

ReturnToWorkPsych

WORK INJURY INSURANCE



 **CPD Approved**
2024-25 2 CPD hours

Support your patients through their recovery and return to work.

ReturnToWorkPsych is a free, online course that provides psychologists with the skills, tools and knowledge to help guide and progress their patients towards recovery and their transition back to work sooner.

Developed by ReturnToWorkSA in partnership with GPEx and in consultation with practitioners, the course includes:



**The health
benefits of work**



**Framework for
Assessing Capacity**



**The Return
to Work Scheme**



**Certificate of
Completion**

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making knowledge matter

**Returnto
WorkSA**

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WORK INJURY INSURANCE

Course Overview

The Health Benefits of Work

- The Health Benefits of Work
- Effects of Worklessness
- Benefits of Working While Recovering
- Keys to Successful Outcomes – What is Your Role?
- Conversations with Patients about the Health Benefits of Work
- Clinical Framework for the Delivery of Health Services

The Return to Work Scheme

- Overview
- Scheme Structure
- Insurer Overview
- The Key Stakeholders
- The Team Approach
- The Role of the Claims Manager
- The Role of the Doctor
- Work Capacity Certificate
- Communication Methods
- Employers
- Overview of Work Injury Outcomes
- ReturnToWorkSA Service Model
- Claims Criteria - Compensability Tests
- Claims Supports
- Return to Work Services
- Recovery and Return to Work Plan
- Additional Supports for Your Patient
- Psychologist Fee Schedules

Framework for Assessing Capacity

- What Does it Mean to be Psychologically Fit for Work?
- Undertaking an Objective Functional Assessment for People with Mental Illnesses
- Modifications to consider from a psychological perspective
- The Benefits of Returning to Work with the Same Employer

Using a Biopsychosocial Approach

- The Biopsychosocial Approach
- The Impact of Psychosocial Factors on Returning to Work
- Screening Tools and Why Use Them
- Assessment Tools
- Psychosocial Flags
- Assessing for Psychosocial Flags Using Open Questions
- Useful Responses - Yellow Flags
- Useful Responses - Blue Flags
- Useful Responses - Black Flags
- Psychosocial Barriers - Other Considerations
- Boundaries of Your Role

Helping Your Patient Return to Work

- The Role of the Psychologist
- Stages of Progression During an Episode of Treatment
- Working with Your Team
- Completing the Management Plan
- Setting Goals with Your Patient
- Measuring Treatment Effectiveness
- Functional Ability Recommendations
- Setting Expectations
- Empowering Your Patient
- Self-management
- Preparing for and Managing 'Fluctuating symptoms' / 'Lapses'
- Difficult Conversations
- What if My Patient is Not Improving as I Would Expect?
- The Process of Discharge to Independent Management



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