UW Mental Health Learning Series for PCPs

Key Dates

Cohort runs mid-August to mid-December 2026

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

Dates for Live Virtual Sessions *tentative*

Session Topics:	Option 1 Session dates	Option 2 Session dates
Topic 1: Depression	9/14/26	9/17/26
Topic 2: Bipolar disorder	10/5/26	10/8/26
Topic 3: Anxiety disorders	10/26/26	10/29/26
Topic 4: Trauma	11/16/26	11/19/26
Topic 5: ADHD	12/7/26	12/10/26

- 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). Attendance is required for all 5 topics.

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