

Treating Comorbid Anxiety and Substance Use Disorders



Instructor:
Kate Taylor, Ph.D.

Instructor Information:

Dr. Kate Wolitzky-Taylor is a licensed clinical psychologist and Associate Professor at the UCLA Department of Psychiatry and Biobehavioral Sciences. She earned her doctorate in Clinical Psychology and her Masters in Psychology at the University of Texas. Her research and clinical work focus on improving behavioral treatment for individuals with comorbid anxiety disorders and substance use disorders.

Course Description:

This training will provide a review of the literature on the treatment of co-occurring anxiety and substance use disorders. It will provide a brief overview of the epidemiology of this co-occurrence and challenges in assessing anxiety in the context of a substance use disorder. This training will provide skill building approaches in treating comorbidity.

***Dates:* Tuesday, August 24, 2021 & Wednesday, August 25, 2021**

(**Must attend both dates for credit**)

***Time:* 8:30am – 12:00pm**

Location: Virtual training- link will be sent to registrants

**RUHS-BH Staff - Please register for this course via COR at <http://corlearning.rc-hr.com>
All other interested partners, please visit www.rcdmh.org/wet**

Continuing Education Credits: This course is **pending approval for 6** continuing education units/credits/hours. Please see the brochure for additional information.

Anxiety Disorders and SUD

Part I: August 24th, 2021

8:30am – 12:00pm

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Part II: August 25th, 2021

8:30am – 12:00pm

****Must attend both dates for credit****

Course Description: This training will provide a review of the literature on the treatment of co-occurring anxiety and substance use disorders. It will provide a brief overview of the epidemiology of this co-occurrence and challenges in assessing anxiety in the context of a substance use disorder. This training will provide skill building approaches in treating comorbidity.

Instructor Information: Dr. Taylor is an Associate Professor and Principal Investigator in the UCLA Department of Psychiatry and Biobehavioral Sciences in the Semel Institute of Neuroscience and Behavior. She earned her doctorate in Clinical Psychology and her Masters in Psychology at the University of Texas. Her primary research center is the Integrated Substance Abuse Programs, where she serves as a Principal Investigator for several NIH-funded projects. She is a clinical psychologist and the Director of Clinical Services for the UCLA Screening and Treatment for Anxiety and Depression (STAND) Clinic and is the Practicum Director for the Integrated Substance Abuse Program's practicum in Comorbid Anxiety and Substance Use Disorders. She is also an attending psychologist at the UCLA Behavioral Health Services. Lastly, she is an expert in CBT and provides direct patient care and clinical supervision to psychology and psychiatry trainees.

Audience: RUHS-BH Clinical Therapists and other treatment staff. LMFTs, LCSWs, LPCCs, and LEPs, associate-level and support staff providing client care in the public behavioral health system.

Level of presentation: Intermediate- applicable to audience with working knowledge of topic.

Seat #: 60

Location: Virtual training- link will be sent to registrants

If you require accommodations, please contact the Rustin Conference Center at (951) 955-7270 fourteen days (14) prior to the course date.

Educational Goals:

1. Improve understanding of how anxiety and SUD mutually maintain each other
2. Understand the main components of evidence-based treatment for comorbid anxiety disorders/SUD
3. Have a basic knowledge of how to deliver these components of treatment with their clients/patients

Learning Objectives:

1. Participants will be able to identify three (3) major components of treating anxiety in the context of SUD
2. Participants will be able to assess the different types of exposure and when each would be used in treatment
3. Participants will be able to select one (1) component of traditional CBT for SUD that has proven to be successful

Course outline:

Day 1:

8:30 am – 9:30 am	<ul style="list-style-type: none">• Understanding the nature of anxiety and SUD comorbidity• Overview of components of treatment for SUD and anxiety disorders
9:30 am - 10:00 am	<ul style="list-style-type: none">• How CBT for anxiety and SUD can be woven together• Step by step approach to providing psychoeducation, cognitive restructuring, and exposure therapy for anxiety disorders in the context of SUD
10:00 am – 10:10 am	Break (non CE time)
10:10 am – 11:10 am	<ul style="list-style-type: none">• Continue step by step approach to each component of treatment for anxiety
11:10 am – 11:20 am	Break (non CE time)
11:20 am – 12:00 pm	<ul style="list-style-type: none">• Brief overview of CBT for SUD components of treatment that can be particularly useful for this populations• Special considerations• Q&A

Day 2:

8:30 am - 8:40 am	<ul style="list-style-type: none">• Review, Q&A
8:40 am - 10:00 am	<ul style="list-style-type: none">• Video demonstrations of skills• Discussion of video• Skill practice and application
10:00 am - 10:10 am	<ul style="list-style-type: none">• Break (non CE time)
10:10 am - 11:10 am	<ul style="list-style-type: none">• Video demonstrations of skills• Discussion of video• Skill practice and application
11:10 am - 11:20 am	<ul style="list-style-type: none">• Break (non CE time)

11:20 am – 11:40 am	<ul style="list-style-type: none"> • Presentation of research projects demonstrating novel applications of treating comorbid anxiety and SUD in clinical settings
11:40 am – 12:00 pm	<ul style="list-style-type: none"> • Q&A

This course is pending approval for 6 CE. An updated flyer will follow with CE details.

Continuing Education: **Course pending CE approvals** for **6** hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Riverside University Health System-Behavioral Health is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and/or LEPs. Riverside University Health System-Behavioral Health maintains responsibility for this program/course and its content.

CAMFT approved continuing education provider number: 1000060

Provider approved by the California Board of Registered Nursing, Provider # CEP17400 for **6** Contact Hours. **Course is pending CEs.**

Provider approved by CCAPP-EI, Provider Number 1N-98-402-2021 for **6** CEH'S. **Course is pending CEs.**

Mailing address: Riverside University Health System-Behavioral Health (RUHS-BH), Workforce Education and Training (WET), 2085 Rustin Ave., Riverside, CA 92507.

Requesting Continuing Education: Participants interested in receiving continuing education credit or a certificate of participation should contact Manuel Pondivida via email at MPondivida@ruhealth.org. Please include the following information in your email request: full name, title of training, and certification or license number. For in-person courses, certificates will be issued immediately after the completion of the course. For distance learning courses, certificates will be issued via email or by mail within five (5) business days after the completion of the course and receipt of required documentation.

Attendance Policy: Participants who arrive to the course after the scheduled start time may not be admitted. To receive continuing education credit for a course, participants must attend the entire scheduled time. Participants who arrive late, leave early or return late from lunch/breaks will not receive continuing education credit. To receive credit, participants cannot miss more than 15 minutes total of instruction. **There is no partial credit issued.**

Enrollment/Registration Policy: RUHS-BH Staff should register for this course via COR Learning Management System (<http://corlearning.rc-hr.com/>). The enrollment deadline is three (3) calendar days prior to the course start date (excluding holidays and weekends). All other interested partners, please visit www.rcdmh.org/wet.

Cancellation and Refund Policy: Registration must be cancelled on or before three (3) calendar days prior to the course start date (excludes holidays and weekends). Riverside University Health System-Behavioral Health does not currently charge fees for continuing

education courses or activities sponsored by our agency. Therefore, no refund policy or procedure is currently in affect.

Grievances: Please contact training coordinator Taide Arias at TArias@ruhealth.org or 951-955-7265 for questions or concerns about this activity or facilities, or to request a copy of our grievance policy and procedures. Riverside University Health System-Behavioral Health follows all applicable local, state, and federal standards, including the Americans with Disabilities Act of 1990 (ADA), 42 U.S.C. §§ 12101-12213 (2008).