

Behavioral Activation Strategies Training

About the Training

Behavioral Activation (BA) is a brief evidence-based behavioral intervention for use in primary care, other health care, and community settings. 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, but have abandoned as they developed depression or anxiety.

This introductory training orients licensed and non-licensed clinicians and staff to BA principles and gives the opportunity to gain new skills in behavioral health care that they can apply to a wide spectrum of patients.

Length

Approximately 8-hours of trainee time over the course of four months.

Format

This training is part workshop, part home-study and consists of the following components:

Training Component	Time (per participant)	Includes:
Pre-Work	3.25 hours	<ul style="list-style-type: none"> 2-hour self-paced online introduction to brief behavioral interventions 40-minute-hour self-paced online webinar on Behavioral Activation (BA) 35-minute demonstration video
Review and Practice Session	2 hours	<ul style="list-style-type: none"> Zoom call with trainer to review didactic content Opportunity to ask questions directly to trainer Opportunity to practice key BA strategies
Monthly Case Presentation	3 hours (1 hour per month)	<ul style="list-style-type: none"> Group calls with 6-10 participants Participants present real cases and discuss challenging and complex case presentations

Cost

The BA training costs \$475 per trainee.

Training Completion

Participants who successfully complete all of the training components will receive a certificate demonstrating that they have undergone Behavioral Activation training. Additionally, eligible providers can claim up to 8 total Continuing Education credits. CE credits are earned at two different points in the training.

Part 1: 3-5 CE credits available

- Online modules - brief skills/common elements: 2 credits (*only available to participants who have not completed the AIMS Center Behavioral Health Care Manager (BHCM) online modules in the last 12 months*)
- Webinar and BA demonstration video: 1 credit
- Live Review & Practice session: 2 credits

Part 2: 3 CE credits available

- 3 one-hour monthly case presentation calls: 3 credits (must attend all 3 calls to receive credit)

Intended Audience

- Anyone in a Behavioral Health Care Manager (BHCM) role
- Licensed mental health providers (LICSW, LPC/LMHC, LMFT, PhD, PsyD)
- License-track mental health providers
- Non-licensed BHCM staff who share a role with licensed or license-track providers
- Bachelors-level training in a related field
- Community Health Workers
- Registered Nurses
- Advanced Practice Nurse Practitioners or Physician Assistants

Trainee Requirements

Participants must have an active caseload of at least 3 patients by the time they begin BA training

Learning Objectives

By the end of this training, participants should be able to:

Part 1

- Describe the Behavioral Activation model of depressive symptoms
- Describe how to assess the impact of depressive symptoms on a patient's activity level and functioning.
- Apply compilation of rewarding activities list to model cases
- Apply activity scheduling to model cases
- Describe how to evaluate the outcome of patients' efforts and problem solve barriers to action planning

Part 2

- Describe common barriers to homework adherence.
- Describe the Daily Monitoring Form and its purpose.
- Apply compilation of rewarding activities list to real world patient cases
- Assist real patients with scheduling daily activities.
- Review homework with real patients, reinforcing the link between efforts and symptom improvement.

Instructor Credentials

Instructors vary by cohort

- **Patrick J. Raue, PhD:** Professor in the Department of Psychiatry and Behavioral Sciences at the University of Washington, and Associate Director for Evidence-Based Psychosocial Interventions at the AIMS Center
- **Annie McGuire, MS, LMHC, MHA:** Clinical Trainer & Practice Coach at the AIMS Center
- **Becky Shermer, PhD:** Clinical Trainer at the AIMS Center
- **Anna Hink, MSW, LICSW:** Clinical Trainer at the AIMS Center

Refund Policy

Refunds may be granted at the AIMS Center's discretion. All refund or cancellation requests must be submitted to bhskills@uw.edu. The AIMS Center will review request and determine the appropriate course of action.

More Information

If you have questions or would like to sign up for Behavioral Activation Strategies training, contact the AIMS Center at bhskills@uw.edu

Continuing Education (CE)

After completing the training, up to 8 CE credits can be claimed by eligible providers. Credits are earned through the online training, live group webinar, and 3 case presentation calls.

The AIMS Center is approved by the American Psychological Association (APA) to sponsor CE for psychologists. The AIMS Center maintains responsibility for this program and its content. All training activities are eligible for CE at no additional charge. Check with your licensing board to determine whether APA accredited CE is accepted for your state license. Clinical Social Workers: The University of Washington is recognized by Washington state licensing authority for social workers practicing in the state.

CE Eligible Providers

Psychologists, Licensed Social Workers, Licensed Mental Health Counselors

How to Claim

To receive CE credits, participants must complete the training in its entirety. After completing part 1 of the training participants take a CE quiz and must receive a minimum score of 75% in no more than 3 attempts. The CE certificate will be emailed to the email on record after passing the quiz. After completing part 2 of the training, CE certificates will be emailed to participants who attended all 3 case presentation calls.

Conflict of Interest Disclosure Information

There are no relevant financial relationships for anyone who was involved in the planning or who had control of the content of this training.