

Alameda Health Consortium Webinar



Behavioral Activation

For:

Primary Care Providers & Behavioral Health Professionals

with Jennifer Stone, LCSW

**Wednesday, June 18
12:30pm-1:30pm**

Behavioral activation can be a powerful tool to engage patients as active participants in their own wellness. It is a deceptively simple technique that challenges patients to plan a specific, concrete activity that they can start doing right away.

This technique helps patients re-establish routines, increase critical thinking, decrease distorted thoughts, distract from problems over which they have no control, and reduce avoidance behavior.

Jennifer Stone is the Manhattan Regional Director of the Institute for Family Health in New York City and a Licensed Clinical Social Worker. She is a colleague of Virna Little, PsyD, LCSW, who has provided Alameda Health Consortium clinics with Collaborative Care training and technical assistance. Ms. Stone has experience in individual and group therapy, & training health providers in evidence-based interventions such as Behavioral Activation.

How to Access the Webinar:

Access information is the same for all webinars

Before the webinar: Test your ability to connect to Adobe Connect by clicking this link:

http://uofw.adobeconnect.com/common/help/en/support/meeting_test.htm

If you do not have the latest version of Adobe Flash, this link will help you download it. If there is a firewall preventing you from downloading the latest version, please contact your IT department to install it for you before this webinar.

To Join the Visual Portion

1. Go to:
<https://uofw.adobeconnect.com/alameda/>
2. Enter your name
3. Click "Enter Room"

To Join the Audio Portion

1. Call 1-800-379-6841
2. Participants enter code 791590#