

UW Mental Health Learning Series for PCPs

Cohort: January – July 2026

Key Dates

Cohort begins:	January 12, 2026
Cohort ends:	July 12, 2026

Details

Access online, self-paced content. Submit assignments for CME credit.

Dates for Live Virtual Sessions *tentative*

<i>Session Topics:</i>	<i>Option 1 Session dates</i>	<i>Option 2 Session dates</i>
1: Depression	2/2/2026	2/5/2026
2: Bipolar disorder	2/23/2026	2/26/2026
3: Anxiety disorders	3/23/2026	3/26/2026
4: Trauma	4/27/2026	4/30/2026
5: ADHD	6/1/2026	6/4/2026

Details

All live virtual sessions are scheduled for 12-1pm Pacific time over Zoom. UW Faculty will facilitate these sessions.

Participants are required to attend either Option 1 (Monday sessions) or Option 2 (Thursday sessions)

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