



PsychHub®

# MENTAL HEALTH PRACTITIONER CERTIFICATE SERIES







# THE MENTAL HEALTH PRACTITIONER HUB

FOR THOSE WHO TREAT MENTAL HEALTH

**Educating practitioners to deliver specialized therapy through evidence-based interventions and tools.**

The Mental Health Practitioner Hub aims to move practitioners from being generalists to specialists by earning certificates in evidence-based interventions.

Our solution equips practitioners with proven tools to practice precision therapy and promotes consumer engagement by providing videos and resources that can be shared with patients to help reinforce new skills between sessions.



# SUICIDE PREVENTION SERIES

The Suicide Prevention series focuses on utilizing specific interventions, demonstrating measurement-based care for assessment, treatment planning, intervention implementation, and evaluation.

After completing the four courses and the case study you will receive a **Suicide Prevention Series Certificate**.

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**Clinical Application Project-** The project gives you the opportunity to apply newly gained knowledge from the courses to client care to a clinical scenario from assessment through discharge.





# SUICIDE PREVENTION SERIES CERTIFICATE

4 COURSES | CASE STUDY | 12 HOURS OF LEARNING |  
EARN UP TO 11.5 CE CREDITS / 8.25 CME CREDITS

## COURSE 1



**CBT FOUNDATIONS**  
**Intermediate Level**  
3.00-3.25 CE Credits

## COURSE 2



**FOUNDATIONS IN SAFETY  
PLANNING FOR  
CLINICIANS**  
**Advanced Level**  
1.50-2.50 CE Credits  
2.50 CME Credits

## COURSE 3



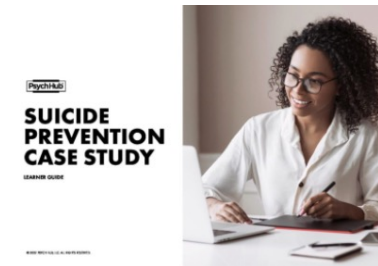
**COUNSELING ON ACCESS  
TO LETHAL MEANS**  
**Advanced Level**  
1.50-2.25 CE Credits  
2.25 CME Credits

## COURSE 4



**CBT FOR REDUCING  
SUICIDE RISK**  
**Advanced Level**  
2.75-3.50 CE Credits  
3.50 CME Credits

## CASE STUDY



**Download Guide**

**CLINICAL APPLICATION  
PROJECT**

Visit the Psych Hub Platform to enroll in the courses today. This will ensure you can complete your certificate. You can start today with the Cognitive Behavioral Therapy (CBT) foundations course. This is a prerequisite to the certificate program.



# COGNITIVE BEHAVIORAL THERAPY FOUNDATIONS: A SKILLS-BASED APPROACH

Target Audience: Mental Health Providers, Physicians, and Nurses

Prerequisites: None

Length: 8 Modules, 3 hours

Module 1: Introducing the Cognitive Model

Module 2: What Happens in the First Phase of Treatment

Module 3: Restructuring the Cognitive

Module 4: Identifying Emotions and Altering Core Beliefs

Module 5: Applying Behavioral Intervention

Module 6: Coping Techniques and Behavioral Intervention

Module 7: Maintaining the Alliance with Your Client

Module 8: Ending Treatment and Preventing Relapse

Theory Tank:

- A Brief History of CBT
- The Cognitive Behavioral Model
- CBT and Multicultural Considerations
- Treatment Monitoring and Evaluation Instruments

Lived Experience: SME's share their experiences implementing CBT

SME Partners: Dr. Gregory Brown | Dr. Barbara Stanley





# COGNITIVE BEHAVIORAL THERAPY FOR REDUCING SUICIDE RISK

Target Audience: Mental Health Providers, Physicians, and Nurses  
Prerequisites :CBT Foundations and Safety Planning Foundations for Clinicians

Length: 3 Modules, 3 hours

Module 1: First Phase of Treatment

Module 2: Middle Phase of Treatment

Module 3: Final Phase of Treatment

Theory Tank:

