

## **New Training Opportunity!**

# **Anxiety Disorders & SUD: Research-Based Strategies & Treatments**

The Pennsylvania Department of Drug & Alcohol Programs (DDAP) is pleased to announce the availability of a new online training module, Anxiety Disorders & Substance Use Disorder (SUD): Research-Based Strategies & Treatments. This module was developed in conjunction with the Cognitive Behavioral Institute.

This training presents treatments and techniques to help individuals who have co-occurring anxiety and substance use disorders. Research and models that describe the co-occurrence of these disorders will be provided. Concepts and techniques of cognitive-behavioral therapy and acceptance and commitment therapy will be presented. There will be an overview of recommendations to support you in implementing mindfulness meditation in your work. Interactions with case examples will be used throughout the training, and there will be opportunities to practice the techniques for yourself.

This training will take approximately 4 hours to complete.

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

Visit <https://www.train.org/pa/welcome> then follow these steps (if you already have an account in TrainPA, you may log in and skip to step 7):

1. Click Create an Account
2. Enter a username, password, and the identifying information requested, then click Next Step
3. Select the county where you primarily work, then click Confirm
4. Select “Other public health professional (my functional role isn’t listed)”, then click Confirm
5. Type “Drug” in the search field, then select PA Department of Drug and Alcohol Programs employees, then click Confirm
6. Click Finish Creating Account. This will log you into the TrainPA site.
7. Click Courses under the Search column on the left side of the page
8. Type “DDAP” into the search bar, then press Enter
9. Select PA-DDAP: Anxiety Disorders & SUDs: Research-Based Strategies & Treatments
10. Click Launch

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