

# **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, 6JUN2016**

**LOCATION: LECTURE HALL A, BUILDING A**

**0730 – 0800      Check-in**

Distribute binders and course materials.

**0800 – 0830      Course Overview and Mission**

**0830 – 0930      Ice Breakers and Introductions**

*Presenter*

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

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

*Presenter*

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**

*Presenter*

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, 7JUN2016**

### **LOCATION: LECTURE HALL C, BUILDING A**

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

##### *Presenter*

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**

##### *Presenter*

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. Depression, anxiety and PTSD will be covered later in the course.

#### **1200 – 1300      Lunch**

#### **1300 – 1500      Motivational Interviewing Overview**

##### *Presenter*

This course will provide a snapshot of motivational interviewing, the stages of change and the decision matrix. Students will learn basic principles and strategies of motivational interviewing and their application to military patients. They will have the opportunity to practice new skills through a role-play and exercise.

#### **1500 – 1515      Break**

#### **1515 – 1645      Breaking Myths About Disorders of Combat: Building Strength Throughout the Deployment Cycle**

##### *Presenter*

This course will introduce positive consequences of deployment that often go unrecognized. The impact of deployment on significant relationships, camaraderie and a meaning-making will be discussed. The concept of resilience and its role during the deployment cycle will be emphasized.



**DAY THREE: WEDNESDAY, 8JUN2016**

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

**0800 – 1000      Military Psychologist Panel**

*List of Presenters*

**1000 – 1600      Tour of War Memorials**

*Homework: Written reflection piece on this experience. Questions will be provided as a guide.*



## DAY FOUR: THURSDAY, 9JUN2016

### LOCATION: LECTURE HALL A, BUILDING A

**0800 – 0900      Discussion of Reflection Assignment**

**0900 – 1130      Overview of CBT Within Military Settings**

*Presenter*

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 (con't)**

**1330 – 1400      Break**

**1400 – 1600      Training Director Panel**

*List of Presenters*

**DAY FIVE: FRIDAY, 10JUN2016**

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

**0800 – 1015      Military PTSD: A Focus on Combat Trauma**

*Presenter*

While this course will provide general information about PTSD, it will focus on combat trauma and how it shapes this condition. The class will review DSM-5 PTSD criteria, learn how to use the PCL-5 and be introduced to the CAPS. Unique aspects of combat-related PTSD and common co-morbid conditions will be discussed. The course will briefly cover evidence-based treatments recommended by the DoD and VA with an emphasis on PE and CPT.

**1015 – 1030      Break**

**1030 – 1230      Principles of Exposure Therapy**

*Presenter*

In this course, key principles and applications of exposure therapy will be discussed from a military perspective including the emotional processing model of fear and anxiety. Students will become familiar with the SUDS rating scale, fear hierarchies and habituation. The class will see a video of an exposure session that helps illustrate the theoretical underpinnings and techniques of exposure therapy.

**1230 – 1330      Lunch**

**1330 – 1600      Military Psychology Ethics Overview**

*Presenter*

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.

**1600 – 1630      Course Wrap-Up**