

ONLINE TRAININGS

<i>NAME</i>	<i>LINK</i>	<i>DESCRIPTION</i>	<i>ADDITIONAL INFORMATION</i>
Psychological First Aid (PFA)	https://www.nctsn.org/resources/psychological-first-aid-pfa-online	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.	This is free – Students have to create a login/account to complete the training. Clinical and Macro Diversity
Suicide Prevention Resource Center	https://training.sprc.org/ create an account (free)	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.	Clinical and Macro Diversity
MD Behavioral Health	https://mdbehavioralhealth.com/about	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.	Clinical
Mindfulness Based Stress	https://palousemindfulness.com/	A free 8-week course on mindfulness based stress reduction therapy.	Clinical

Reduction Therapy			
SBIRT Training	https://psattcelearn.org/courses/4hr_sbirt/	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.	Clinical Diversity
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.	Please contact us at CASCW@umn.edu with any questions or problems. Clinical and Macro Diversity
Dulwich Centre	https://dulwichcentre.com.au/courses/what-is-narrative-practice-a-free-course/	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.	Clinical, some Macro community practice work Diversity

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>	Clinical
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>	Clinical Diversity Military
CEUfast Nursing	https://ceufast.com	<p>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.</p>	Clinical

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.	Clinical Diversity
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.	Clinical, some Macro level
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.	Clinical, Macro Policy/legislative Trainings Diversity
Mental Health Webinars	https://www.socialwork.career/2012/08/free-webinars-for-mental-health-professionals.html	Social Work Career offers resources (i.e. webinars) for both current students and experienced mental health professionals covering a wide range of topics.	Clinical
Neurobiology; EMDR	https://emdrprofessionaltraining.com/free-neurobiology-course/#	Free Neurobiology of the brain and EMDR course.	Clinical (Advanced)

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.	Clinical
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.	Clinical
Diversity Training: Engaging Confidently with Other Cultures	https://www.hrdqu.com/webinars/diversity-engaging-confidently-with-other-cultures/	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.	<p>Participants Will Learn:</p> <ul style="list-style-type: none"> · How to define culture and one's cultural identity · The four competencies associated with cross-cultural effectiveness · Methods to assess cross-cultural competence · A common vocabulary that allows for self-improvement, continued growth and perspective-taking in cross-cultural situations <p>Clinical, Macro</p>

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.	Clinical
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.	Clinical, Macro Policy work
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.	Clinical, Macro Policy work
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.	Clinical, Macro Policy work Diversity

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.	Clinical
Brain Injury Association of North Carolina	http://www.biancteach.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.	Clinical (Advanced)
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.	Clinical Diversity