

Cognitive Behavioral Therapy for Suicide Prevention (CBT-SP)

This intensive 2-day module provides training in the assessment and treatment of suicidal ideation and behavior. Participants will receive in-depth training in cognitive-behavioral therapy for suicide prevention. Video demonstrations and participant role-plays will be used in class to practice key treatment techniques. In addition to treatment interventions, this workshop lays the foundation by providing a brief review of the following: 1) epidemiology of military suicide; 2) theories of suicide; and 3) suicide risk assessment. The module integrates relevant information from the Air Force Zero Suicide Systems Approach Pilot Project. The module is designed for behavioral health providers working with Service members who are seeking in-depth training in empirically supported treatment options they can immediately incorporate into their clinical practice. The training is geared towards an actively involved audience and participants must attend both days, as the course material is cumulative.

Target Audience: For behavioral health providers who treat military personnel, veterans, and their families. Specifically, this workshop is for Active Duty, GS-DoD, and contractor-DoD behavioral health providers who provide psychotherapy to Service members at a military facility. Nurses and nurse practitioners are also welcome as long as they meet those requirements.

Instructional Level: Intermediate

Learning Objectives:

Attendees will be able to:

1. Incorporate suicide risk factors and protective factors unique to military populations into overall risk assessment for suicide.
2. Evaluate the “ideation to action” framework related to risk for suicidal behaviors.
3. Apply at least one psychological theory of suicide to the process of clinical assessment and treatment planning.
4. Assess risk for suicide in a manner that is sensitive to both proximal and distal risk factors.
5. Categorize acute and chronic suicide risk using the Risk Stratification Tool.
6. Create a timeline of a patient's suicidal crisis for use in treatment.
7. Overcome challenges associated with completing a safety plan.
8. Employ a Hope Box/Survival Kit as a crisis intervention strategy.

9. Use means safety counseling in patient interactions to improve clinical outcomes.
10. Apply CBT formulation of suicide using the expanded case conceptualization model of the suicidal crisis.
11. Evaluate key negative thoughts associated with the intent to die by suicide as related to clinical practice.
12. Implement cognitive, behavioral and affective coping strategies utilized in CBT-SP to help patients cope with suicide urges.
13. Characterize the modifications to standard behavioral activation when applied within the CBT-SP protocol.
14. Point out treatment considerations specific to a military population when utilizing Cognitive Behavioral Therapy for Suicide Prevention (CBT-SP).
15. Utilize the guided imagery exercise as part of the relapse prevention protocol for CBT-SP.

TWO-DAY TRAINING AGENDA

Day One

0730 – 0745	Check-In
0745 – 0800	Introduction & Course Overview
0800 – 0815	Epidemiology of Military Suicides
0815 – 0825	Risk and Protective Factors
0835 – 0900	Theories of Suicide: Ideation to Action Framework
0900 – 0915	Break
0915 – 0940	Case of Katrina
0940 – 1000	Cognitive Therapy for Suicide Prevention – Empirical Support for CBT
1000 – 1045	Intro to Cognitive Therapy for Suicide Prevention Theory of CBT Structure of treatment Session structure
1045 – 1100	Break
1100 – 1120	CBT for Suicide Prevention, Early Phase of Treatment: Overview
1120 – 1215	CBT for Suicide Prevention, Early Phase of Treatment: Fluid Vulnerability Theory Review of Suicide Risk Assessment
1215 – 1315	Lunch
1315 – 1330	CBT for Suicide Prevention, Early Phase of Treatment: Suicide Risk Continuum Columbia Assessment Triage Protocol
1330 – 1400	Narrative Description
1400 – 1430	Review of Crisis Intervention Safety Planning Hope Box
1430 – 1445	Break
1445 – 1530	Review of Crisis Intervention: Means Safety
1530 – 1415	Timeline
1615-1630	Questions and wrap-up
1630	Adjourn

Day Two

0730 – 0745	Check-In/Review Content from Day 1
0745 – 0830	Treatment Planning and Cognitive Case Conceptualization
0830 – 0900	Intermediate Phase of Treatment: Behavioral Strategies
0900 – 0915	Break
0915 – 0950	Intermediate Phase of Treatment: Behavioral Strategies (cont.) Behavioral Activation Role Play
0950 – 1030	Intermediate Phase of Treatment: Coping Strategies Relaxation Demonstration
1030 – 1045	Break
1045 – 1200	Intermediate Phase of Treatment: Cognitive Strategies 5-Column Thought Record Role Play
1200 – 1300	Lunch
1300 – 1400	Intermediate Phase of Treatment: Cognitive Strategies Downward Arrow Technique Role Play
1400 – 1430	Later Phase of Treatment – Review and Consolidation of Skills Relapse Prevention
1400 – 1430	Break
1430 – 1615	Later Phase (cont.) Relapse Prevention Guided Imagery Rationale Role Play Future Suicidal Crisis Exercise Review of Goals and Treatment Planning
1615 – 1630	Questions
1630	Adjourn



Location Information

Address:

Hurlburt Field, FL (exact location TBD)

Date:

12-13 February 2020

Participate

Registration Information:

This workshop is for Active Duty, GS-DoD, and contractor-DoD behavioral health providers who provide psychotherapy to Service members at a military facility. Nurses and nurse practitioners are also welcome as long as they meet those requirements. Occasionally we may have a few seats available for non-DoD attendees such as VA or community clinicians – please contact the POC for availability.

For registration and logistics, please contact Mr. Toby Bryce at toby.boyce.1@us.af.mil or 850-884-4123.

Cost/Refunds: Free

Special Accommodations:

If you require special accommodations due to a disability, please contact Ms. Kris Hannah at khannah@deploymentpsych.org at least 6 weeks prior to the training so that we may provide you with appropriate service.

Presenter

Lisa French, Psy.D., is the Chief of Staff at the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. She joined the CDP in 2011 as a deployment behavioral health psychologist at Wilford Hall Ambulatory Surgical Center. Prior to joining the CDP, Dr. French served on active duty as a psychologist in the United States Air Force (USAF) from 2002-2011. In 2006, she deployed to Afghanistan in support of Operation Enduring Freedom.

Dr. French received her bachelor's degree in psychology from Oregon State University and her master's and doctorate degrees in clinical psychology from Pacific University in Forest Grove, Oregon. She is a 2003 graduate of the Wright-Patterson USAF Medical Center Psychology Residency Program.

As a military spouse, Dr. French continues to experience military life daily and has first-hand understanding of the demands of military service on the family. Her professional interests include dissemination and implementation of evidence-based treatment approaches, the impact of military life on the family, and suicide prevention and treatment.

Continuing Education

The Center for Deployment Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. The Center for Deployment Psychology maintains responsibility for this program and its content.

The Center for Deployment Psychology offers attendees 13.5 credit hours for participation in this training. Participants attending events in person are required to sign-in at the start of the training and sign-out at the conclusion of the training in order to attain CE credit. Participant attendance data will be collected electronically during webinars. Partial credits cannot be issued. Inquiries regarding CE credits may be directed via email to Ms. Kris Hannah at khannah@deploymentpsych.org.

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