



Suicide Prevention Working as a BHT in the US Military

18 September 2026

A Live, Interactive Webinar

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 & 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>Risk Assessment Role Play</p> <p>Safety Planning</p> <p>Safety Planning Role Play</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>Lethal Means Safety Role Play</p> <p>CBT-SP Overview</p> <p>Support Strategies</p> <p>Support Strategies Role Play</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: 18 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 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 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 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.



Instructor Biographies:

Amanda McCabe, Psy.D., is a Military Behavioral Health Psychologist with the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. In this capacity, she develops and presents trainings on a variety of evidence based therapies. Prior to the CDP, Dr. McCabe served as a clinical psychologist in the Army from 2013 to 2024.

Dr. McCabe received her bachelor's degree in psychology from Texas A&M University and her masters and doctorate degrees in clinical psychology from Pacific University in Portland, Oregon. She graduated from the clinical psychology internship and residency program at Tripler Army Medical Center. Later, she completed a fellowship at Brooke Army Medical Center's Trauma and Health Care Administration Fellowship Program.

The focus of Dr. McCabe's clinical work, supervision, and training is on trauma, whether military related or generalized. Dr. McCabe also focuses on treating anxiety disorders and sleep disorders. Due to her 11 years in the Army, Dr. McCabe has extensive experience in how these diagnoses can impact one's military profession and the complexities of treatment while active duty.

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