT 747</td>
<td>10 &amp; 11 March</td>
<td></td>
<td>The remainder is online. A 3-hour seminar is held at regional centres</td>
<td></td>
</tr>
<tr>
<td>PSYCHIAT 768A &amp; B</td>
<td>12 &amp; 13 March</td>
<td>14 &amp; 15 May</td>
<td>30 &amp; 31 July</td>
<td>17 &amp; 18 Sept</td>
</tr>
<tr>
<td>PSYCHIAT 769</td>
<td>20 &amp; 21 March</td>
<td>22 &amp; 23 May</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PSYCHIAT 770</td>
<td>14 &amp; 15 Aug</td>
<td>11 &amp; 12 Sept</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PSYCHIAT 771</td>
<td>23 &amp; 24 July</td>
<td>20 &amp; 21 Aug</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PSYCHIAT 772</td>
<td>23 &amp; 24 July</td>
<td>20 &amp; 21 Aug</td>
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</tbody>
</table>
Description of course content

**PSYCHIAT 747**  Child and Adolescent Development  15 points

Coordinator: Vas Ajello

The focus is on exploration of major concepts and theories of development and associated research. This includes the study of theories of attachment, cognitive development and social and emotional development in the context of the family, and development of identity and self-concept in adolescence. With only two days of on-campus teaching, use is made of e-learning with pre-recorded presentations on the course website and use of Cecil (the University’s web based learning management system). Students also give a presentation to peer groups in Auckland or at regional centres.

**PSYCHIAT 740**  Child and Adolescent Psychopathology  15 points

Coordinator: Vas Ajello

This course is designed for self-study and is delivered entirely extramurally. No face-to-face teaching is scheduled. Use is made of e-learning with pre-recorded presentations on the course website and use of Cecil (the University’s web based learning management system). The course covers classification of psychopathology; the history, presentation and diagnosis of important and common disorders that present in childhood and adolescence; Maori and Pacific cultural issues.

**PSYCHIAT 768**  Clinical Skills in Child, Adolescent & Family Mental Health Assessment  30 points

Coordinators: Leah Andrews & Linda Chard

A clinically orientated course that focuses on mental health assessment of children, adolescents and families. It teaches the clinical skills of assessment, formulation and case recording of children and adolescents and their families within a mental health setting. This course is an amalgam of theory and practice including methods of assessment, assessment of specific psychiatric disorders, assessment interviewing skills, processing and synthesis of clinical assessment information in written work. Note that employment in a Child & Adolescent Mental Health Services is essential to complete this course.

**Co requisite:** PSYCHIAT 740, 747

**PSYCHIAT 741**  Therapy in Child and Adolescent Mental Health – Theory  15 points

Coordinator: Sally Merry

Leah Andrews

Covers the range of treatment modalities used in child and adolescent mental health. Rationale and nature of current therapies will be covered. Students will undertake critical appraisal of the evidence base for therapy pertinent to specific clinical situations.

**Prerequisite:** PSYCHIAT 740
PSYCHIAT 769  CBT with NZ Children, Adolescents and their Families I  15 points
Coordinator:  Tania Cargo

Explores Cognitive Behavioural Therapy (CBT) as an evidence-based treatment for children, adolescents and their families, and covers both theoretical and practical applications of CBT. Specifically designed for New Zealand based practitioners working clinically and/or therapeutically with families. Students will learn the CBT model, treatment packages and strategies for depression and anxiety. There is also a strong focus on culturally appropriate interventions (especially those appropriate for Maori). Prerequisite: PSYCHIAT 740, 747

PSYCHIAT 770  CBT with NZ Children, Adolescents and their Families II  15 points
Coordinator:  Tania Cargo

Examines advanced knowledge and skills applied to complex disorders. Builds on PSYCHIAT 769 and further extends the practitioner’s knowledge and skill base to include more complex issues of Trauma, Anger, DBD, Self-esteem, OCD and Personality. The strong cultural focus continues, with issues for Maori families being considered in more depth. Students will also have access to New Zealand CBT resources and practice more in-depth CBT Skills.

Prerequisite: PSYCHIAT 769

PSYCHIAT 771  Special Topic: Infant Mental Health, Early Environments and Nurturing Relationships  15 points
Coordinator:  Trecia Wouldes

Effective treatment of infant and early childhood mental health relies on the accurate assessment of an infant's emerging competencies within the context of the family and the child’s early environments. The focus of this course will be the assessment and identification of the risk and protective factors that research has shown to be linked to the development of social and emotional competency during infancy and early childhood.

PSYCHIAT 772  Special Topic: Infant Mental Health, Classification of Psychopathology and Effective Treatment  15 points
Coordinator:  Trecia Wouldes

The diagnosis and treatment of infant psychopathology lags far behind our knowledge of adolescent and adult psychopathology. However, emerging evidence suggests there are a number of well-designed interventions that have proved successful in treating early social and emotional problems. The focus of this course is the classification, diagnosis and treatment of infant and early childhood psychopathology.
POPLHLTH 767 Health Services Research Methods  
Coordinator: Dr Rob McNeill 
15 points

Focuses on teaching the knowledge and practical skills to conduct health services research. The course follows through the typical research process drawing on a range of different methodologies and methods, both quantitative and qualitative, to develop and answer research questions relating to the accessibility, quality and cost of health care and the improvement of health outcomes.

