



# **COGNITIVE BEHAVIORAL THERAPY FOR SUICIDE PREVENTION (CBT-SP)**

7-8 January 2025

A Live, Interactive Webinar

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## **Description:**

This intensive two-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 and will have the opportunity to practice assessment and intervention strategies. Video demonstrations and participant role-plays will be used in class to practice key assessment and treatment techniques. The module lays the foundation for working with suicidal patients by providing a detailed review of the epidemiology of suicide both in the civilian population and within the military/Veteran community. Participants will be introduced to the Self-Directed Violence Classification System (SDVCS), a nomenclature supported by the DoD/VA for self-directed violence and suicidal behavior. In addition, a review of several theories of suicide will be covered, as well as risk and protective factors for suicidal behavior. The module is designed for behavioral health providers working with Service members and Veterans who are seeking in-depth training in empirically supported treatment options they can immediately incorporate into their clinical practice. The training will provide hands-on practice activities and is geared toward an actively involved audience through discussion and in workshop activities. Participants must attend both days, as the course material is cumulative. (Anestis et al., 2022; Bryan, 2021; Butterworth et al., 2020; Curtin et al., 2022)

Total CE Credits: 14.0

Total Contact Hours: 14.0

## **Learning Objectives:**

1. Differentiate between rates of suicide in civilian and military populations and identify the clinical implications of these differences.
2. Categorize suicidal and non-suicidal thoughts and behaviors in relation to clinical assessment.
3. Apply at least one psychological theory of suicide to the process of clinical assessment and treatment planning.
4. Integrate suicide risk and protective factors unique to military populations into overall risk assessment for suicide.
5. Develop a safety plan in collaboration with a patient.
6. Use means safety counseling in patient interactions to improve clinical outcomes.
7. Create a timeline of a patient's suicidal crisis for use in treatment.
8. Evaluate key negative thoughts associated with the intent to die by suicide as related to clinical practice.
9. Apply CBT formulation of suicide using the expanded case conceptualization model of the suicidal crisis.



10. Use cognitive, behavioral, and affective coping strategies associated with CBT-SP to help patients cope with suicide urges.
11. Modify standard behavioral activation practices to be applied within the CBT-SP protocol.
12. Use the guided imagery exercise as part of the relapse prevention protocol for CBT-SP.

**Target Audience:** For behavioral health providers who treat military personnel, veterans, and their families.

**Instructional Content Level:** Intermediate

**Agenda:**

**Day One**

Course Introduction	9:00 AM	9:15 AM
Epidemiology of Suicide	9:15 AM	9:30 AM
Nomenclature	9:30 AM	10:10 AM
Risk and Protective Factors	10:10 AM	10:40 AM
Theoretical Underpinnings: Interpersonal Psychological Theory of Suicide Risk – Dr. Thomas Joiner	10:40 AM	10:55 AM
Theoretical Underpinnings: Three-Step Theory of Suicide – Drs. David Klonsky and Alexis May	10:55 AM	11:10 AM
Break	11:10 AM	11:25 AM
Cognitive Therapy for Suicide Prevention – Empirical support for CBT	11:25 AM	11:45 AM
Intro to Cognitive Therapy for Suicide Prevention Theory of CBT Structure of treatment Session structure	11:45 AM	12:30 PM
CBT for Suicide Prevention, Early Phase of Treatment – Overview	12:30 PM	1:00 PM
Lunch	1:00 PM	2:00 PM
Fluid Vulnerability Theory	2:00 PM	2:25 PM
CBT for Suicide Prevention, Early Phase of Treatment – Conducting a suicide risk assessment Suicide risk continuum Suicide risk assessment role play	2:25 PM	3:55 PM
Break	3:55 PM	4:10 PM
Narrative Description	4:10 PM	4:40 PM
Constructing a Timeline	4:40 PM	5:15 PM
Questions and Wrap-up	5:15 PM	5:30 PM
Adjourn	5:30 PM	

**Day Two**

Check-In and Review of Day 1	9:00 AM	9:10 AM
Crisis Intervention Safety planning Crisis response plan Hope Box	9:10 AM	10:10 AM



Means Safety Counseling	10:10 AM	11:10 AM
Break	11:10 AM	11:25 AM
Means Safety Counseling Role Play	11:25 AM	12:00 PM
Treatment Planning and Cognitive Case Conceptualization	12:00 PM	12:45 PM
Lunch	12:45 PM	1:45 PM
Intermediate Phase of Treatment Behavioral strategies Coping strategies Cognitive strategies	1:45 PM	3:25 PM
Break	3:25 PM	3:40 PM
Later Phase of Treatment – Review and consolidation of skills	3:40 PM	5:20 PM
Relapse prevention		
Review of goals and treatment planning		
Questions	5:20 PM	5:30 PM
Adjourn	5:30 PM	

**Continuing Education:**

**Course Completion Requirements:** Participants are required to attend the entire training. Partial credits cannot be issued. Attendance is taken through the use of electronic logs, and a post-training evaluation form must be completed in order to receive ACE social work CE credits. For other CE credits, completion of the evaluation is strongly encouraged, but if you do not wish to complete the evaluation, please contact the training event's POC after the training event.

