



Primary Care Behavioral Health

online, self-paced training for behavioral health professionals working in primary care

Primary Care Behavioral Health (PCBH) is the practice of mental health and counseling skills translated to the needs, culture, and pace of primary care practices.

This evidence-based course is designed for behavioral health professionals who want to expand and refine their skills for primary care integration. For more than a decade, thousands of alumni have become change makers, and even integration leaders who have guided their practices to embrace integration and provide better, more efficient care for patients and rewarding collaboration for providers.

PCBH includes a range of topics from delivering patient-centered care to addressing unhealthy substance use. This course acknowledges the skills of specialty mental health clinicians and helps to translate prior knowledge and experience to the fast-paced, evidence-based, generalist culture of primary care.

Our Primary Care Behavioral Health certificate course is built with pre-recorded content collaboratively taught by a faculty of primary care behavioral health clinicians and primary care physicians from the Department of Family Medicine and Community Health at the University of Massachusetts Medical School.

What our participants have said:

"You should know that we use the PCBH course as a standard of measure for any applicant..."

"The best formal preparation for working as a behavioral health professional within primary care."

"...having gone through the course, and seeing the amazing number of resources I think it was an excellent value. In fact this was one of the best CME courses I have taken."

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Curriculum Topics in Primary Care Behavioral Health

Complete all 22 modules for the PCBH certificate--approximately 36 CE/CME awarded

Creating & Managing an Integrated Primary Care Practice

- Introduction to Integrated Primary Care
- Transforming the Organization
- Transforming Clinical Practice

Bio-Psycho-Social Treatment

- Evidence Based Therapies
- Patient Activation
- Psychotropic Medication
- Medically Unexplained Symptoms

Dealing with Substances and Pain in Primary Care

- Substance Abuse in Primary Care
- Health Behavior Change
- Medical Care of Chronic Pain
- Behavioral Care of Chronic Pain
- Relaxation Therapies

Behavioral Health and Pediatrics

- Behavioral Health in the Primary Care of Children
- Practicing as a BHC in Pediatric Care
- Challenging Populations

Serious Mental Illness

- Serious Mental Illness
- SMI Health Behavior

Population Health in Primary Care

- Caring for Chronic Illness
- Screening and Care Management

Families, Community, Culture

- The Family in Primary Care
- Geriatrics
- Culture and Primary Care

Designed for: Psychologists, Psychiatrists, Social Workers, Nurses, Therapists, and any behavioral health professional working as part of an integrated team

Format: self-paced, online learning modules

Content: A rigorous orientation to working in integrated primary care as a behavioral health professional

Cost: \$1600 CME/CE: approx. 36 hours for the full certificate course; Short Courses are \$300 each. Group discounts are available

When: The certificate course is given quarterly between September and May. Short courses are available throughout the year

Short Courses in Primary Care Behavioral Health give you the opportunity to focus on specific topics for your needs. We offer seven of these slices of PCBH--same content, shorter time frame, lower cost. Still online and self-paced.

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