

ONLINE TRAININGS¹

<i>NAME</i>	<i>LINK</i>	<i>DESCRIPTION</i>
Addictions		
NAADAC - Association for Addiction Professionals	https://www.naadac.org/webinars	Free addiction-specific education - The 2020 Free Webinar Series releases two live webinars per month, which are then captured and made available for future viewing in NAADAC's Free On-Demand Webinar Library.
NAADAC - Association for Addiction Professionals	https://www.naadac.org/evidence-based-solution-focused-brief-therapy-its-effective-use-with-the-most-challenging-clients	Have you heard about Solution-Focused Brief Therapy (SFBT) and wondered what it really is? Have you heard about SFBT and think it could never work with some of the more challenging diagnoses and conditions such as schizophrenia, chronic addiction, trauma, etc.? This free training offers an overview of what evidenced-based SFBT is, how and why it works, and provides concrete tools you can begin using it immediately.
SBIRT Training	https://psattcearn.org/courses/4hr_sbi_rt/	Screening, Brief Intervention, and Referral to Treatment (SBIRT) is an integrated, public health approach to the delivery of early intervention and treatment services for persons with substance use disorders and those at risk of developing these disorders.
Children and Families		
Behavioral Health with Children and Youth	https://bhs.unc.edu/	<p>UNC Behavioral Health Springboard:</p> <ul style="list-style-type: none"> • Children and Adolescents Affected by Traumatic Brain Injury (TBI) https://bhs.unc.edu/node/248 • Fetal Alcohol Spectrum Disorders https://bhs.unc.edu/FASD-free • Introduction to the Mental Health Needs of Children and Young People with

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		<p>Intellectual/Developmental Disabilities Web-Based Provider Training Curriculum https://bhs.unc.edu/introduction-mental-health-needs-children-and-young-people-intellectualdevelopmental-disabilities</p> <p>...and others</p>
Center for Advanced Studies in Child Welfare	https://cascw.umn.edu/portfolio_category/online-modules/	CASCW's online modules are self-directed learning opportunities for child welfare professionals, foster parents, advocates, and others interested in the topics. They were developed in order to present the child welfare practice-relevant findings of research undertaken by faculty and staff at the School of Social Work as well as partners across the University. The modules consist of narrated PowerPoint presentations with a variety of media attached (e.g. watching videos, reading documents, etc.). All modules are accessible for free. Post-tests are available upon request.
Trauma and Children (NCTSN)	https://learn.nctsn.org/course/index.php?categoryid=3	Free access to NCTSN experts and up-to-date, science-based information in the areas of assessment, treatment and services, training, research and evaluation, and organizational and systems change for traumatized children, adolescents, and their families.
Family Caregiver Alliance (FCA)	https://www.caregiver.org/fca-webinars	The mission of Family Caregiver Alliance (FCA) is to improve the quality of life for family caregivers and the people who receive their care. For over 40 years, FCA has provided services to family caregivers of adults with physical and cognitive impairments, such as Parkinson's, stroke, Alzheimer's and other types of dementia. There are professional Webinars listed on their learning center for social workers and other professionals.
Child Welfare Information Gateway	https://www.childwelfare.gov/learningcenter/	Child Welfare Information Gateway promotes the safety, permanency, and well-being of children, youth, and families by connecting child welfare, adoption, and related professionals as well as the public to information, resources, and tools covering topics on child welfare, child abuse and neglect, out-of-home care, adoption, and more.

