Cognitive Behavioral Therapy for Suicide Prevention

August 9-10, 2022

A Live, Interactive Webinar

**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.

**Total Credits:** 14

**Learning Objectives:**
Following the training, attendees will be able to:

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.
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**

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<th>Time</th>
<th>Session</th>
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<td>0900 – 0915</td>
<td><strong>Course Introduction</strong></td>
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<tr>
<td>0915 – 0930</td>
<td>Epidemiology of Suicide</td>
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<td>0930 – 1010</td>
<td>Nomenclature</td>
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<td>1010 – 1040</td>
<td>Risk and Protective Factors</td>
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<td>1040 – 1055</td>
<td>Theoretical Underpinnings: Interpersonal Psychological Theory of Suicide Risk – Dr. Thomas Joiner</td>
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<td>1055 – 1110</td>
<td>Theoretical Underpinnings: Three-Step Theory of Suicide – Drs. David Klonsky and Alexis May</td>
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<td>1110 – 1125</td>
<td><strong>Break</strong></td>
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<td>1125 – 1145</td>
<td>Cognitive Therapy for Suicide Prevention – Empirical support for CBT</td>
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<td>1145 – 1230</td>
<td>Intro to Cognitive Therapy for Suicide Prevention Theory of CBT</td>
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<td>Structure of treatment</td>
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<td>Session structure</td>
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<td>1230 – 1300</td>
<td>CBT for Suicide Prevention, Early Phase of Treatment – Overview</td>
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<td>1300 – 1400</td>
<td><strong>Lunch</strong></td>
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<td>1400 – 1425</td>
<td>Fluid Vulnerability Theory</td>
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<td>1425 – 1555</td>
<td>CBT for Suicide Prevention, Early Phase of Treatment – Conducting a suicide risk assessment</td>
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<td>Suicide risk continuum</td>
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Suicide risk assessment role play

1555 – 1610 Break
1610 – 1640 Narrative Description
1640 – 1715 Constructing a Timeline
1715 – 1730 Questions and Wrap-up
1730 Adjourn

Day Two

0900 – 0910 Check-In and Review of Day 1
0910 – 1010 Crisis Intervention
  Safety planning
  Crisis response plan
  Hope Box
1010 – 1110 Means Safety Counseling
1110 – 1125 Break
1125 – 1200 Means Safety Counseling Role Play
1200 – 1245 Treatment Planning and Cognitive Case Conceptualization
1245 – 1345 Lunch
1345 – 1525 Intermediate Phase of Treatment
  Behavioral strategies Coping strategies
  Cognitive strategies
1525 – 1540 Break
1540 – 1720 Later Phase of Treatment –
  Review and consolidation of skills Relapse prevention
  Review of goals and treatment planning
1720 – 1730 Questions
1730 Adjourn

*Please note that agenda times are approximate and subject to change, depending on the needs of the workshop.

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 social work CE credits. For psychology CE credits, completion of the evaluation is strongly encouraged. If you do not wish to complete the evaluation but desire to receive psychology CEs please contact the 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 from CE21 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: 5/19/2022 - 5/19/2025. Social workers completing this course receive 14 Live, Interactive Webinar continuing education credits.

Inquiries regarding CE credits may be directed via email to Aric Bowie at aric.bowie.ctr@usuhs.edu.

Participate:
Online Platform: Zoom
Date: August 9-10, 2022
Time: 9:00am – 5:30 pm Eastern
Registration Information: Registration is done through event management system CE21, and the link will be provided to prospective attendees via the CDP website (https://deploymentpsych.ce21.com/item/twowday-cbt-suicide-prevention-cbts-104461).
Registration Deadline: Registration for this training closes one week prior to the training date.
Cancellations/Questions: Please contact aric.bowie.ctr@usuhs.edu if you have any questions or need to cancel your registration.
Registration Cost/Refunds: $45
Location Information: Training will be held in 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, broadband wired or wireless.
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.
For more specific system requirements, see the Zoom system requirements page here:
Special Accommodations: If you require special accommodations due to a disability, please contact Aric Bowie at aric.bowie.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, Ms. Amanda Milochik, via email at Amanda.milochik.ctr@usuhs.edu.

Instructor Biographies:

Elizabeth Parins, MA, Psy.D., is the Chief of Staff at the Center for Deployment Psychology (CDP). Dr. Parins has worked for CDP since 2007, serving in many different capacities including as a faculty member on APA-accredited psychology internship programs, as a project developer and trainer in military and civilian programs, and as an Assistant Director of Training and Education. She began her professional career as a Naval officer and served in San Diego, California and Bremerton, Washington as a staff psychologist. Her clinical expertise is military psychology with emphasis on suicide prevention, PTSD, depression and anxiety disorders. Dr. Parins has extensive clinical experience treating service members and their families.

As a CDP faculty member Dr. Parins has traveled widely across the United States, Europe, and Asia providing continuing education to civilian and military behavioral health providers. The courses and topics she has taught include Prolonged Exposure Therapy for PTSD, Cognitive Therapy for Suicide Prevention, ethics, depression, TBI, sleep disorders, substance abuse in military populations, military culture and the deployment cycle. Currently, she is based in North Carolina.

Jeffrey Mann, Psy.D., is a Military Behavioral Health Psychologist at the Center for Deployment Psychology (CDP) with the Uniformed Services University of the Health Sciences. Dr. Mann provides support Navy mental health training programs and is a Veteran of the United States Air Force (USAF) where he served as a psychologist from 2009 to 2013. In 2013, he deployed to Southwest Asia in support of Operation Enduring Freedom.

Dr. Mann received his bachelor’s degree in computer science from DePauw University and his master’s and doctorate degrees in clinical psychology from the Adler School of Professional Psychology, Chicago, with a specialization in primary care psychology. He is a 2010 graduate of the Wilford Hall USAF Medical Center Psychology Residency Program.

Dr. Mann’s clinical work has focused on the assessment and treatment of trauma-related mental health conditions, anxiety disorders, insomnia and the use of Telebehavioral Health.

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