



*Alameda Health Consortium presents a training for Integrated Behavioral Health & Primary Care Clinicians:*

# **Cognitive Behavior Therapy (CBT) for Depression, Insomnia, and Chronic Pain: An Evidence-Based Psychotherapy**

**Monday, July 13, 2015  
9:00am – 5:00pm**

**Location: Alameda Health Consortium/Community Health Center Network  
101 Callan Ave, 1<sup>st</sup> Floor, San Leandro, CA 94577, Plaza A&B,**

CBT is a brief, present-focused treatment that guides clients on how to identify and restructure unhelpful thought patterns that may be contributing to mood symptoms & and decreases in quality of life and functioning. CBT, originally developed to treat depression, has been extensively studied in a wide range of settings, with a variety of providers & patient populations, and for a number of psychiatry & medical conditions, including insomnia & chronic pain. An additional treatment, Mindfulness Based Cognitive Therapy (MBCT), can be considered in the context of depression relapse prevention strategies. This training will include application of these models and language and cultural considerations in primary care.

## **Learning Objectives:**

1. Review the key components of CBT and MBCT and their theoretical frameworks;
2. Describe an initial and follow-up session;
3. Explore the application of CBT in individual and group treatment formats;
4. Discuss clinical challenges & managing negativity, hopelessness, anxiety, & crisis;
5. Participate in role playing and case examples

**Trainer: Poorni Otilingam, Ph.D., M.P.H.**, is a clinical psychologist in private practice, specializing in the treatment of adults and older adults with mood, anxiety, trauma, and sleep disorders. She teaches and supervises medical students and psychiatry residents at UCSF, and has clinical and teaching interests in geropsychology, cross-cultural psychiatry and mindfulness-based interventions.

**RSVP: <https://eventbrite.com/event/16947235638/>**



Community Health Center Network (CHCN) is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians. CHCN takes responsibility for the content, quality and scientific integrity of this CME activity. CHCN designates this live educational activity for a maximum of 6 *AMA PRA Category 1 credit(s)*<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

This credit may also be applied to the CMA Certification in Continuing Medical Education. The presenter and the planners of this activity have no relevant financial relationships with any product of service to be discussed.

This course meets the qualifications for 6 hours of Continuing Education credit for LCSWs, LPCCs, LEPs, and MFTs as required by the California Board of Behavioral Sciences, Provider Approval Number PCE 5596.