Date: January 23, 2023

To: Behavioral Health Providers

From: Cynthia Sierra, UT Health San Antonio Project Manager
      Natalie Maples, DrPh, MA UT Health San Antonio Project Director

Re: **Cognitive Adaptation Training (CAT) eLearning Certification**

We are pleased to announce a new eLearning course: **Cognitive Adaptation Training (CAT) eLearning Certification**. This training is provided by Money Follows the Person (MFP) grant funding from Texas Health and Human Services.

The course details are below, and registration is available at iceebp.com.

Cognitive Adaptation Training (CAT) eLearning Certification

This 18-module course is inclusive of the 6 module *Cognitive Adaptation Training: An Introduction** AND 12 modules intended as an alternative to the live instructor led 2-day CAT workshop. In total, these 18 modules meet the requirements to become a Certified CAT Practitioner.

This comprehensive course provides you with both a basic and advanced understanding of CAT treatment. The course presents an in-depth review of the CAT model, utilizing CAT assessments, treatment planning, implementing a wide range of advanced interventions, documentation in CAT services, utilizing Motivational Interviewing during CAT, and differences between CAT and other evidenced-based practices.

*If you have already completed the Cognitive Adaptation Training: An Introduction eLearning course within the last 6 months, please contact the helpdesk for assistance.

This training provides 6.5 hours of Continuing Education Credits for the following licenses: Psychologist, Professional Counselor, Psychological Associate, Social Work, Marriage and Family Therapist and Chemical Dependency Counselor. Upon successful completion of the training, you will earn a certificate of completion and (if applicable) continuing education credit.

If you would like for anyone to be added to this distribution list, or if you would like to be deleted, please let me know sierrac@uthscsa.edu