

Session Two

Tuesday-Wednesday, April 4-5, 2017

Session Two is a two-day classroom training. Participants must attend both days in full to receive CE credits. No partial credit will be awarded for partial attendance.

Sleep Disorders: An Overview of Sleep Disorders Common in Military Members

In this interactive presentation, participants will gain an understanding of common sleep disorders and sleep-related problems for military members. The presentation focuses on providing strategies to enhance the ability of mental health providers to assess and identify these common sleep disorders, and to learn evidence-based treatments for them.

Learning Objectives:

1. Identify sleep disorders common to the military population.
2. Specify strategies to improve the assessment practices of common sleep disorders.
3. Describe appropriate treatments for sleep disorders common to the military population.

Overview of Traumatic Brain Injury (TBI) in the Military

This training module defines and describes the different types of TBI. It examines the rates of TBI in the military population with a focus on blast-related TBI. Assessment and management of TBI will be covered. Finally, the training covers some of the current controversies associated with TBI, comorbid conditions, treatment models, and resources for providers, families, and patients in the military with TBI.

Learning Objectives:

1. Identify the mechanisms of brain injury common in a military population.
2. Discuss traumatic brain injury resources for military clients, families, and providers.
3. List best intervention practices for providers working with TBI.

Alcohol and Substance Use within the Military Population

This training module provides a general overview about alcohol and substance use disorders (SUDs) within the military population. Prevalence rates of use/misuse, clinical assessment and best treatment practices for SUDS will be reviewed. Information on the 2013 Department of Defense Institute of Medicine report, comparisons of alcohol and substance use in civilian and military/veteran populations, and the military cultural context in which alcohol and substance use occurs will be provided. Commonly used brief assessment instruments for SUDs are also described. Additionally, common co-morbidities to SUDs and the approaches to addressing them will be discussed.

Learning Objectives:

1. Describe common trends in alcohol and drug use among military versus civilian populations.
2. Identify strategies for screening and assessing military clients for alcohol and substance use disorders.
3. Discuss evidence-based treatments for alcohol and substance use disorders for military patients.

The Unique Challenges of Military Families

This training module provides an overview of the unique characteristics of military family life. The basic demographics of military families, discussion of the variability among military families, and normative stressors associated with military family life are reviewed. This module also provides information on marriage and divorce in the military, as well as on issues specific to military spouses and military children. Finally, it concludes with an exploration of family resilience with an emphasis on promoting resilience in military families.

Learning Objectives:

1. Discuss variability among military families (e.g., variability in family structure, members).
2. Identify normative stressors common to military families.
3. Describe mechanisms of resiliency and protective factors present in military families.

Assessment and Treatment of PTSD

This training module reviews methods of assessment and treatment of PTSD. DSM-5 diagnostic criteria for Post-Traumatic Stress Disorder are reviewed. Types of PTSD assessments are discussed including appropriate assessment instruments for the intended purpose (e.g., screening, tracking, diagnosis). Commonly-used PTSD assessment instruments are described. Additionally, the unique variables that can impact the screening process with this population are identified. Participants will be introduced to best practices for diagnosing deployment-related PTSD. Evidence-based treatments for PTSD are reviewed so participants become familiar with effective interventions for military-related trauma.

Learning Objectives:

1. Identify five types of PTSD assessment and the goals of each.
2. Identify appropriate assessment tools for each of the five types of PTSD assessment with a military population.
3. Discuss evidence-based treatments for PTSD in a military population.

Assessment and Treatment of Suicidal Behavior Associated with Military Service: An Overview

This training module outlines the rates of suicide in the civilian and military population. Risk factors, warning signs, and protective factors related to suicide are covered with an explanation of the difference between warning signs and risk factors. Comorbid mental health conditions associated with suicidal behavior among military members are identified. Additionally, theoretical underpinnings of suicidal behavior are addressed with an emphasis on two specific theories. Several of the VA/DoD Clinical Guidelines for addressing suicidal behavior are identified with an emphasis on recommended therapy approaches. A Cognitive Therapy protocol for suicidal patients is outlined which includes recommendations regarding components of assessment.

Learning Objectives:

1. Discuss the prevalence of depression and suicide in the military population.
2. Describe the correct nomenclature for suicidal and related behaviors.
3. Identify strategies for screening and assessing military clients for depression and suicidal behaviors.
4. Review effective therapies for treating military clients with depression and those displaying suicidal behaviors.

Ethical Considerations for Working with Military Members and Veterans

In this training module, comprehensive understanding of informed consent, boundaries of cultural and clinical competence, disposition-driven diagnoses, multiple relationships, and professional fitness are all discussed in breadth and depth in the context of civilian practitioners working with military-connected clients. Decision-making models are presented to address ethical dilemmas with specific discussion of the role of dual-relationships within a clinical framework. Extensive, complex vignettes are discussed in workshop/group format to ensure comprehensive, nuanced discussion.

Learning Objectives:

1. Define ethics as it relates to the role of the mental health provider.
2. Identify five (5) ethical challenges common to mental health providers working with the military population.
3. Discuss Gottlieb's model for avoiding dual relationships.
4. Demonstrate knowledge of the ethical decision making process through interactive discussion of military case examples during the presentation.