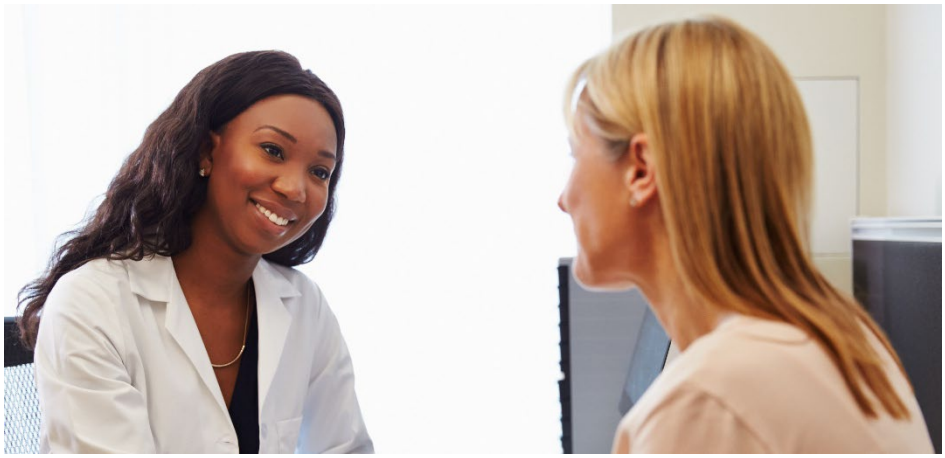
UNIVERSITY of WASHINGTON
PSYCHIATRY & BEHAVIORAL SCIENCES
Division of Population Health

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

About this Program:

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, Aug. – Dec. 2026, up to 18 hours total:
  - 2 hours per month for online, self-paced activities
  - 1 hour per month for a Zoom call (e.g., Monday, 12-1pm PST)

Program 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: Mid Aug. to Mid Dec. 2026

Deadline to apply: April 30, 2026

Requirements:

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

Cost: free for providers in Washington state

Ready to Apply?

Visit our website for next steps

Questions?

Email us, attention Dr. Ramanpreet Toor

ACCREDITATION

In support of improving patient care, The University of Washington School of Medicine is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

CREDIT DESIGNATION (2026-2027)

The University of Washington School of Medicine designates this Blended Learning Activity (Live and Enduring Material) for a maximum of 18.00 *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 online evaluation.
- 5 hours are available for participating in the live 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