

Tier Three

Thursday-Friday, March 24-25, 2016

Tier Three 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.

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. Participants must attend both days of the workshop in their entirety.

Learning Objectives:

1. Examine prevalence rates of depression in military populations and identify military specific implications regarding diagnosing and treating depression in Service members.
2. Gain an understanding of the theoretical basis for Cognitive Behavioral Therapy (CBT) for Depression.
3. Learn how to develop an individualized case conceptualization for patients based on the cognitive behavioral model.
4. Identify elements of CBT treatment and examine the components of CBT for Depression sessions.
5. Learn both cognitive and behavioral strategies utilized in CBT for Depression in order to modify unhelpful cognitions and behavioral patterns in Service members.
6. Understand how consultation can assist with skill mastery and implementation of CBT for Depression.