

Common Elements Treatment Approach (CETA) Learning Collaborative

Presented by: Laura Merchant, MSW, Claudia Kirkland, MSW, and Mina Ranna-Stewart, MSW from Harborview Center for Sexual Assault and Traumatic Stress

Time: 8:30 am-5:00 pm

Dates: March 10 & 11, 2016 in Spokane

OR

March 14 & 15, 2016 in Tukwila

What is CETA?

It is a cognitive behavioral approach shown to help posttraumatic stress, anxiety, and depression in adults affected by traumatic experiences. Element selection, order of the elements and how many sessions per element are based on presenting symptoms.

What are the common elements in CETA?

Relaxation; Cognitive Coping; Exposure-Trauma Memories; Exposure-Live; Cognitive Restructuring; Behavioral Activation; Problem Solving

AGREEMENT TO PARTICIPATE IN ALL COMPONENTS IS REQUIRED:

Attendance at the 2-day CETA training. Team that includes a clinical supervisor and at least 2 clinical providers.

Participation in telephone consultation calls and delivery of CETA. Attendance on 9 of 12 consultation calls, presentation of at least one case, and delivery of CETA to one client. Case documentation includes baseline and repeated standardized measures, a minimum of 6 sessions, and documentation of the CETA flow. The documentation is entered into the Toolkit. <http://ebptoolkit.com>

IF YOU WANT TO ATTEND THIS CETA LEARNING COLLABORATIVE:

- ⇒ **This training is FREE** through support from DBHR.
- ⇒ **A program administrator or the supervisor from the organization must register all participants. Please click on the appropriate link for the training you plan on attending. March 10-11, 2016** <https://catalyst.uw.edu/webq/survey/hobbe/284266>
- ⇒ **March 14-15, 2016:** <https://catalyst.uw.edu/webq/survey/hobbe/284092>
- ⇒ **A supervisor who will be providing ongoing CETA supervision must be named in the registration and must attend the CETA training unless they have already completed the training and the call requirements.**

For more info on the training, please contact Laura Merchant at lmerchan@uw.edu or 206-744-1637.