Parent Child Interaction Therapy (PCIT) Web Course	https://pcitwebcourse.pcit.ucdavis.edu/login/index.php	Developed by UC Davis PCIT Training Center, this resource provides a 10-hour, 11-module web course that gives fundamental information about providing PCIT. It gives trainees’ a solid foundation and partially fulfills requirements to be a certified PCIT therapist.
Financial Social Work	https://financialsocialwork.com/resources	Videos and ebooks on COVID-19 budgeting and financial realities; elements of financial social work; Chronic Financial Stress Syndrome; coping with financial stress overall and specifically with COVID-19 financial realities. Includes information on providing financial education and support groups and trauma-informed approaches to working with financially stressed clients. LGBTQ Cultural Sensitivity and Inclusive Service Best
Diversity, Equity and Inclusion		
Diversity Training: Engaging Confidently with Other Cultures	https://hrdqstore.com/products/cross-cultural-adaptability-inventory-online-assessment	Awareness of our own cultural identities and experiences is the first step to becoming more effective cross-culturally. <i>The Cross Cultural Adaptability Inventory™</i> workshop is a powerful experience and diversity training tool that helps participants identify their personal areas of cross-cultural competency and provides examples of ways to improve them. Join expert and co-author Dr. Judith Meyers, as she teaches the four competencies that are critical to cross-cultural adaptability. Dr. Meyers will also examine how to use them as a springboard to self-awareness and cross-cultural success. This webinar is based on the HRDQ product, <i>The Cross-Cultural Adaptability Inventory</i> , a best-selling diversity training tool that was developed in direct response to needs expressed by cross-cultural trainers and teachers for a well-constructed and easily obtainable self-assessment training instrument on cross-cultural adaptability.
Cultural Sensitivity	https://thinkculturalhealth.hhs.gov/education/behavioral-health?gclid=CjwKCAjwmKLzBRBeEiwACCVihrCTf-z-ciTbHQqhHxk7U-	US Department of Health and Human Services Improving Cultural Competency for Behavioral Health Professionals (4 courses): https://thinkculturalhealth.hhs.gov/education/behavioral-health?gclid=CjwKCAjwmKLzBRBeEiwACCVihrCTf-z-ciTbHQqhHxk7U-

	ZQYs taiL7OAZOF8mw5X9Yy950CAtmbohC368QAvD_BwE	ZQYs taiL7OAZOF8mw5X9Yy950CAtmbohC368QAvD_BwE
Project Implicit	https://implicit.harvard.edu/implicit/	<p>People don't always say what's on their minds. One reason is that they are unwilling. For example, someone might report smoking a pack of cigarettes per day because they are embarrassed to admit that they smoke two. Another reason is that they are unable. A smoker might truly believe that she smokes a pack a day, or might not keep track at all. The difference between being unwilling and unable is the difference between purposely hiding something from someone and unknowingly hiding something from yourself.</p> <p>The Implicit Association Test (IAT) measures attitudes and beliefs that people may be unwilling or unable to report. The IAT may be especially interesting if it shows that you have an implicit attitude that you did not know about. For example, you may believe that women and men should be equally associated with science, but your automatic associations could show that you (like many others) associate men with science more than you associate women with science.</p> <p>As social workers, it is critical for us to be self-reflective, and self-aware. Project Implicit offers the opportunity to take a variety of tests that may show where you may, or may not be fully aware of biases you may have. We hope you have been able to take something of value from the experience of. Taking one or more of these tests can offer more information to you about implicit attitudes, and can the opportunity to reflect your current understanding of the unconscious roots of thought and feeling.</p>
Immigrant and Refugee Mental Health	https://irmhp-psmir.camhx.ca/courses	A free course on immigrant and refugee mental health offered by Canada's Centre for Addiction and Mental Health. It provides an overview of immigrant and refugee populations, as well as subgroups particularly at risk, and how their context and cultures influence mental health. There are two specific "streams" that are tailored to social service providers and health providers, respectively. The description says social workers can benefit from both streams. It's accredited by both the

