



# Suicide Prevention Working as a BHT in the US Military

1 September 2026

A Live, Interactive Webinar

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## **Description:**

This intensive one-day module provides training in the assessment and management of suicide ideation and behavior. The module is designed for **Behavioral Health Technicians (BHTs)** working with service members who are seeking training in empirically supported treatment options they can immediately incorporate into their clinical practice. The theoretical underpinnings of suicide ideation and behavior are presented. 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. Population-based risk and protective factors will be reviewed. Next, basic elements of suicide risk screening and assessment will be introduced. Participants will learn a number of crisis intervention strategies for working with suicidal patients. Participants will receive in-depth training in the assessment and management of suicidal patients and will have the opportunity to practice skills.. Video demonstrations and participant role-plays will be used in class to practice key assessment and intervention techniques. The training will provide hands-on practice activities and is geared toward an actively involved audience through discussion and workshop activities. Participants are expected to actively engage in workshop activities and attend the full day of training.

## **Learning Objectives:**

1. Develop appropriate responses to patient disclosures about suicide risk.
2. Use appropriate tools and processes to conduct a basic suicide risk assessment and stratification.
3. Develop an effective safety plan with a patient.
4. Apply the 4-Step Lethal Means Safety Counseling (LMSC) process when working with a patient.
5. Promote coping skills acquired during the course of treatment for Suicidal ideation.

**Target Audience:** Behavioral Health Technicians (BHTs) working with Service members

**Instructional Content Level:** Intermediate



**Agenda:**

<p>Introduction &amp; Course Overview</p> <p>Suicide Statistics in the Military</p> <p>Language of Suicide</p> <p>Methods for Talking about Suicide</p> <p>Risk Assessment</p> <p><b>Risk Assessment Role Play</b></p> <p>Safety Planning</p> <p><b>Safety Planning Role Play</b></p>	<p>10:00 am - 1:30 pm</p>
<p>Lunch Break (1 hr)</p>	<p>1:30 pm - 2:30 pm</p>
<p>Lethal Means Safety</p> <p><b>Lethal Means Safety Role Play</b></p> <p>CBT-SP Overview</p> <p>Support Strategies</p> <p><b>Support Strategies Role Play</b></p> <p>Questions and Wrap-Up</p>	<p>2:30 pm - 4:30 pm</p>

**There will be two (2) 15-minute breaks throughout the training.**



**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.

### **Participate:**

**Online Platform:** Zoom

**Date:** 1 September 2026

**Time:** 10:00 a.m. – 4:30 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. 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, via email at [amanda.stanley.ctr@usuhs.edu](mailto:amanda.stanley.ctr@usuhs.edu).



### **Instructor Biographies:**

**Debra Nofziger, Psy.D.**, is a Senior Military Behavioral Health Psychologist and certified Cognitive Processing Therapy Trainer with the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. She develops, maintains, and conducts virtual and in-person training related to military deployments, culture, posttraumatic stress, and other psychological and medical conditions Service members and Veterans experience. She also supports research and other CDP programs aimed at enhancing military behavioral science and supporting providers. From 2007 to mid-2020, Dr. Nofziger served as the CDP Military Internship Behavioral Health Psychologist at Brooke Army Medical Center (BAMC) in San Antonio, TX. She assisted with managing multiple behavioral health training programs, including the Clinical Psychology Internship Program, Psychology Residency, Social Work Internship Program, and multiple post-doctoral psychology fellowships.

Dr. Nofziger was an active duty Army psychologist with assignments at BAMC and the U.S. Army School of Aviation Medicine. She was also deployed for a year to Iraq as a Brigade Psychologist with the 4th Infantry Division. Her variety of Active Duty assignments included positions as a staff psychologist in medical settings, at a community behavioral health clinic for soldiers in training, and in an aviation school environment where she was the training director for the Army's Aeromedical Psychology Training Course.

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