- Why Clinicians Should Treat Suicidal Individuals
- Evidence for CBT for Reducing Suicide Risk
- Postvention
- Preventing Burnout and Secondary Trauma,
- Evidence-based Self-Care for Clinicians

Lived Experience: SME's share their experiences working with suicidal clients and discuss burnout prevention and self-care

SME Partners: Dr. Gregory Brown | Dr. Barbara Stanley





# COUNSELING ON ACCESS TO LETHAL MEANS

Target Audience: Mental Health Providers, Physicians, and Nurses

Prerequisites: CBT Foundations

Length: 3 Modules, 2-3 hours

Module 1: Why Means Matter

Module 2: CALM Basics & Filmed Clinical Sessions

Module 3: CALM Scenarios and Role-Plays

Lived Experience: CALM trained therapists and CALM SME'S discuss benefits of implementing CALM.

Supplemental Materials:

- Cultural Humility and Gun Culture
- Firearm Safe Storage
- Therapist Documentation Tips

SME Partners: Cathy Barber | Elaine Frank





# FOUNDATIONS IN SAFETY PLANNING FOR CLINICIANS

Target Audience: Mental Health Providers, Physicians, and Nurses

Prerequisite: CBT Foundations

Length: 3 Modules, 2-3 hours

Module 1: Beginning Care and Identifying Risk

Module 2: Safety Planning

Module 3: Challenges of Safety Planning

Theory Tank:

- Discomfort Around the Topic of Suicide
- Evidence for the Safety Planning Intervention
- Clinician Anxiety Treating Suicidal Individuals
- Dealing with Countertransference

Lived Experience: SME's share their experiences working with suicidal clients, discuss clinician anxiety, and give tips on how to deal with countertransference

SME Partners: Dr. Gregory Brown | Dr. Barbara Stanley





# ADOLESCENT TREATMENT SERIES

The Adolescent series teaches CBT skills and how to enhance clinical interactions with Adolescents that can lead to an increased impact on high-risk clients and accepts and validates an adolescent's experience.

Begin the series now with CBT Foundations and CBT for Adolescents, and continue with our two courses, DBT Foundations and DBT for Adolescents.





# ADOLESCENT TREATMENT SERIES CERTIFICATE

4 COURSES | CLINICAL APPLICATION PROJECT

## COURSE 1



### CBT FOUNDATIONS

**Intermediate Level**

3.00-3.25 CE Credits

## COURSE 2



### CBT FOR ADOLESCENTS

**Advanced Level**

1.75-2.00 CE Credits

2.00 CME Credits

## COURSE 3



### DIALECTICAL BEHAVIOR THERAPY FOUNDATIONS

**Intermediate Level**

2.75-3.00 CE Credits

## COURSE 4



### DIALECTICAL BEHAVIOR THERAPY FOR ADOLESCENTS

**Intermediate Level**

2.75-3.50 CE Credits

## CLINICAL APPLICATION PROJECT

The project gives you the opportunity to apply newly gained knowledge from the courses to client care to a clinical scenario from assessment through discharge

Visit the [Psych Hub Platform](#) to enroll in the courses today. This will ensure you can complete your certificate. You can start today with the Cognitive Behavioral Therapy (CBT) foundations course. This is a prerequisite to the certificate program.

After you have finished all four courses, you must complete the **Clinical Application Project** within the platform.

# COGNITIVE BEHAVIORAL THERAPY FOUNDATIONS: A SKILLS BASED APPROACH

Target Audience: Mental Health Providers, Physicians, and Nurses

Prerequisites: None

Length: 8 Modules, 3 hours

Module 1: Introducing the Cognitive Model

Module 2: What Happens in the First Phase of Treatment

Module 3: Restructuring the Cognitive

Module 4: Identifying Emotions and Altering Core Beliefs

Module 5: Applying Behavioral Intervention

Module 6: Coping Techniques and Behavioral Intervention

Module 7: Maintaining the Alliance with Your Client

Module 8: Ending Treatment and Preventing Relapse

Theory Tank:

