

# Cognitive Behavioral Therapy for Depression (CBT-D)

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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

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**Address:**

WRNMMC, MD (exact location TBD)

**Date:**

16-17 June 2020

## Participate

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**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 **Dr. Susan Molchan at (301) 295-4474** or [susan.e.molchan.civ@mail.mil](mailto:susan.e.molchan.civ@mail.mil).

**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

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**Marjorie Weinstock, Ph.D.** is a Senior Military Behavioral Health Psychologist at the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. She joined the CDP in 2009 as a Deployment Behavioral Health Psychologist at the Naval Medical Center San Diego. Prior to joining the CDP, Dr. Weinstock spent three years working for the Navy's Fleet & Family Support Program, where she provided counseling services to military members and their families.

Dr. Weinstock is a graduate of Emory University and received her doctorate in Counseling Psychology from the University at Buffalo. She completed her internship at the Brockton, Massachusetts VA Medical Center and a two-year postdoctoral fellowship in clinical research and addictive disorders at the Brown University Training Consortium.

As the spouse of a recently retired Service member, Dr. Weinstock has a first-hand understanding of the demands of military service on the family. In her current role she is engaged in the development and presentation of trainings for behavioral health clinicians to improve their competency in working with both Service members and their families. Her professional interests include deployment-related mental health issues, cognitive behavioral therapy, suicide prevention, and the impact of military life on the family.

## **Continuing Education**

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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 [kristin.hannah.ctr@usuhs.edu](mailto:kristin.hannah.ctr@usuhs.edu).

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.