POPLHLTH 704 Undertaking Qualitative Health Research  
Coordinator: Dr Janine Wiles 
15 points

Provides practical experience in the appraisal and use of qualitative methods in research in health. The development of studies from research questions through design, conduct, and analysis and interpretation of such studies are examined in detail. Students are required to prepare a portfolio examining the use of a specific methodological approach in qualitative health research.

POPLHLTH 705 Evaluation Research Methods  
Coordinator: Sarah Appleton 
15 points

Provides a comprehensive outline of the nature of programme evaluation in the health sector and an overview of a variety of approaches to programme evaluation and the appropriate use of research tools. Includes logic models, stakeholder analysis, developing indicators, client surveys and multicultural evaluation. Emphasis on mixed methods evaluation designs involving qualitative and quantitative data gathering.

POPLHLTH 706 Statistics in Health Science  
Coordinator: Associate Professor Roger Marshall 
15 points

An introduction to statistics and statistical methods for health scientists. Covers basic methods and tests, including regression.

POPLHLTH 708 Epidemiology  
Coordinator: Professor Robert Scragg 
15 points

An introduction to epidemiological study design, measures of effect, screening, basic statistics for epidemiology and critical appraisal.

POPLHLTH 709 Evidence for Best Practice  
Coordinator: Ms Gillian Robb 
15 points

Explores the application of epidemiological principles to clinical decision making, central to the practice of evidence based health care. Underlying this practice is the ability to effectively, critically and systematically appraise and synthesise relevant evidence to answer important clinical and health care questions about screening, diagnosis, prognosis, interventions (including therapy), and economic implications (cost-effectiveness and efficiency).
Vas Ajello
MSc, Clinical Psychology, PG Certificate in Academic Practice

Vas is a clinical psychologist with many years’ experience in CAMH and general practice. He coordinates the Certificate programme and has been involved in teaching it since 2003. Vas has a special interest in the needs of distance students and in facilitating flexible teaching and learning.

Email: v.ajello@auckland.ac.nz

Leah Andrews
FRANZCP, Cert Child & Adolescent Psychiatry, PG Dip Clinical Education

Leah is a child & adolescent psychiatrist who has worked in most settings in child and adolescent mental health, most recently in the Starship Consult-Liaison Team and as a visiting child psychiatrist to Tarawhati CAMHS. She has been teaching at The University of Auckland for more than 20 years and her focus is on making sure that the children and adolescents of Aotearoa have access to skilled mental health clinicians when they need it.

Email: lk.andrews@auckland.ac.nz
Tania Cargo
PHDipClinPsych, MEd
Ngāpuhi, Ngāti Manu me Ngāti Maru

Tania is a Māori clinical psychologist, who has worked clinically with Māori tāmariki and their whānau in specialist child and adolescent mental health services and in Māori community services throughout the Tāmaki-makau-rau region. Her current interests are in the specialist area of Infant Mental Health and in the area of culturally applicable Cognitive Behaviour Therapy. Tania is currently an executive board member of the Āotearoa New Zealand Association of Cognitive Behavioural Therapies and has been a lecturer in the Department of Psychological Medicine since 2000. She coordinates the Child and Adolescent CBT papers, as well as lecturing in the Post-graduate child and adolescent mental health course. Her current PhD research involves designing and evaluating a Māori māmā-pēpi infant programme called AWHI alongside Parent-Child Interaction Therapy (PCIT).

E-mail: t.cargo@auckland.ac.nz

Linda Chard
BA MSc Calg

Linda is a Canadian trained Clinical Child Psychologist who helps coordinate and teach on Psychiat 768 - Child, Adolescent and Family Mental Health Assessment. Her focus is on helping students understand how standardized assessments can assist clinicians in their work. Linda also works at Starship Children’s Hospital on the Consult Liaison Child Psychiatry Team. This is the team that supports children and their families coping with chronic illness. Linda’s particular areas of interest are Paediatric Complex Pain and infant and children feeding disorders.

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Sally Merry
MBChB, MD, FRANZCP, CCAP

Sally is Associate Professor in the Department of Psychological Medicine at The University of Auckland, New Zealand.

Sally is Associate Professor, Head of the Department of Psychological Medicine and Director of the Werry Centre which she established. Dr Merry is a child and adolescent psychiatrist. Her main area of research interest has been e-therapy and adolescent depression and she has conducted a number of major studies in the area including Cochrane Collaboration reviews of evidence for interventions and a trial of the effectiveness of a computer-based treatment for depression. Dr Merry continues to work clinically and has contributed to the development of an Infant Mental Health Service within the Counties Manukau District Health Board.

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Trecia Wouldes,
PhD

Dr Trecia Wouldes is a developmental psychologist and Senior Lecturer in the Department of Psychological Medicine. The focus of her teaching and research is the health, mental health and development of children exposed to biological and/or psychological insults that occur prenatally or during early childhood. She is currently the Director of the Auckland, New Zealand site of the 5-site Infant Development, Environment And Lifestyle (IDEAL) study investigating the developmental outcomes of children born to mothers who used methamphetamine (street name ‘P’) during their pregnancy. Through her research, Dr Wouldes has developed a special interest in the provision of early, evidence-based interventions for infants, toddlers and pre-school children.

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