

## **The Summer Institute: Preparing for a Military-Focused Career** *An Intensive 5-Day Course for Doctoral Students in Clinical or Counseling Psychology*

### **EXTENDED AGENDA**

**DAY ONE: MONDAY, 19JUN2017**

**LOCATION: LECTURE HALL D, BUILDING C**

**0730 – 0800      Check-in**

Distribute binders and course materials.

**0800 – 0830      Welcome, Course Overview and Mission**

*Dr. David Riggs, Dr. Paula Domenici & Dr. Elizabeth Parins*

**0830 – 0930      Ice Breakers and Introductions**

*Dr. Paula Domenici & Dr. Elizabeth Parins*

This exercise will facilitate introductions of participants and faculty in attendance.

**0930 – 1215      Advanced Military Culture and the Deployment Cycle**

*Dr. William Brim*

This course will provide an overview of military culture and the deployment cycle.

Participants will learn basic demographic information and distinctions between officers and enlisted. Military subcultures will be introduced. Participants will examine pre- and post-deployment challenges as well as deployment stressors.

Military expectations, values and the warrior ethos will be covered particularly as they relate to behavioral health.

**1215 – 1330      Lunch**

**1330 – 1530      Introduction to Military Psychologist Activities**

*Dr. Regina Shillinglaw*

This course will serve as a brief overview of some of the interesting work that military psychologists may encounter during their active duty military careers.

Attendees will be introduced to the breadth of clinical, forensic, consultation and administrative work available within the DoD.

**DAY TWO: TUESDAY, 20JUN2017**

**LOCATION: LECTURE HALL D, BUILDING C**

**0800 – 0945 Introduction to Unique DoD Assessments**

*Dr. Regina Shillinglaw*

This course will provide an overview of key military assessments, including fitness for duty evaluations and medical and sanity boards. Military clearance issues related to deployment, security, and other issues will be introduced. The class will learn how assessments conducted in a military context differ from those done in civilian practice.

**0945 – 1000 Break**

**1000 – 1200 Clinical Presentations Among Military Populations**

*Dr. Kevin Holloway*

This course will introduce prevalent deployment-related problems including chronic pain, insomnia, traumatic brain injury, military sexual assault and suicidal behavior. Students will gain general knowledge about risk factors that may contribute to their development and strategies for addressing them in the military. Issues unique to sexual assault and death by suicide in military versus civilian communities will be highlighted.

**1200 – 1315 Lunch**

**1315 – 1415 Clinical Presentations Among Military Populations (*cont'd*)**

**1415 – 1430 Break**

**1430 – 1630 Military Guest Speakers**

*CW3 Laurie E. Atherholt – U.S. Navy/Army NG*

**1800 – 1930 Social Networking Event (Optional)**

**DAY THREE: WEDNESDAY, 21JUN2017**

**LOCATION: LECTURE HALL D, BUILDING C**

**0800 – 1015      Military Psychologist Panel**

*LCDR Jason Duff (USN)*

*Brandy Hellman (Former Army)*

*David Reynolds (USAF-Ret)*

*CDR Rose Rice (USN)*

*Lt Col Scott Sonnek (USAF),*

*CPT Michael Yates (ARMY)*

**1015 – 1030      Break**

**1030 – 1600      Tour of War Memorials**

*Homework: Written reflection piece on this experience. See the Reflection Assignment-Memorial Tour in your binder (tab 7) as a guide.*

**DAY FOUR: THURSDAY, 22JUN2017**

**LOCATION: LECTURE HALL D, BUILDING C**

**0830 – 0915 Discussion of Reflection Assignment**

*Dr. Paula Domenici*

**0915 – 0930 Break**

**0930 – 1130 Overview of CBT Within Military Settings**

*Dr. Elizabeth Parins*

This course will serve as a foundation in CBT and its use with military patients. Students will be introduced to specific screens for assessing depression and anxiety in the military population. Both 3-column and 5-column thought records will be reviewed and applied to these two conditions. Instruction in cognitive restructuring and Socratic questioning will be provided, and students will have the opportunity to engage in role plays.

**1130 – 1230 Lunch**

**1230 – 1330 Overview of CBT Within Military Settings (*cont'd*)**

**1330 – 1400 Break**

**1400 – 1630 Training Director Panel**

*Dr. Richard Bergthold*, Walter Reed National Military Medical Center in Bethesda, Maryland

*MAJ Jimmie Butcher*, Tripler Army Medical Center in Honolulu, Hawaii

*CDR Michael Franks*, Naval Medical Center in Portsmouth, Virginia

*Dr. Ann Hryshko-Mullen*, Lackland Air Force Base in San Antonio, Texas

*MAJ Michelle Kline*, Brooke Army Medical Center in San Antonio, Texas

*MAJ Stacey Krauss*, Womack Army Medical Center in Fort Bragg, North Carolina

*Dr. David Mather*, Naval Medical Center in San Diego, California

*Lt Col Roa-Navarrete*, Wright-Patterson Air Force Base in Dayton, Ohio

*Dr. Jason Stolee*, Madigan Army Medical Center in Tacoma, Washington

*MAJ Patrice Shanahan*, Dwight David Eisenhower Army Medical Center in Augusta, Georgia

*Lt Col Robert J. Vanecek*, Malcolm Grow Medical Center in Joint Base Andrews, Maryland

**DAY FIVE: FRIDAY, 23JUN2017**

**LOCATION: LECTURE HALL D, BUILDING C**

**0830 – 1000      Assessment and Treatment of PTSD**

*Dr. Andrew Santanello*

The course reviews various methods of assessment and treatment of PTSD, including an overview of the DSM-5 diagnostic criteria for PTSD. Unique variables that can impact the assessment process with the military population will be discussed and participants will be introduced to best practices for diagnosing deployment-related PTSD. Evidence-based treatments for PTSD are reviewed in order to help participants become familiar with effective interventions for military-related trauma.

**1000 – 1015      Break**

**1015 – 1145      Assessment and Treatment of PTSD (*cont'd*)**

**1145 – 1245      Lunch**

**1245 – 1400      Military Psychology Ethics Overview**

*Dr. Jeffrey Cook*

Military psychologists work in unique situations which expose them to a variety of challenging ethical dilemmas. Informed consent, boundaries of cultural and clinical competence, disposition-driven diagnoses, multiple relationships, professional fitness and other ethical issues will be discussed in the context of treating military patients. Case scenarios and decision-making models will be presented to highlight processes for managing ethical challenges as a uniformed provider.

**1400 – 1415      Break**

**1415 – 1530      Military Psychology Ethics Overview (*cont'd*)**

**1530 – 1600      Course Wrap-Up**

*Dr. Paula Domenici*