

## **Session Three**

### **Thursday-Friday, April 6-7, 2017**

Session Three is a two-day classroom training. Participants must attend both days in full to receive CE credits. Partial attendance is not permitted.

#### **Cognitive Behavioral Therapy for Depression (CBT-D)**

This intensive 2-day workshop provides training in the fundamentals of Cognitive Behavioral Therapy for Depression for behavioral health providers working with Service members. Depression in the military will be discussed, as will the theory underlying cognitive behavioral therapy. Participants will learn how to conceptualize depressed patients, plan treatment, and utilize both cognitive and behavioral strategies. Participants will have the opportunity to both watch role-play videos and practice intervention strategies through their own role plays. Attendance for the full 2 days is required.

#### Learning Objectives:

1. Examine prevalence rates of depression in military populations.
2. Identify military specific implications regarding diagnosing and treating depression in Service members.
3. Review the theory relevant to Cognitive Behavioral Therapy (CBT).
4. State the key principles of CBT.
5. Understand the CBT formulation of depression.
6. Learn how to develop an individualized case conceptualization for patients based on the cognitive behavioral model.
7. Understand the role of assessment in developing a CBT case formulation.
8. Examine the components of Cognitive Behavioral Therapy for Depression (CBT-D) sessions.
9. Determine cognitive strategies utilized in CBT-D in order to modify unhelpful cognitions in Service members.
10. Summarize behavioral strategies utilized in CBT-D in order to modify unhelpful behavioral patterns in Service members.
11. Apply the use of Socratic Method in CBT.
12. Identify common cognitive distortions of military personnel.
13. Illustrate CBT techniques to treat depressed Service members via video and experiential approaches.
14. Demonstrate increased skills and confidence to use CBT skills when working with depressed Service members.