		Royal College of Physicians and Surgeons of Canada, and the College of Family Physicians of Canada.
LGBTQ Cultural Sensitivity and Inclusive Service Best Practices	https://www.hrc.org/resources/all-children-all-families-webinars	<p>Human Rights Campaign:</p> <p>All Children, All Families Webinars:</p> <p>Track 1: Core Curriculum</p> <p>Track 2: Best Practices for Serving LGBTQ Parents</p> <p>Track 3: Best Practices for Serving LGBTQ Youth</p>
Exploring the Impact of COVID-19 and the LGBTQ Community	https://www.hrc.org/resources/webinars-exploring-the-impact-of-covid-19-and-the-lgbtq-community	<p>Human Rights Campaign:</p> <p>HRC has joined partner organizations for a series of webinars to discuss the impact of COVID-19 and the LGBTQ community.</p>
Health/ Integrated Health		
CEUfast Nursing	https://ceufast.com	Includes multiple trainings related to mental health, behavioral health, and health care practice. Geared toward Nurses; yet, relevant for Social Work. These trainings need to be registered for online, but are free. Each training ends with a quiz and a certificate.
Brain Injury Association of North Carolina	http://www.bianctech.net/cdetail.asp?courseid=bianc5	Substance use and traumatic brain injury - This training course features information related to the complex topic of alcohol and other drug use after brain injury. It is intended for anyone working with people with traumatic brain injury and co-occurring substance use.
Integrated Healthcare & Interprofessional Education	http://www.westfield.ma.edu/interdisciplinary-behavioral-health-collaboration/modules	<p>Westfield State University, Interdisciplinary Behavioral Health Collaboration (IBHC) Project</p> <p>Free Online Integrated Behavioral Healthcare Training Modules (16 different modules on a variety of healthcare and specialized population topics)</p> <p>http://www.westfield.ma.edu/interdisciplinary-behavioral-health-collaboration/modules</p>
Mental Health Interventions		

<p>Psychological First Aid (PFA)</p> <p>Skills for Psychological Recovery (SPR)</p>	<p>https://learn.nctsn.org/course/index.php?categoryid=11</p> <p>This is free – Students have to create a login/account to complete the training.</p>	<p><i>Psychological First Aid (PFA)</i> and <i>Skills for Psychological Recovery (SPR)</i> are promising practices for disaster behavioral health response and recovery. Both PFA and SPR were developed by the National Center for PTSD and the National Child Traumatic Stress Network, as well as other individuals involved in coordinating and participating in disaster response and recovery.</p> <p>PFA and SPR intervention strategies are intended for use with children, adolescents, parents and caretakers, families, and adults who are survivors or witnesses exposed to disaster or terrorism. PFA and SPR can also be provided to first responders and other disaster relief workers.</p> <p>An evidence-informed modular approach to help children, adolescents, adults, and families in the immediate aftermath of disaster and terrorism. PFA is designed to reduce the initial distress caused by traumatic events and to foster short- and long-term adaptive functioning and coping.</p>
<p>MD Behavioral Health</p>	<p>https://mdbehavioralhealth.com/about</p>	<p>An online training site hosted by the Department of Psychiatry at the University of Maryland School of Medicine. Developed in partnership with the Maryland Department of Health and Mental Hygiene, Mental Hygiene Administration, the site provides training to individuals interested in supporting the behavioral health of youth and their families.</p>
<p>Dialectical Behavior Therapy (DBT)</p>	<p>https://psychotherapyacademy.org/dbt-video-training/</p> <p>https://coursesity.com/free-tutorials-learn/dialectical-behavior-therapy</p>	<p>Dialectical Behavioral Therapy (DBT) combines empirically validated techniques from Cognitive Behavioral Therapy (CBT) with core mindfulness concepts.</p> <p>DBT is an empirically validated approach for working with mental health, addictions, and dual diagnosis clients. It is designed to empower clients to establish mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness.</p> <p>DBT assists clinicians in treating challenging clients with suicidal issues, self-harm potential, and dramatic interpersonal styles.</p>