There is a 30-day time limit post-training to complete all CE requirements. CE Credit Certificates will be available for download via the registration system within 30 days after all course requirements have been completed.

**American Psychological Association Sponsor Approval:**

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.

**Association of Social Work Boards Approved Continuing Education Provider Approval:**

The Center for Deployment Psychology, #1761, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. The Center for Deployment Psychology maintains responsibility for this



course. ACE provider approval period: May 19, 2022 – May 19, 2025. Social workers completing this course receive 14.0 Live, Interactive Webinar continuing education credits.

**New York State Education Department’s State Board for Psychology Provider Approval:**

The Center for Deployment Psychology is recognized by the New York State Education Department’s State Board for Psychology as an approved provider of continuing education for licensed psychologists (#PSY-0178).

**New York State Education Department’s State Board for Social Work Provider Approval:**

The Center for Deployment Psychology is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers (#SW-0744).

Inquiries regarding CE credits may be directed via email to Brandon Carpenter at [brandon.carpenter.ctr@usuhs.edu](mailto:brandon.carpenter.ctr@usuhs.edu).

**Participate:**

**Online Platform:** Zoom

**Date:** 7-8 Jan 2025

**Time:** 9:00 a.m. – 5:30 p.m. Eastern Time

**Registration Information:** <https://deploymentpsych.org/training>

**Registration Deadline:** Registration will close one week prior to the start date or when training capacity is met.

**Cancellations/Questions:** Please contact [brandon.carpenter.ctr@usuhs.edu](mailto:brandon.carpenter.ctr@usuhs.edu) if you have any questions or need to cancel your registration.

**Registration Cost/Refunds:** This training is free for those with a .mil email address and \$45.00 for all others. Registration fees will be refunded to participants who send a written cancellation via email to [brandon.carpenter.ctr@usuhs.edu](mailto:brandon.carpenter.ctr@usuhs.edu) no less than 2 weeks before the training. No refunds will be made after the training.

**Required Materials:** None

**Location Information:** Online via Zoom

**Instructional Format:** This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions.

**System Requirements:**

**Zoom:**

- Internet connection
- Operating System: Windows 7 or higher, Mac OS X with MacOS 10.9 or higher
- Web Browser: Internet Explorer 11+, Edge 12+, Firefox 27+, Chrome 30+, Safari 7+
- Hardware: 1Ghz processor or higher



**Special Accommodations:** If you require special accommodations due to a disability, please contact Brandon Carpenter at [brandon.carpenter.ctr@usuhs.edu](mailto:brandon.carpenter.ctr@usuhs.edu) 4 weeks prior to the training so that we may provide you with appropriate service.

**Grievances:** For any grievances or concerns with this training including those related to course content, non-receipt of certificate or other occurrences, participants may contact CDP's Continuing Education Director, Amanda Stanley-Hulsey, via email at [amanda.stanley-hulsey.ctr@usuhs.edu](mailto:amanda.stanley-hulsey.ctr@usuhs.edu).

### **Instructor Biographies:**

**Erin Frick, Psy.D.** is a clinical psychologist serving as Assistant Director of the DoD Child Collaboration Study for the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. In this role, she leads a team studying best practices for the use of telehealth tools and tele-education with healthcare providers and other professionals working with military children and families with mental, emotional, behavioral, and/or developmental needs. Dr. Frick also leads Evidence-Based Psychotherapy (EBP) trainings and is integrally involved in CDP diversity, equity, and inclusion efforts. Dr. Frick earned her bachelor's degree in psychology from Manchester University (formerly Manchester College) in Indiana. She graduated with her master's degree in mental health counseling from Purdue University in West Lafayette, IN, and her doctorate in Clinical Psychology from Wright State University in Dayton, OH.

Prior to joining CDP, she worked as a contract psychologist treating active-duty military members at Travis Air Force Base, CA, utilizing multiple EBPs. Before this, she worked primarily in university counseling and community mental health centers. Over the course of her career, Dr. Frick's clinical work has focused on suicide prevention, the dissemination and implementation of EBPs, developing group therapy services in mental health clinics, training and supervising staff, mindfulness-based treatments, and the assessment and treatment of trauma-related mental health conditions.

\*\*There is no commercial support or conflict of interest to report for these presenters.