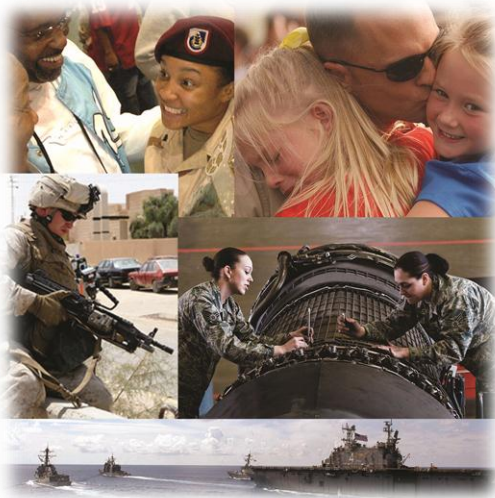




**CENTER FOR  
DEPLOYMENT PSYCHOLOGY**  
*Preparing Professionals to Support Warriors and Families*



# Addressing the Psychological Health of Warriors and Their Families

*A Center for Deployment Psychology  
Civilian Training Program*

**June 15-19, 2015  
Minneapolis, MN**

Minneapolis Central Library  
300 Nicollet Mall  
Minneapolis, MN 55401

The Center for Deployment Psychology (CDP) is a tri-service psychology training consortium headquartered at the Uniformed Services University of the Health Sciences (USU) in Bethesda, Maryland. As the Nation's only federal health sciences university, USU is committed to excellence in military medicine and public health during peace and war.

## TRAINING GOALS:

- Describe military terminology and operations and examine military culture and values as they relate to military behavioral health
- Identify stressors commonly confronted by Service members and their families before, during, and after deployment
- Understand the scope of depression and suicide as military health problems
- Review empirically-supported and promising treatments used to treat depression and suicidal ideation and behavior, and their use with military veterans
- Enhance knowledge of "gold standard" measures and tools for assessing PTSD in service members
- Identify military sexual assault (MSA) in clinical settings
- Identify and discuss ethical challenges facing clinicians working with service members and veterans
- Become familiar with the epidemiological evidence describing alcohol and drug use disorders in the U.S. civilian and military populations, including active duty service members and veterans
- Identify the symptoms and rates of blast-related traumatic brain injury (TBI) and outline treatment resources
- Describe the prevalence of sleep problems experienced by military personnel, and examine different components of Cognitive-Behavioral Therapy for Insomnia (CBT-I)
- Summarize and apply the skills of Prolonged Exposure Therapy (PE) to treat combat-related PTSD

**Registration Fee: \$95**  
**Seating is Limited. Register Early.**

**This fee is charged regardless of the  
number of sessions attended**

*"Overall I have to say the training was one of the best in my career. The Center for Deployment Psychology faculty really do an excellent job!" – Salt Lake City, UT*

*"Excellent, highly applicable training providing the tools necessary to conduct cutting-edge treatment for this most deserving population. Thank you." – Madison, WI*

**FOR ADDITIONAL INFORMATION AND TO REGISTER:**

<http://deploymentpsych.org/training/civilian/great-lakes>

**FOR QUESTIONS CONTACT:**

Ms. Hakimah Campbell

[oneweektraining@deploymentpsych.org](mailto:oneweektraining@deploymentpsych.org)



Addressing the Psychological Health  
of Warriors and Their Families  
June 15-19, 2015 – Minneapolis, MN



GS	General Session
Track 1	PTSD Track
Track 2	Health Psychology Track

**MONDAY, June 15, 2015**

CDP DAY HOST: Jeffery Cook, PhD	
7:30 am – 8:00 am	<b>Check-in and Morning Coffee &amp; Tea</b>
8:00 am – 8:15 am	<b>Welcome, Introduction, and Orientation</b>
8:15 am - 10:00 am	<b>Session 1 (GS) – Military Culture and Terminology: Enhancing Clinical Competence</b> <i>Jeffery Cook, PhD</i> <i>CDP, Director, Military Training Programs</i>
10:00 am – 10:15 am	<b>Break</b>
10:15 am – 12:00 pm	<b>Session 2 (GS) – The Deployment Cycle and Its Impact on Service Members and Their Families</b> <i>Jeffery Cook, PhD</i>
12:00 pm – 1:30 pm	<b>Lunch Break (on your own)</b>
1:30 pm – 2:30 pm	<b>Session 2 (continued)</b>
2:30 pm – 2:45 pm	<b>Break</b>
2:45 pm – 4:45 pm	<b>Session 3 (GS) – The Unique Challenges of Military Families</b> <i>Laura Copland, MA, LCMHC</i> <i>CDP, Senior PTSD Treatment Trainer</i>