Dulwich Centre	https://dulwichcentre.com.au/courses/what-is-narrative-practice-a-free-course/	<p>This Narrative Therapy course is a gateway to free papers, videos and extracts to enjoy at your own pace. Across 9 ‘lessons’ or ‘chapters’ we have brought together papers, videos, images, interviews and questions. This course is freely available to anyone, although we think it might be particularly relevant for those interested in counselling/psychology/community work/social work. Included are materials that are relevant for those working in therapeutic and/or community work contexts.</p>
Motivational Interviewing	https://www.integration.samhsa.gov/clinical-practice/motivational-interviewing	<p>Motivational Interviewing is a clinical approach that helps people with mental health and substance use disorders and other chronic conditions such as diabetes, cardiovascular conditions, and asthma make positive behavioral changes to support better health. The approach upholds four principles— expressing empathy and avoiding arguing, developing discrepancy, rolling with resistance, and supporting self-efficacy (client’s belief they can successfully make a change).</p>
Cognitive Processing Therapy	https://cpt.musc.edu/	<p>This site has a particular focus on the treatment of military and combat-related PTSD, although the principles and methods described work well for any type of traumatic event that results in PTSD. This course was developed to complement other methods of clinical learning, such as reading a book or manual or attending a workshop or training course. However, unlike most workshops and manuals, this site includes specific, step-by-step instructions for each component of therapy, printable sample scripts for introducing concepts and techniques to clients, and flash video demonstrations of the therapy procedures conducted by expert clinicians. The web site is also developed so that you can proceed at your own pace and use the learning experiences when it is convenient for you.</p>
Mental Health Webinars	https://www.socialwork.career/2012/08/free-webinars-for-mental-health-professionals.html	<p>Social Work Career offers resources (i.e. webinars) for both current students and experienced mental health professionals covering a wide range of topics.</p>

Neurobiology; EMDR	https://emdrprofessionaltraining.com/free-neruobiology-course/#	Free Neurobiology of the brain and EMDR course.
Acceptance and Commitment Training (ACT)	https://emedia.rmit.edu.au/communication/index.htm	6 ACT conversations developed by RMIT University Counseling Service. This resource consists of an audio e-learning program comprised of six sessions between 15-50 minutes duration and including a conversational mini-lecture and several practice exercises.
CBT for Anxiety and OCD	https://www.pesi.com/blog/details/1081/free-ce-seminar-cbt-for-anxiety-and-ocd	Elizabeth DuPont Spender, LCSW-C & Kimberly Morrow, LCSW – online seminar for CBT.
Mindfulness		
Mindfulness Based Stress Reduction Therapy	https://palousemindfulness.com/	A free 8-week course on mindfulness based stress reduction therapy.
Mindfulness, Healing, and Transformation	https://catalog.pesi.com/sq/bh_001068/kabat-zinn-web-11032?utm_source=website&utm_medium=banner&utm_campaign=FreeK-Z	Jon Kabat- Zinn is one of the greats in mindfulness-based therapy.
Suicide		
Suicide Prevention Resource Center	https://training.sprc.org/ https://www.sprc.org/events-trainings	<p>Improve your knowledge and skills in suicide prevention with SPRC’s self-paced online courses. They are designed for clinicians and other service providers, educators, health professionals, public officials, and members of community-based coalitions who develop and implement suicide prevention programs and policies. This online training is geared toward macro and micro practice of suicide prevention.</p> <p>CALM: Counseling on Access to Lethal Means: Learn how to counsel people at risk for suicide—and their families—on reducing access to lethal means. https://training.sprc.org/enrol/index.php?id=20</p>

