



FREE ONLINE SELF-PACED COURSES

Find our courses and dozens of others on topics relevant to people working in the behavioral health field and more:

COGNITIVE BEHAVIORAL THERAPY FOR PSYCHOSIS

CBTP E-PRIMER

WHO: All providers who want a foundation in CBTp.
WHY: Provides the foundational concepts related to cognitive behavioral therapy (CBT) and its application to psychotic symptoms and experiences.

EMPOWERING WELLNESS IN MENTAL HEALTH

HELPING PEOPLE WITH
 LIFESTYLE CHANGES

WHO: All providers serving people with serious mental health issues and taking antipsychotic medications.
WHY: This group is at greater risk of developing obesity and related health conditions like diabetes which contribute to substantial cardiovascular health disparities. But there are things you can do!

INTRODUCTION TO ASSERTIVE COMMUNITY TREATMENT (ACT)

WHO: All providers who serve on ACT teams or are looking to learn about the foundations of this evidence-based practice.
WHY: Covering the origins, philosophy, and core elements of high-fidelity ACT, this course provides an overview for those new to or who have limited experience with ACT.

THE PSYCHIATRIST'S GUIDE TO POPULATION MANAGEMENT OF DIABETES

WHO: Psychiatric prescribers who treat people with serious mental illnesses.
WHY: Increases prescriber knowledge of and confidence in the identification and management of diabetes and other cardiovascular risk factors.

VIOLENCE RISK ASSESSMENT & MANAGEMENT

IN CLINICAL SETTINGS

WHO: All providers who manage risk, safety and boundaries.
WHY: Provides the necessary tools for clinicians to assess, manage, and stabilize threats of violence in clinical and other settings.



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SPECIAL TOPICS IN MENTAL HEALTH SERVICES:

STRIDE Group Facilitator Training

Behavioral Health and Substance Use Awareness in the Workplace

Introduction to Assertive Community Treatment (ACT)

Wellness Matters: Self-Care for Mental Health Providers

Illness Management and Recovery

Religion, Spirituality and Mental Health

Cognitive Behavioral Therapy for psychosis (CBTp) E-PRIMER

Violence Risk Assessment and Management

The Psychiatrist's Guide to Population Management of Diabetes

Empowering Wellness in Mental Health: Helping People with their Lifestyle Changes

MENTAL HEALTH SERVICES TOPICS

Special Topics in Mental Health Services (10 courses)

Suicide Prevention Across the Educational Continuum: A Five-Part Series

School Mental Health (6 courses)

New Employees in Mental Health Services -- A Training Series (7 courses)

Integrated Pediatric Primary Care: A Primer Series (2 courses)

... and more in development!

And other topics, including:

- Clinical supervision
- Substance use disorders and treatment
- Pharmacology
- Suicide prevention