

Mental Health Learning Series for PCPs (Cohort-Based, Certificate Available)



The University of Washington's Department of Psychiatry & Behavioral Sciences is excited to offer a new learning series for PCPs. This is a cohort-based series designed to help PCPs enhance their knowledge, skills, and confidence in managing common mental health conditions in primary care.

Topics Covered:

- Mood Disorders (Depression, Bipolar)
- Anxiety Disorders
- Trauma
- ADHD

TIME COMMITMENT:

- 6 months, up to 24 hours total:
 - Online self-paced activities: 3 hours per month
 - Zoom call: Mondays, 12-1pm PST: 1 hour per month

OBJECTIVES:

By the end of this learning series, participants will:

- Increase their confidence in selecting appropriate first- and second-line pharmacological treatments for common mental health conditions that present in primary care.
- Incorporate brief, evidence-informed behavioral interventions (can be used in a 15–20-minute appointment) for adult populations and for a range of common mental health conditions.

*Please see back of flyer for CME information.

Application Details

Next cohort runs: Aug. through Dec. 2025

Deadline to apply: May 30, 2025

REQUIREMENTS:

- Active healthcare provider license
- Current practice
- Brief statement of interest
- Current CV

COST: Free for providers in Washington state

APPLICATION INFORMATION:

Visit: <https://ictp.uw.edu/mental-health-learning-series-for-pcps-cohort-based-certificate-available/>

QUESTIONS?

Email uwictp@uw.edu - attention Dr. Ramanpreet Toor

ACCREDITATION

The University of Washington School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CREDIT DESIGNATION (2025-2026)

The University of Washington School of Medicine designates this other activity for a maximum of *21 AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Credit Description:

- 13 hours are available for online on-demand content.
 - To receive CME for credit for the online on-demand content, participants must self-attest to participation and receive a minimum score of 75% on the post-test in the weekly online evaluation.
- 4 hours are available for participating in online case assignments.
- 4 hours are available for participating in the monthly Zoom meetings.

CME credit is available at the end of the program, and a nominal fee (\$25-\$45) will be charged for those who wish to obtain CME credit.