

# 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. The workshop will begin with a discussion of depression in the military, followed by a summary of the theory underlying cognitive behavioral therapy. Participants will then learn how to conceptualize depressed patients according to this model, plan treatment, and utilize both cognitive and behavioral strategies. Participants will have the opportunity to watch video examples and practice intervention strategies through their own role plays. Attendance at both days is required.

**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. Explore prevalence rates of depression in military populations.
2. Point out treatment considerations specific to a military population when utilizing Cognitive Behavioral Therapy for Depression (CBT-D).
3. Consider the negative consequences of mental health stigma for Service members.
4. Articulate the theory relevant to Cognitive Behavioral Therapy (CBT).
5. Specify the key principles of CBT.
6. Apply CBT formulation to depression.
7. Develop an individualized case conceptualization for patients based on the cognitive behavioral model.
8. Communicate the role of assessment in developing a CBT case conceptualization.
9. Prioritize the components of a standard CBT-D session.
10. Determine cognitive strategies utilized in CBT-D to modify unhelpful cognitions in Service members.
11. Determine behavioral strategies utilized in CBT-D to modify unhelpful behavioral patterns in Service members.
12. Apply the use of the Socratic Method in CBT.
13. Articulate common cognitive distortions of military personnel.

14. Establish ability and confidence to utilize CBT skills with depressed Service members through role play activities.

**CBT for DEPRESSION  
AGENDA**

2-Day Workshop

*Presented by the Center for Deployment Psychology*

**DAY 1**

0800-0815 Introductions  
0815-0915 Depression in the Military  
0915-0930 Roots of Cognitive Behavioral Therapy for Depression (CBT-D)  
0930-0945 BREAK  
0945-1045 Cognitive & Behavioral Theory  
1045-1200 Behavioral Strategies  
1200-1300 LUNCH  
1300-1330 Behavioral Strategies (cont.)  
1330-1430 Identifying Automatic Thoughts  
1430-1445 BREAK  
1445-1615 Evaluating Automatic Thoughts  
1615-1630 Homework Assignment/Wrap-up

**DAY 2**

0800-0815 Check-in/Homework Review  
0815-0845 Working with Core Beliefs  
0845-0900 Problem Solving  
0900-1945 Elements of Cognitive Behavioral Therapy (CBT)  
0945-1000 BREAK  
1000-1030 Initial Phase  
1030-1200 CBT Case Conceptualization  
1200-1300 LUNCH  
1300-1430 General CBT-D Session Structure  
1430-1445 BREAK  
1445-1500 Middle & Later Phases  
1500-1615 Review of CBT Skills  
1615-1630 Wrap-up (15)

---

## Location Information

---

**Address:**

Stuttgart, Germany (exact location TBD)

**Date:**

22-23 June 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 Ingrid Gittens at [ingrid.y.gittens.civ@mail.mil](mailto:ingrid.y.gittens.civ@mail.mil) or 06371-9464-1835.

**Cost/Refunds:** Free

**Special Accommodations:**

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

---

## Presenter

---

**Kimberly A. Copeland, Psy.D.** is a Military Internship Behavioral Health Psychologist with the Center for Deployment Psychology at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. Physically based at Naval Medical Center Portsmouth, she is an integral part of the core training committee responsible for teaching and supervising Interns and Fellows in the Navy's APA-accredited Pre-doctoral internship and Postdoctoral fellowship programs. She has also provided training and consultation in evidence-based treatments to Psychiatry Residents and other staff members, both Active Duty and Civilian, treating active-

duty service members and their families. She does extensive group work and supervision of individual cases, and has been trained in DBT, CBT, PE and CPT for PTSD. Prior to joining the CDP, Dr. Copeland worked within Portsmouth Naval's Substance Abuse and Rehabilitation Program.

Dr. Copeland received her bachelor's degree in biology from James Madison University and her master's and doctorate degrees in Clinical Psychology from Regent University in Virginia Beach, VA. She is a graduate of the Vanderbilt University VA Medical Center Consortium, where she completed health- focused rotations at both the Murfreesboro and Nashville VA Hospitals, in addition to working at the university medical center. Her experiences are not limited to but included extensive assessment, work within adult and child neuropsychology, forensic evaluation of impaired professionals and leading a PTSD group for Vietnam Veterans. She later pursued postdoctoral training working with children and military families in a residential hospital setting. She has worked with a diverse group of patients in various settings providing in-depth psychological and neuropsychological assessment and therapy.

Her professional and personal experiences have dovetailed to shape her interests in the treatment of anxiety and depression, PTSD/trauma and health, spirituality and healing, working with families (military and civilian) impacted by war, and multicultural competency within the treatment and training settings. Highlights of her clinical experiences thus far include working with families in East Africa impacted by HIV, forgiveness work with vets suffering from PTSD and moral injury, witnessing the growth of service members in groups and having the privilege to work with amazing teams focused on training up the next generation of mental health providers.

## **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 14 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](mailto:khannah@deploymentpsych.org).

The CEs provided by the American Psychological Association are acceptable for most licensed professionals when renewing their license and it is our experience that APA CE credits have been recognized by most professional state license boards. However, please check with your board regarding the acceptability of APA CE credits for this activity.