

Get Trained in Evidence-Based Interventions

Today's mental health care consumers need specialized approaches for effective symptom reduction and ongoing support. We know evidence-based interventions are proven to work, yet only 1-3% of mental health patients are served by these therapies.

When you use evidence-based interventions, everyone wins.

- You can help clients achieve symptom reduction in fewer sessions.
- You'll experience less stress and better job satisfaction.
- Clients avoid entering the greater healthcare system.

Enhance your Practical Skills with Courses

Complete specialty training courses aligned with the care consumers are searching for.

■ INTERVENTIONS

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Acceptance Commitment Therapy (ACT)
- Trauma-Informed Care (TIC)
- Motivational Interviewing Strategies (MI)

■ SYMPTOMS

- Depression
- Anxiety
- Insomnia
- Suicide Prevention
- Trauma

■ COMMUNITIES

- BIPOC
- LGBTQ+
- Veterans
- Latinx
- Caregivers

■ AGES

- Early Childhood
- School-Aged
- Adolescent
- Young Adult
- Older Adult

HOW OUR COURSES HELP PRACTITIONERS

"The trainings are LEGIT! Plus, the platform is so easy to use, and I walk away feeling like I am getting a great value for my time spent learning here."

GET STARTED ON UPSKILLING YOUR PRACTICE TODAY!