

# **Tier One**

## **Monday, June 13, 2016**

Tier One is a one-day classroom training. Participants must attend the entire day to receive CE credits. No partial credit will be awarded for partial attendance.

### **Military Culture: Enhancing Clinical Competence**

This training module is for civilian mental health providers who want to develop a better understanding about how the military works and who comprises the armed forces. It provides an overview of military culture to include basics about its history, organizational structure, core values, branches of the service, mission and operations, as well as the differences between the active and reserve components.

Participants acquire greater competency in working with Service members by learning military culture and terminology, and by discussing how aspects of the military culture impact behaviors and perspectives.

Learning Objectives:

1. Recognize the structure and major components of the United States military.
2. Identify common characteristics of the military population and how they compare to the general population.
3. Discuss the importance of a distinct culture to the military.
4. Describe elements of the military experience and lifestyle that are integral to military culture.

### **The Deployment Cycle and Its Impact on Service Members and Their Families**

This training module is intended to provide civilian mental health providers with an overview of the demographics of military families and the impact of the deployment cycle on the Service member and family unit. It explores the unique experiences that Service members and their spouses and children face across the deployment cycle by examining research findings and psychosocial stressors associated with stages of the deployment cycle. Strategies for promoting family resilience during separation and reintegration are discussed.

Learning Objectives:

1. Describe the demographic characteristics of Service members and their families.
2. List the three phases of the deployment cycle and the events common to each phase.
3. Identify stressors commonly confronted by Service members and their families before, during, and after deployment.
4. Discuss challenges that Service members face in achieving successful post-deployment reintegration.

### **Assessment and Treatment of PTSD**

This training module reviews methods of assessment and treatment of PTSD. DSM-5 diagnostic criteria for Acute Stress Disorder and 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, in addition to unique variables that can impact the screening process with this population. 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.