**TUESDAY, June 16, 2015**

CDP DAY HOST: Laura Copland, MA, LCMHC	
7:30 am – 8:00 am	<b>Check-in and Morning Coffee &amp; Tea</b>
8:00 am - 10:00 am	<b>Session 4 (GS) – Overview of Traumatic Brain Injury (TBI) in the Military</b> <i>Laura Copland, MA, LCMHC</i>
10:00 am – 10:15 am	<b>Break</b>
10:15 am – 12:15 pm	<b>Session 5 (GS) – Alcohol and Drug Use in Military Veterans</b> <i>Elizabeth Parins, PsyD</i> <i>CDP, Project Developer and Trainer, Military and Civilian Programs</i>
12:15 pm – 1:45 pm	<b>Lunch Break (on your own)</b>
1:45 pm – 3:15 pm	<b>Session 6 (GS) – Assessment and Treatment of Depression and Suicidal Behavior Associated with Military Service: An Overview</b> <i>Laura Copland, MA, LCMHC</i>
3:15 pm – 3:30 pm	<b>Break</b>
3:30 pm – 4:45 pm	<b>Session 6 (continued)</b>

**WEDNESDAY, June 17, 2015**

CDP DAY HOST: Elizabeth Parins, PsyD		
7:30 am – 8:00 am	Check-in and Morning Coffee & Tea	
8:00 am - 10:00 am	<b>Session 7 (GS) – Sexual Assault in the United States Military</b> <i>Laura Copland, MA, LCMHC</i>	
10:00 am – 10:15 am	Break	
10:15 am – 11:45 am	<b>Session 8 (GS) – Ethical Considerations for Working with Military Members and Veterans</b> <i>Elizabeth Parins, PsyD</i>	
11:45 am – 1:00 pm	Lunch Break (on your own)	
1:00 pm – 2:30 pm	<b>Session 8 (continued)</b>	
2:30 pm – 2:45 pm	Break	
2:45 pm – 4:45 pm	<b>Session 9 (Track 1) – Sleep Disorders: An Overview of Sleep Disorders Common in Military Members</b> <i>Elizabeth Parins, PsyD</i>	<b>Session 9 (Track 2) – Assessment and Treatment of PTSD</b> <i>Kelly Chrestman, PhD</i> <i>CDP, Lead, Consultation Services</i>
4:45 pm – 5:00 pm	<b>Case Study Wrap-Up</b>	<b>Case Study Wrap-Up</b>

**THURSDAY, June 18, 2015**

CDP DAY HOST: Kelly Chrestman, PhD		
7:30 am – 8:00 am	Check-in and Morning Coffee & Tea	
8:00 am - 11:45 am	<b>Session 10 (Track 1) – Evidence-Based Treatment for PTSD: Prolonged Exposure Therapy (PE)</b> <i>Kelly Chrestman, PhD</i>	<b>Session 10 (Track 2) – Assessment and Treatment of Sleep Disturbances Associated with Deployment</b> <i>Diana Dolan, PhD, CBSM</i> <i>CDP, Evidence-Based Psychotherapy Trainer</i>
11:45 am – 1:00 pm	Lunch Break (on your own)	
1:00 pm – 4:45 pm	<b>Session 10 (continued)</b>	<b>Session 10 (continued)</b>

**FRIDAY, June 19, 2015**

CDP DAY HOST: Kelly Chrestman, PhD		
7:30 am – 8:00 am	Check-in and Morning Coffee & Tea	
8:00 am - 11:45 am	<b>Session 10 (continued)</b>	<b>Session 10 (continued)</b>
11:45 am – 1:00 pm	Lunch Break (on your own)	
1:00 pm – 4:45 pm	<b>Session 10 (continued)</b>	<b>Session 10 (continued)</b>

Speakers and schedule subject to change

**ELIGIBLE PARTICIPANTS:**

This course is designed for civilian licensed mental health providers including psychologists, social workers, psychiatrists, and marriage & family therapists who are actively treating military personnel, veterans, and their families. Active duty mental health providers interested in attending this course should contact the CDP to inquire about trainings designed specifically for them. **While we recognize that many individuals may be interested in attending this course, the material is not designed for, and may not be appropriate for, non-professionals and those who are not working with this population.**

Participants are encouraged to attend the entire one-week program in order to receive comprehensive training for working with the military/veteran population. However, participants can select to attend specific sessions within their chosen track for which separate CE credits will be provided.

**CONTINUING EDUCATION (CE) INFORMATION:**

CE accreditation is provided by PESI, Inc. for this one-week training. Please carefully read the information provided by PESI, Inc. (found under the *Continuing Education Information* tab on the registration website) to learn more about CE credits and the disciplines covered. After reading this information, if you still have specific questions about CE credits, please contact Dawn Messing directly at [dmessing@pesi.com](mailto:dmessing@pesi.com).

