

# SAVE THE DATE

## *Common Elements Treatment Approach (CETA) Learning Collaborative Training and Consultation FY 25*

*Presented by Harborview Abuse & Trauma Center*

### **What is CETA?**

CETA is a cognitive behavioral approach shown to help posttraumatic stress, anxiety, and depression in **adults**. Common element selection, order, and number of sessions per element are based on presenting symptoms and clinical target.

### **What are the Common Elements in CETA?**

Cognitive Coping; Gradual Exposure – Trauma Memories; Live Exposure; Cognitive Restructuring; Behavioral Activation; Problem Solving; Substance Use Reduction; and Relaxation.

### **TRAINING COMPONENTS:**

Participation is open to mental health providers who provide ongoing mental health treatment to adults 18 y/o+ in the state of Washington.

*The training and consultation will be delivered by the Harborview/UW team in collaboration with WA CETA Trainer Consultants. Online Live Training Dates:*

- **November 2024:** Nov 18<sup>th</sup>, 19<sup>th</sup>, 20<sup>th</sup>, 2024 (Mon-Wed) 8:30AM – 2:30PM each day
- **February 2025:** Feb 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, 2025 (Wed-Frid) 8:30AM – 2:30PM each day

### **Is my organization eligible? Who should we send to the training?**

- Licensed community mental health centers committed to implementing CETA for eligible clients.
- An organizational CETA trained supervisor must agree to provide ongoing CETA supervision to their participating staff.
  - If the organization has a CETA supervisor **on site** assigned to provide the CETA supervision, it may send up to 6 providers who provide therapy to adults.
  - If the organization does not have a trained CETA supervisor on site, it may send a team that includes a clinical supervisor who will provide CETA supervision and two providers who provide therapy to adults.
- Organizations that have not previously attended a CETA Learning Collaborative must have a senior clinical administrator contact Whitney Hellyer (206) 744-1645 prior to acceptance into the training.

### **What are the requirements of participants attending the Learning Collaborative?**

- 1. Attend all 3 live online learning sessions.**
- 2. Complete the CETA Certificate requirements:**
  - a. Attend at least 8 out of 10 consultation calls.
  - b. Present at least 1 case during the 6-month consultation period
  - c. Deliver CETA to 2 clients; one case must be trauma focused. **Supervisors** who attend the training must deliver CETA to 1 client (Trauma focused case strongly preferred).
- 3. Document cases** in our on-line EBP Toolkit.

### **REGISTRATION NOTES:**

- **Only clinical administrators or CETA supervisors may register participants.** The supervisor who will be providing ongoing CETA supervision must be named for each participant at the time of registration.
- All registration is done on-line. **Registration links will be sent at a later date.**
- There is a fee of \$300/person to participate in this learning collaborative. CEU's are provided for the training series. A Certificate of Completion will be granted upon successful completion of consultation call requirements.

Questions? Contact Yocelin Flores [ycano2@uw.edu](mailto:ycano2@uw.edu)

**WA DSHS Division of Behavioral Health and Recovery provides the support for the CETA Learning Collaborative**