- A Brief History of CBT
- The Cognitive Behavioral Model
- CBT and Multicultural Considerations
- Treatment Monitoring and Evaluation Instruments

Lived Experience: SME's share their experiences implementing CBT

SME Partners: Dr. Gregory Brown | Dr. Barbara Stanley





# COGNITIVE BEHAVIORAL THERAPY FOR ADOLESCENTS

Target Audience: Mental Health Providers, Physicians, and Nurses

Prerequisites: Cognitive Behavioral Therapy Foundations: A Skills-Based Approach

Length: 8 Modules, 3 hours

Module 1: The Basics (20+ minutes)

Module 2: Practical Tips for Working with Adolescents (31+ minutes)

Module 3: Partnering with Parents (34+ minutes)

Theory Tank: (8+ minutes)

Lived Experience: SME's share their experiences implementing CBT

SME Partners: Dr. Gregory Brown | Dr. Barbara Stanley





# DIALECTICAL BEHAVIORAL THERAPY FOUNDATIONS

Target Audience: Mental Healthcare Practitioners, Counselors, Marriage & Family Therapists, Psychologists, Mental Healthcare Students

Prerequisites: Cognitive Behavioral Therapy Foundations: A Skills-Based Approach

Length: 4 Modules

Module 1: Introduction and Context of Dialectical Behavioral Therapy (~25 minutes)

Module 2: Pre-Treatment: Client Assessment and Orientation (~15 minutes)

Module 3: Individual Client Sessions (~20 minutes)

Module 4: Skills Training (~1 hour & 3 minutes)

Post-Course Assessment (~10 minutes) [EXCLUDED FROM ACTIVITIES FOR NBCC & CAMFT CREDIT]





# DBT INFORMED THERAPY

## INFORMED: FOR ADOLESCENTS

Target Audience: Mental Healthcare Practitioners, Counselors, Marriage & Family Therapists, Psychologists, Mental Healthcare Students

Prerequisites: None. If this is your first exposure to DBT, we recommend beginning with our DBT-Informed Therapy Foundations course, which provides a helpful foundation of DBT theory and tools.

Length: 4 Modules

Module 1: Introduction and Context of Dialectical Behavioral Therapy for Adolescents (~15 minutes)

Module 2: Pre-Treatment: Client Assessment and Orientation (~33 minutes)

Module 3: Individual Client Sessions (~18 minutes)

Module 4: Skills Training (~1 hour)

Post-Course Assessment (~11 minutes) [EXCLUDED FROM ACTIVITIES FOR NBCC & CAMFT CREDIT]



# CONTINUING EDUCATION CREDITS



## ASSOCIATION OF SOCIAL WORK BOARDS

Psych Hub, #1750, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Psych Hub maintains responsibility for this course. ACE provider approval period: 08/20/2020 – 08/20/2021.



## AMERICAN PSYCHOLOGICAL ASSOCIATION

Psych Hub is approved by the American Psychological Association to sponsor continuing education for psychologists. Psych Hub maintains responsibility for this program and its content.



## CA ASSOCIATION OF MARRIAGE & FAMILY THERAPISTS

Psych Hub is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPS. Psych Hub maintains responsibility for this program/course and its content. CAMFT Approval #1000074.



## NATIONAL BOARD FOR CERTIFIED COUNSELORS

Psych Hub has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7051. Programs that do not qualify for NBCC credit are clearly identified. Psych Hub is solely responsible for all aspects of the programs.



## ACCREDITATION COUNCIL FOR CONTINUING MEDICAL EDUCATION (ACCME)

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of AffinityCE and Psych Hub. AffinityCE is accredited by the ACCME to provide continuing medical education for physicians.



## AMERICAN NURSES CREDENTIALING CENTER'S COMMISSION ON ACCREDITATION (ANCC)

Nurse CE is provided for this program through collaboration between Psych Hub and AffinityCE. AffinityCE is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation (ANCC).

CE/CME Information



# QUESTIONS?

Please contact a member of the Psych Hub team, at [Support@PsychHub.com](mailto:Support@PsychHub.com)

