

CBT for Anxiety in Adult Primary Care

November 7, 2025

A dynamic, virtual, one-day course followed by two months of case-based learning calls for primary care providers: family physicians, nurse practitioners, and physician assistants.



REACH's CBT for Anxiety in Adult Primary Care program teaches providers to effectively use cognitive behavioral therapy (CBT) techniques to help adults who suffer from anxiety.

Includes 2 months of follow-up, case-based learning calls.



*Earn up to **11.25** American Medical Association Physician's Recognition Award (AMA PRA) Category 1 Credits™, American Nurses Credentialing Center (ANCC) contact hours, or American Academy of Physician Assistants (AAPA) Category 1 CME credits.

Scan the QR code or [click here](#) to register today!



Joint Accreditation Statement

In support of improving patient care, this activity has been planned and implemented by the University of Arkansas for Medical Sciences and The Reach Institute. University of Arkansas for Medical Sciences is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

Credit Designation Statements

AMA Credit Designation Statement

The University of Arkansas for Medical Sciences designates this live activity for a maximum of 11.25 AMA PRA Category 1 Credits™. Participants should claim only the credit commensurate with the extent of their participation in the activity.

ANCC Credit Designation Statement

The University of Arkansas for Medical Sciences designates this live activity for a maximum of 11.25 ANCC contact hours. Nursing contact hours will be awarded for successful completion of program components based upon documented attendance and completion of evaluation materials.

AAPA Credit Designation Statement

The University of Arkansas for Medical Sciences has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 11.25 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.