

# Behavioral health training: Problem solving and behavioral activation

Throughout 2024, the University of Washington Advancing Integrated Mental Health Solutions (AIMS) Center will provide training on evidence-based behavioral interventions. The training sessions, sponsored by UnitedHealthcare and credited through the American Psychological Association.

## Problem Solving Treatment – Tier 1

This evidence-based, psychotherapy approach to treating depression is effective for a majority of patient populations, including patients from diverse cultures. Problem Solving Treatment (PST) helps increase self-efficacy by empowering patients to solve here-and-now problems that contribute to their depression. Certified health care professionals can submit claims to the patient's health plan for PST sessions and bill them as psychotherapy visits.

- **Eligible participants:** Licensed health care professionals, including social workers, registered nurses and psychologists. Master's-level licensure candidates may also participate.
- **Prerequisite:** Active caseload by the time of training of at least 3 patients who are experiencing depressive symptoms
- **Continuing education certification:** Participants are eligible for 5 continuing education (CE) credits through the American Psychological Association

## PST training and certification

Module	Duration	Description
Online, self-paced course and virtual call	5 hours	<ul style="list-style-type: none"><li>• 4-hour introduction to the brief evidence-base, foundations and skills of PST</li><li>• 1-hour Q&amp;A session with an expert trainer via Zoom</li></ul>
Virtual case presentation	6 hours (1 hour per month)	Group of 5–8 participants present real cases and discuss challenges and complexities with the trainer.

## Behavioral Activation

Used as an intervention method, Behavioral Activation (BA) teaches patients experiencing depression and/or anxiety a set of skills to re-engage in valued life activities that they once found rewarding and enjoyable. Clinicians and staff apply this evidence-based approach in primary care, health care and community settings.

- **Eligible participants:** Licensed and non-licensed clinicians and staff
- **Prerequisite for attendance:** N/A
- **Continuing education:** Participants who successfully complete all the training will receive certification and are eligible for 5 CE credits through the American Psychological Association

## BA training and certification

Module	Duration	Description
Online, self-paced course	3 hours	<ul style="list-style-type: none"><li>• 2-hour introduction to brief behavioral interventions</li><li>• 1-hour webinar on BA and applicable skills</li></ul>
Virtual review and practice session via Zoom	2 hours (1 hour per month)	<ul style="list-style-type: none"><li>• Review course content with trainer</li><li>• Observe BA demonstration and practice key strategies</li><li>• Ask questions and gain insights</li></ul>
Virtual case presentations	3 hours (1 hour per month)	Group of 6–10 participants present real cases and discuss challenges and complexities with the trainer.



### Registration information

To register or learn more, please contact Linda Coombs, MSW, LICSW, behavioral health executive director, at [linda.coombs@uhc.com](mailto:linda.coombs@uhc.com).