



Assessing Military Clients for Trauma and Posttraumatic Stress Disorder

November 18, 2024

A Live, Interactive Webinar

Description:

This workshop will review a method for screening, assessment, and treatment outcome monitoring of Posttraumatic Stress Disorder (PTSD) centered on the use of the PTSD Checklist for DSM-5 (PCL-5). Participants will be introduced to VA/DOD best practices for diagnosing military-related PTSD including screening for trauma-related disorders, obtaining thorough military and trauma histories, conducting a semi-structured diagnostic interview, and using self-report measures to track treatment outcome. DSM-5 diagnostic criteria for PTSD as well as Other Unspecified Specified Trauma and/or Stressor-Related Disorders are reviewed. Tools for assessing PTSD and common comorbid conditions are discussed including appropriate use of the PCL-5, Life Events Checklist for DSM-5 (LEC-5), Patient Health Questionnaire-9 (PHQ-9), and Alcohol Use Disorders Identification Test-Consumption Questions (AUDIT-C). Semi-structured clinical interviewing techniques are reviewed and then practiced by participants for the intended purposes of screening, diagnostic assessment, and tracking treatment outcome. Unique variables that can impact the assessment and feedback process with a military population are identified. Role-plays and demonstrations will be used to help develop participants' PTSD assessment skills.

Total CE Credits: 4

Total Contact Hours: 4

Learning Objectives:

Following the training, attendees will be able to:

1. Apply the VA/DOD Guidelines for the Assessment of Trauma and PTSD.
2. Discriminate between symptoms of PTSD and other disorders based on the DSM-5.
3. Integrate appropriate measures into the screening, diagnostic assessment, and tracking of treatment outcomes in PTSD patients

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

Instructional Content Level: Intermediate

Agenda:

10:00 am – 10:10 am

Welcome and Introductions



10:10 am - 11:00 am

Section 1: Assessing Trauma History

11:00 am – 12:00 pm

Section 2: Screening for PTSD

12:00 pm – 12:15 pm

Break

12:15 pm – 1:10 pm

Section 3: Assessing Symptom of PTSD with a Clinical Interview

1:10 pm – 2:00 pm

Section 4: Providing Feedback and Treatment Planning

2:00 pm – 2:15 pm

Closing, Q & A

**Four hours of instruction time with a 15-minute break

Continuing Education:

Course Completion Requirements: Participants are required to attend the entire training. Non-instructional time includes a 15-minute break. 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 accessible via 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: May 19, 2022 – May 19, 2025. Social workers completing this course receive 4 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 Aric Bowie at aric.bowie.ctr@usuhs.edu.

Participate:

Online Platform: Zoom

Date: 11/18/24

Time: 10:00 am – 2:15 pm Eastern

Registration Information: Registration will be held via CE21, and can be found here:

<https://deploymentpsych.ce21.com/item/assessing-military-clients-trauma-posttraumatic-stress-disorder-129746>

Registration Deadline: Registration will close one hour before event start time.

Cancellations/Questions: Please contact aric.bowie.ctr@usuhs.edu if you have any questions or need to cancel your registration.

Registration Cost/Refunds: Price \$25

Registration fees will be refunded to participants who send a written cancellation via email to aric.bowie.ctr@usuhs.edu no less than 2 weeks before the training. No refunds will be made after the training.

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 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 Stanley-Hulsey, via email at amanda.stanley-hulsey.ctr@usuhs.edu.

Instructor Biographies:

Carin M. Lefkowitz, Psy.D., is a clinical psychologist and Senior Military Behavioral Health Psychologist at the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda,



Maryland. Dr. Lefkowitz earned her M.A. and Psy.D. in clinical psychology at Widener University, with a concentration in cognitive-behavioral therapy.

Prior to joining the CDP, she served as a psychologist at the Philadelphia VA Medical Center. In this capacity she provided individual and group psychotherapy with a focus on evidence-based treatments for PTSD and insomnia. She also served as a clinical supervisor to Vet Center clinicians, and psychology interns and practicum students at the Medical Center. Dr. Lefkowitz was a therapist on studies of evidence-based treatments for insomnia and traumatic nightmares, and coordinated the Medical Center's Cognitive Processing Therapy program.

Dr. Lefkowitz has published peer reviewed articles on prolonged exposure treatment for PTSD and innovative training options in sleep disorders. She is an Assistant Professor in the Department of Medical and Clinical Psychology at USUHS and maintains an adjunct instructor appointment with the Institute for Graduate Clinical Psychology at Widener University. She was previously an adjunct instructor in Chestnut Hill College's graduate psychology program and a Clinical Associate of the University of Pennsylvania's department of psychiatry.

Kelly Chrestman, Ph.D., is a Senior Military Behavioral Health Psychologist at the Center for Deployment Psychology. She provides training, support and consultation in Cognitive Behavioral Therapy and in the Assessment and Treatment of PTSD.

She works with the team at CDP to find new and better ways to link clinicians with both traditional and innovative resources that will help them implement EBPs more effectively. This includes leveraging computer technology and virtual assets to reach professionals that might otherwise have difficulty accessing high quality training and consultation.

Before coming to CDP, she trained at the National Center for PTSD in Boston, and at the University of Pennsylvania with Dr. Edna Foa. She is a Subject Matter Expert in Prolonged Exposure Therapy for PTSD and has trained numerous students and mental health professionals across the world in techniques for treating PTSD and other anxiety disorders. She also spent several years working closely with Native American Tribes where she focused on adapting evidence -based practice to better meet the needs of traditional Native communities.

She is co-author of the Adolescent PE Manual, *Prolonged Exposure Therapy for Adolescents with PTSD*, and has written about community and professional responses to trauma, particularly domestic violence and sexual assault. She is also a co-developer of the Virtual PTSD Learning Center and Operation Avatar, a game based educational experience about trauma and combat-related PTSD, both hosted in the Second Life Virtual World platform.

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