



# **New Training Opportunity!**

## **Depressive Disorders & SUDs: Research-Based Strategies & Treatments**

The Pennsylvania Department of Drug & Alcohol Programs (DDAP) is pleased to announce the availability of a new on-demand training, Depressive Disorders & SUDs: Research-Based Strategies & Treatments.

Depressive Disorders & SUDs: Research-Based Strategies & Treatments is a moderately difficult course that introduces four treatments for depression: behavioral activation, interpersonal psychotherapy, cognitive therapy and mindfulness-based cognitive therapy. Each treatment's core theoretical components and treatment activities will be applied in the context of treating depression that cooccurs with substance use disorders. Additionally, this course provides an overview of conceptual models of depression and substance use disorders, the diagnostic criteria of depressive disorders, and related research. Professionals who have an advanced degree and provide direct counseling and therapy to individuals with substance use disorders, will get the most out of this training.

You will receive 3 hours of continuing education credit for completing the online training module.

### **How to Access the Training**

Visit the [Training Management System \(TMS\)](#) then follow these steps to access TMS; (if you already have a Keystone Login, then you can skip to step 3):

1. Click the green 'Register' button
2. Enter a username, password, email address, the identifying information requested, and answer the security questions; then click 'Register'
  - An email address is required for the Training Management System. If you are completely new to TMS, then use a personal email address. If you had an account in the old TMS, then use the same email address in order for your training record to connect to your new account.
3. Go to the TMS webpage and login.
  - If this is your first time accessing TMS, you will need to go to your profile found in the upper right-hand corner and update the information there before you can take actions on trainings.
4. Go to 'Find Trainings', 'Course Catalog'
5. Either type in the name of the training or scroll down to the Treatment section and find the training to click into it
6. Once you are on the Depressive Disorders & SUDs page, scroll down to the first module and click 'Launch'
  - Modules must be completed in order and the next module will not unlock until you have completed the previous one.



Any questions regarding the training may be directed to the DDAP Training Section by emailing [ra-datrainig@pa.gov](mailto:ra-datrainig@pa.gov) or calling 717-736-7452.