

Mental Health Learning Series for PCPs

Cohort 2 (August – December 2025)

| Dates | | Details |
|--------------------------------|------------|---|
| Cohort begins: | Aug. 2025 | <i>Access online, self-paced content. Submit assignments for CME credit.</i> |
| Cohort ends: | Dec. 2025 | |
| Live Virtual Session 1: | 9/8/2025 | <i>All live virtual sessions are scheduled for Mondays, 12-1pm Pacific time over Zoom. UW Faculty will facilitate these sessions.</i> |
| Live Virtual Session 2: | 10/6/2025 | |
| Live Virtual Session 3: | 10/20/2025 | |
| Live Virtual Session 4: | 11/3/2025 | |
| Live Virtual Session 5: | 12/8/2025 | |

Sample Curriculum Outline

Topic 1. Laying the Foundation

- Assessing Common Mental Health Disorders in Primary Care Settings
- Brief Psychosocial Intervention Strategies in Primary Care Settings

Topic 2. Mood Disorders

- Depression: Assessment, Diagnosis, and Pharmacological Treatments
- Bipolar Disorders: Assessment, Diagnosis, and Pharmacological Treatments)
- Brief Psychosocial Intervention Strategies & Mood Disorders
- Clinical Case Applications

Topic 3. Anxiety Disorders

- Assessment, Diagnosis, and Pharmacological Treatments
- Brief Psychosocial Intervention Strategies & Anxiety Disorders
- Clinical Case Applications

Topic 4. Trauma

- Assessment & Diagnosis
- Pharmacological Treatment and Trauma-informed Care
- Brief Psychosocial Intervention Strategies & Trauma
- Clinical Case Applications

Topic 5. ADHD

- Assessment, Diagnosis, and Pharmacological Treatments
- Brief Psychosocial Intervention Strategies & ADHD
- Clinical Case Applications