		<p>Locating and Understanding Data for Suicide Prevention: Explore sources of data that can help provide an understanding of suicide nationally, in your state, and locally. https://training.sprc.org/enrol/index.php?id=35</p> <p>A Strategic Planning Approach to Suicide Prevention: Identify and prioritize suicide prevention activities through strategic planning to maximize impact in your community or setting. https://training.sprc.org/enrol/index.php?id=31</p> <p>Preventing Suicide in Emergency Department Patients: Learn how to conduct screening, assessment, and brief interventions with patients at risk for suicide in the emergency department. https://training.sprc.org/enrol/index.php?id=30</p>
Zero Suicide	https://www.zerosuicidealliance.com/	<p>The Zero Suicide Alliance (ZSA) is a collaboration of National Health Service trusts, charities, businesses and individuals who are all committed to suicide prevention in the UK and beyond. We are an alliance of people and organisations coming together around one basic principle: Suicide is preventable.</p> <p>The ZSA is ultimately concerned with improving support for people contemplating suicide by raising awareness of, and promoting, FREE suicide prevention training which is accessible to all. There are two levels to our training:</p> <p>Gateway Training that gives those who are interested a taster of how to approach someone who is struggling and takes about 10 minutes.</p> <p>Advanced training that takes around 25 minutes to complete and gives you the skills and awareness to recognise when someone may be contemplating taking their own life.</p>
Columbia Suicide Severity Screener	https://cssrs.columbia.edu/training/training-options/	<p>The Columbia Lighthouse Project (formerly the Center for Suicide Risk Assessment) aims to save lives worldwide by making the protocol's use universal. The Project was formed under the auspices of Columbia University to disseminate the Columbia Protocol — also</p>

		known as the Columbia-Suicide Severity Rating Scale (C-SSRS) — as well as to optimize the protocol’s impact through support for its users, and to continue to build the science behind the protocol. The Columbia Protocol is a key to ending suicide — a devastating, but preventable, worldwide public health crisis. We help people integrate the Columbia Protocol into a broader suicide prevention program.
Trauma/Crisis		
ProtoCall Training Video Series (for Crisis Hotlines)	https://www.youtube.com/playlist?list=PL2QqoRAqoBHiPNUGbZpwo5BHOeWbEVI5M	The material highlights the comprehensive clinical training each of our clinical specialists receives during their four-week training lab preparing them for telephone crisis intervention. The training is also beneficial for mental health professionals, crisis line volunteers, and concerned citizens.
Mental Health Studies - Suicide, Violent Behavior, and Substance Abuse	https://alison.com/course/mental-health-studies-suicide-violent-behavior-and-substance-abuse-revised	Mental health and well-being has become an increasingly important concern of healthcare systems around the world. Self-harm and debilitating mental health problems are increasing, and 1 in 3 people know somebody suffering from mental health issues. This course, which focuses on the activities, actions, and habits that might be endangering one's health and welfare, aims to give you the tools to help others.
Crisis and Trauma Resource Institute	https://us.ctrinstitute.com/resources/	Offers several different types (webinars, full trainings, manuals) of trainings and resources on multiple topics related to crisis and trauma.
Violence Prevention - Center for Disease Control and Prevention, Injury Prevention and Control: Division of Violence Prevention	https://vetoviolence.cdc.gov/apps/main/home	Violence prevention is a key focus of any social worker, especially in arenas where there is tremendous social stress. This training offers information about different types of violence: child abuse and neglect, intimate partner violence, sexual violence, suicide, and youth violence; relevant social norms and evidence-based prevention fundamentals. <ul style="list-style-type: none"> • Connecting the Dots: Introduction to the Links between Multiple Forms of Violence https://vetoviolence.cdc.gov/apps/connecting-the-dots/node/4 • Preventing Adverse Childhood Experiences https://vetoviolence.cdc.gov/apps/aces-training/#/#top

		<ul style="list-style-type: none"> Principles of Prevention https://vetoviolence.cdc.gov/apps/principles-of-prevention/ STRYVE: Striving to Reduce Youth Violence Everywhere https://vetoviolence.cdc.gov/apps/stryve/ Understanding Evidence https://vetoviolence.cdc.gov/apps/evidence/ <p>Students can also explore other tools and trainings from the Veto Violence website.</p>
National Resource Center on Domestic Violence	https://nrcdv.org/videos	NRCDV provides a wide range of online webinars. All of our webinars are all recorded and made available for free through our YouTube channel . In addition, NRCDV Radio podcasts are converted into videos for those that wish to experience the broadcasts in a different format.
National Resource Center on Domestic Violence	https://wscadv.remote-learner.net/	Lists Free Clinical and Macro courses (including nonprofit management) courses related to domestic violence work in the United States.