

Problem Solving Treatment (PST) Time-Limited Dynamic Psychotherapy

DATE & TIME:

January 20, 2026

8:30AM - 4:00PM

All registration is completed on EventHub prior to the training. A check-in link will be emailed to training participants prior to training. Check-in begins 15 minutes prior to the training time. All participants must arrive during the check-in period. Late arrivals will not be admitted.

PLACE:

Web Broadcast - Zoom

REGISTRATION: <https://eventshub.dmh.lacounty.gov>

DESCRIPTION: Problem Solving Treatment is an evidence-based, brief intervention, “talking therapy” model for consumers experiencing moderate depression. PST increases consumer self-efficacy by teaching them to solve “here and now” problems contributing to depression. PST training will provide clinicians with experience in time management, brief treatment, improved communication skills and ability to be flexible, yet structured treatment. PST uses cognitive-behavioral interventions geared to improve an individual’s ability to cope with stressful life experiences that can contribute to depression. The underlying assumption of this approach is that symptoms of psychopathology can often be understood as the negative consequences of ineffective or maladaptive coping. PST is a brief, common sense model that is practical to apply and easy for clinicians and consumers. It has been shown to have high patient receptiveness and satisfaction.

TARGET AUDIENCE: **Staff from DMH Directed Operated Programs**

OBJECTIVES: **As a result of attending this training, participants should be able to:**

1. Describe the theoretical model for PST.
2. Formulate key steps of problem-solving techniques.
3. Discuss key elements of PST and successful follow-up sessions.
4. Analyze the importance of case supervision to learn PST.
5. Construct a plan for supervisor for case supervision training in PST.
6. Explore adaptation of this model to various cultural groups.

CONDUCTED BY:

**Rita Haverkamp, MSN, PMHCNS-BC, CN
Psychiatric Clinical Nurse Specialist**

**COORDINATED
BY:**

**Cindy Rubin – Mental Health Training Coordinator
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DEADLINE:

When capacity is reached

**CONTINUING
EDUCATION:**

**6.0 Hours for BBS, BRN, CCAPP-EI
6.0 CE for Psychologist**

COST:

None