

PROFESSIONAL PROGRAM IN

The Treatment of Mood Disorders

Advanced training for
licensed clinicians
and allied health professionals

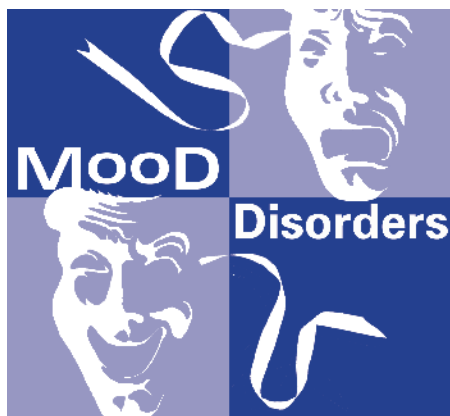
Mood disorders are the most prevalent psychiatric condition, accounting for 25 percent of the patients in psychiatric in-patient settings, 65 percent of psychiatric outpatients, and as many as 10 percent of all patients seen in nonpsychiatric medical settings. The Professional Program in the Treatment of Mood Disorders is a series of workshops that review state-of-the-art assessment and treatment of this clinical problem.

Program Benefits

Participants gain an understanding of current issues in the field of mood disorders and will be better able to make assessments, informed referrals, and other professional recommendations. All workshops are approved for CEUs for psychologists, LCSWs, MFTs, and RNs. Psychiatrists, psychiatric nurses, and school-based counselors can also benefit from this training. The program allows participants to focus their mandatory CEUs in this important field of clinical work.

Program Requirements and Structure

To earn a certificate of completion, you must complete two required workshops (6 hours each), and 18 hours of electives, for a total of five six-hour workshops. At least one elective must focus on a specific population group (adolescents, older adults, or women, for example). The minimum number of hours to earn a certificate of completion is 30 hours. Substitutions and waivers are not allowed.



Required Workshops (6 hours each)

- The Assessment and Treatment of Mood Disorders —offered fall term (0.6 ceu)
- Evidence-Based Psychotherapy for Mood Disorders —offered spring term (0.6 ceu)

Electives (partial list)

- Addressing Alcohol and Drug Problems in the Treatment of Mood Disorders (0.6 ceu)
- Assessment and Treatment Methods for Clients with Impulse Control Problems (0.6 ceu)
- Childhood Mood Disorders: Cognitive-Behavioral Assessment and Treatment (0.6 ceu)
- Cultural Issues in the Assessment and Treatment of Depression (0.6 ceu)
- Integrating Mindfulness and Cognitive Approaches in the Treatment of Depression (0.6 ceu)
- Treating Depression in Older Adults (0.6 ceu)
- Women and Depression: Social and Contextual Factors in Treatment Approaches (0.6 ceu)
- Mood Disorders in the Older Adult (0.6 ceu)
- Special topics to be announced

Courses may be taken in any order, although it is recommended to take the required workshops first: The Assessment and Treatment of Mood Disorders and Evidence-Based Psychotherapy for Mood Disorders.
Note: All course offerings are subject to change.

(continued)



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Professional Program in the Treatment of Mood Disorders *(continued)*

Prerequisites

Although there are no specific degrees or course requirements for this series of workshops, it is primarily intended for mental health clinicians who have a graduate degree in the field and are licensed psychologists, clinical social workers, or marriage and family therapists. The program is also recommended for psychiatrists, psychiatric nurses, and school-based counselors.

Course Credit

Participants can earn 3.0 CEUs (30 hours of continuing education credit) and specialize their professional development work in the area of mood disorders.

Value of a UC Berkeley Extension Professional Program

As the continuing education arm of UC Berkeley, one of the finest public research institutions in the United States, UC Berkeley Extension has an unmatched reputation for excellence. A UC Berkeley Extension Professional Program earns participants a respected credential certifying successful completion of a high-caliber, in-depth course of study. The Professional Program in Mood Disorders allows clinicians to focus their learning in this specialized area of practice and list its completion on résumés, CVs, and job applications.

Locations

Courses may be scheduled in Berkeley as well as at both UC Berkeley Extension centers in San Francisco, and are usually held on a Friday or Saturday (please check schedule each term for exact times and locations).

Fees

Each workshop is paid for separately at the time of enrollment. Individual course fees may vary from term to term. The total estimated cost for the entire program is approximately \$1,000.

How to Begin

To begin the program, simply enroll in your first workshop and continue taking workshops each term until you have completed the 30 hours of coursework. Be sure to indicate on the Extension course roster that you wish to receive CE credit for the course. This will trigger a record of your attendance. **To enroll, go to www.unex.berkeley.edu/enroll or call (510) 642-4111.**

Completion Requirements

This program does not require an application or a certificate program fee. You must request CE credit on each course roster to have your hours recorded in your student record. When you have completed the program, call (510) 643-3883 to request your certificate.

The program can be completed at your own pace. It will take a minimum of two semesters to complete the program; however, the courses can be taken over several years. There is no deadline for completion of the courses in the program.

More Information

Call (510) 643-3883, e-mail counspych@unex.berkeley.edu, or visit www.unex.berkeley.edu/cert/mood.html.

For a Free Course Catalog

Call (510) 642-4111 or (888) UC SMART, or visit www.unex.berkeley.edu/cat.

www.unex.berkeley.edu/cert/mood.html



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